

**SUNY Potsdam
Administrative Unit Assessment Plan**

Administrative Unit: College Counseling Center

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Date Submitted: January 15, 2016

Mission Statement: The College Counseling Center, as a unit within the greater SUNY Potsdam community, assists students in becoming mature, educated and respectful citizens within our community and the communities in which they live after graduation. To this end we believe that all students have the ability to become self-actualized, responsible and civil.

Goals:

The College Counseling Center functions as clinical unit dedicated to the dual purposes of providing comprehensive psychological resources to students to help them develop as balanced and self-maintaining individuals, and to provide students with clinical services that assist them in realizing their academic goals while enriching their personal development.

The College Counseling Center is dedicated to the purposes of creating therapeutic relationships and using evidence-based treatment to empower students to utilize knowledge and skills that will provide collective psychological security to the SUNY Potsdam community and to the world they ultimately come to work and live in once they have graduated.

Student Learning Outcomes: As a result of Campus Life programs and initiatives, students will:

1. Through their experience at the CCC, we hope that students will improve in several interpersonal areas based on our mission statement.
2. Encourage student interpersonal improvement through stress-relief and physical movement related to Yoga and Mindfulness.
3. Encourage student leadership through a Peer Counseling Internship while simultaneously providing the campus with additional mental health resources.

Goals	Desired Outcomes/Objectives	Assessment Methods and Targets/Measures
1. Through their experience at the CCC, we hope that students will improve in several interpersonal areas based on our mission statement.	<p>Specific evaluative questions:</p> <p>My counselor was helpful.</p> <p>My counselor was understanding of my feelings.</p> <p>My counselor was understanding of my feelings.</p> <p>My counselor was understanding of my feelings.</p> <p>My counselor was accepting of me as a person.</p> <p>My counselor was genuine.</p> <p>My counselor helped me stay in school.</p> <p>My counselor has helped my academic</p>	<p>We work with the Institutional Effectiveness office every year to create and distribute a Student Assessment to the clients in our office who have stated in writing that they are willing to fill out an evaluation.</p> <p>Desired goal is to obtain 80% or greater rating on survey questions related to desired therapy goals.</p>

	<p>My counselor helped me stay in school.</p> <p>My counselor has helped my academic performance.</p> <p>Overall, I am satisfied with my counseling experience.</p> <p>I benefited from having an objective listener who gave me a new viewpoint on my problems.</p> <p>I learned one or more strategies to solve or cope with problems.</p> <p>I have made positive changes in my life.</p> <p>I increased my ability to recognize, name, and/or express my emotions.</p> <p>I gained a greater understanding of my own role in creating or maintaining my problems.</p> <p>I became more honest with myself.</p> <p>I improved my relationship with another person.</p> <p>I learned to cope more effectively to reduce distressing behaviors.</p> <p>I made an important decision during counseling.</p> <p>I increased my self-confidence or self-esteem.</p> <p>I lowered my overall stress level.</p> <p>I learned about other helpful campus resources.</p> <p>I increased my abilities to focus on my studies.</p> <p>I improved my academic performance.</p>	
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<p>2. Encourage student interpersonal improvement through stress-relief and physical movement related to Yoga and Mindfulness.</p>	<p>Two free yoga classes were held weekly and these evaluations are combined from both classes.</p>	<p>Desired goal is to obtain 90% or greater rating on survey questions related to desired goals of stress relief.</p> <p>Did this class meet your expectations?</p> <p>Did you enjoy this class experience?</p> <p>List examples of what you learned and how you can use these techniques in the future for stress management.</p>
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<p>3. Encourage student leadership through a Peer Counseling Internship while simultaneously providing the campus with additional mental health resources.</p>	<p>While the goal of the Peer counselor program is to create additional resources for the campus we also intend to teach leadership skills to the Peer Counselors especially related to careers in helping professions.</p> <p>Being a Peer Counselor...</p> <p>Has helped me be a more effective leader on campus</p> <p>Has helped me be a more effective student</p> <p>Has increased my awareness of how my actions affect others</p> <p>Has increased my awareness of how my actions affect others</p> <p>Has made me more aware of how others may be feeling</p> <p>Has helped me determine what career path to follow</p> <p>Has helped me take care of myself emotionally</p> <p>Has taught me to be more professional</p> <p>Has taught me how to better respond in a crisis situation</p> <p>Has improved my ability to problem-solve</p> <p>Learned more about some of the concerns college students deal with</p> <p>Learned more about mental illness</p> <p>Because of the training I have as a Peer Counselor I have...</p> <p>Helped someone chose an option other than suicide</p> <p>Helped someone chose an option other than suicide</p> <p>Have mediated conflicts between people</p> <p>Encouraged someone to seek out professional counseling</p> <p>Helped someone cope with a challenging situation</p> <p>Helped someone decide to stay in college</p>	<p>Peer Counseling Internship students will be evaluated at the end of each year to determine which leadership goals have been obtained.</p>
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