

## Alternate Spring Break (ASB) Pre & Post

### Key Findings:

We found that following key findings to be especially important or helpful:

- Assurances that students feel safe, prepared, useful and enjoyed the trip.
- ASB fits well in to a student's education and development--e.g., it helps to shape career/education aspirations, provides an introduction to work environments and solidify a commitment to community service
- Most students agree that the trip was better served being drug and alcohol free.
- Most participants felt the greatest impact was from the relationships that formed within their groups and learning more about the social or environmental issue.
- When asked about what they would change about their ASB experience some participants stated they would like a little more organization before and during the trip.

### Actions Taken:

Survey results are examined and utilized each year to identify opportunities to strengthen or maintain the health of the ASB program. The results help highlight dimensions of the trip that should be modified or changed:

- Ensuring that expectations before the trip conform to actual experiences.
- Where possible site leaders should secure the same lodging places as the previous year (feelings of safety).
- Continue to provide more training for all participants on the importance of having all trips drug and alcohol free during the Spring Break high risk time.
- Continue engaging groups in reflections each night to promote group bonding and to provide adequate training and information on social and environmental topic(s), so participants have a foundation of understanding before leaving for the trips.
- Train staff partners and site leaders on the importance of having each day planned out and providing agendas for participants before the trip departure.