

# Crafton Hills College - Outcomes Assessment Report

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**Program/Service Area:** Health and Wellness Center

**Term:** 2011 Fall

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## *1. Student Learning Outcomes Statement*

Students will improve knowledge of health behaviors and will achieve optimum health.

## *2. Means of Assessment (Measurement Method)*

43 students will have 18 weeks (Fall 2011) to modify a health behavior as part of their course requirement. This will be accomplished by a class presentation by the HWC Coordinator, completing a questionnaire and counseling by a college nurse at three times during the semester. Students were assessed on a 4 point rubric ranging from did not participate to completed a change.

## *3. Criteria for Success (Benchmark)*

80% will make an adequate attempt to change a health behavior to improve their optimal health. 80% will score a 2 or 3 on the rubric.

## *4. Summary of Evidence*

88% changed a behavior to improve optimum health. 6% made an adequate attempt to improve optimum health. 6% made an inadequate attempt to improve optimum health.

## *5. Use of Results (Implications for Program Improvement & Planning)*

Met the criterion. 94% of the students attempted or changed their optimum health. This increased by 10 % from the previous semester when students completed the assignment in a short term class (13 weeks). Because of this data we will continue to provide and increase our efforts to offer group presentations followed by and individual counseling; thus, encouraging students to evaluate the positive consequences of achieving optimum health.