

CSW Orientation Tabling Assessment

Brief description of project:

This short assessment was created to give the Center for Student Wellness (CSW) an idea of what types of health education/information incoming freshman at the University of Utah are interested in learning about (i.e., sleep, stress management, nutrition, etc.). Additionally, we were interested in learning more about what venues these incoming freshmen prefer to learn about health information (presentations, Facebook, emails, etc.)

Who was asked to complete survey:

Incoming freshman who attended summer 2013 Orientation and stopped by or passed by the CSW table were asked to complete the survey.

How many people were asked?

Approximately 700-750 were asked to complete the survey. Only students who came by our table were asked, and nearly all agreed to take the survey. Some stopped at the table, simply to take the survey.

Respondents: 663

Administration Type: Ipad Touch

Summary of Key Findings:

- 65% Female; 35% Male; 0.30% Transgender
- 71.3% White; 11.5% Hispanic/Latino; 11.6% Asian; remaining races/ethnicities were under 3%
- 41% survey respondents want to learn about "Stress Relief"
- 34% want to learn about "Physical Activity on Campus"
- 26% want to learn about "Study Skills"
- Female respondents rated "Stress Relief" as the top health topic they wanted to learn about, while males rated "Physical Activity on Campus" as their first.
- Facebook and emails are the preferred way to learn about health and wellness information with 28% of respondents choosing those methods.
- Presentations were the third highest rated method to learn about health and wellness topics at 21%, and YouTube fourth at 20%
- Female respondents rated Facebook as the preferred way they wished to learn about health and wellness topics, while males rated YouTube as the preferred way.

Actions Taken:

Survey responses did not provide the CSW with a clear direction on which health topics incoming freshman want to learn about most, or in which ways they prefer to learn about them. Stress was identified as the first health topic incoming freshman wanted to learn about at 41%. However, the other topics were followed close behind. Additionally, the survey responses did not clearly identify the preferred method students like to learn about health and wellness topics.

Our action will be to think about ways we can redesign this assessment to distribute it again at summer 2014 Orientations to assess more meaningful and useful responses.

Which department and/or program goals does this program / project align with?

This survey was designed with the CSW Mission in mind, so that we could more effectively program to incoming freshman students.

CSW Mission: Our mission is to create, nurture, and promote a University environment supportive of healthy life-long behaviors and enhance academic and personal success. We are here to assist students in skill development that will enhance their personal wellness and ability to succeed, not only in the classroom, but in all areas of life: intellectual, physical, social, spiritual, financial, environmental and emotional.

Which Student Affairs goals does this project align with?

1. Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.
 - a. Promote physical, spiritual and psychological health and wellness, collaborating across campus with multiple organizations
2. Promote the effective use of best practices in Student Affairs departments, programs and services.
 - a. Encourage departments to utilize research and benchmarking services to evaluate their services, programs and facilities