

SUNY Potsdam

Administrative Unit Assessment Report and Improvements

Administrative Unit: College Counseling Center

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Mission Statement:

Goals	Desired Outcomes/Objectives	Assessment Methods and Targets	Results	Planned Improvements Based on Assessment Results ¹
<p>1. Through their experience at the CCC, we hope that students will improve in several interpersonal areas based on our mission statement.</p>	<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 helped me stay in school.</p> <p>My counselor has helped my academic performance.</p> <p>Overall, I am satisfied with my</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>Approximately 10% of Counseling Center clients responded anonymously to satisfaction surveys for each of the 2016-2017, 2017-2018 and 2018-2019 years. Results continue to be well above the planned 80% satisfaction rate. 95% of respondents stated they Agree or Significantly Agree with the evaluative statements.</p> <p>Due to the COVID-19 crisis we did not get student evaluations out for the '19-'20 year.</p>	

	<p>counseling experience. 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>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. Did this class meet your expectations? Did you enjoy this class experience? List examples of what you learned and how you can use these techniques in the future for stress management.</p>	<p>This goal was created several years ago when a staff member in our office was in charge of yoga and meditation classes. That staff member no longer works for this campus; yoga and meditation are no longer through the counseling center.</p>	
<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. 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</p>	<p>Peer Counseling Internship students will be evaluated at the end of each year to determine which leadership goals have been obtained.</p>	<p>This goal was being met through paper evaluations at the time this plan was created. With changeover in staff, these evaluations were no longer utilized.</p>	

	<p>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>			
4.				
5.				