

EFFECTIVENESS OF COUNSELING AT UCS: THE HOLISTIC IMPACT ON STUDENTS' LIVES

BACKGROUND

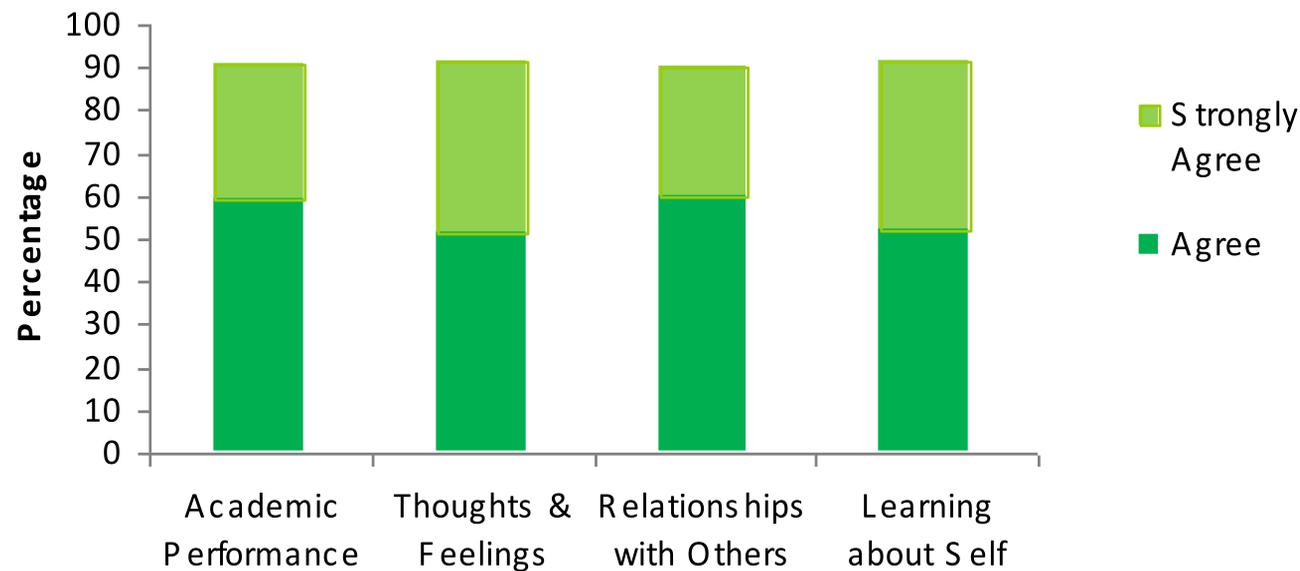
- Students seek counseling for a variety of reasons, including stress, depression, anxiety and relationship concerns.
- At UCS, the top presenting problems (as reported at intake) are consistent each year.

	TOP STUDENT CONCERNS
#1	ANXIETY & "STRESS"
#2	DEPRESSION
#3	RELATIONSHIP PROBLEMS
#4	ACADEMIC PROBLEMS

RESEARCH QUESTION

- Objective = Assess students' perceptions of the quality of counseling services received at UCS
- **"Are students getting the help they request?"**

Perceived Effectiveness of Counseling



METHODS (The Survey)

- The **Counseling Center Survey** consists of 9 questions, with responses from "Strongly Agree" → "Strongly Disagree."
- The survey is offered each semester, beginning in the 6th week, for 6 weeks.
- Data was gathered during 3 semesters (FALL 2010 – FALL 2011) from 193 students.

	Academic Performance	Thoughts & Feelings	Relationships	Learning About Self
Academic Performance	-	-	-	-
Thoughts & Feelings	.53	-	-	-
Relationships	.44	.70	-	-
Learning About Self	.49	.66	.59	-

RESULTS

- **Over 90%** of students reported that counseling:
 - Positively affected their academics
 - Improved how they think and feel about themselves
 - Helped their relationships with others
 - Taught important things about themselves
- In addition, results revealed **significant positive correlations** between counseling's impact on academic performance, relationships with others, and emotional well-being.

IMPLICATIONS

- Counseling works.
- Students seek services for many reasons; results from the effectiveness survey show that students' lives are impacted by counseling in multiple ways, beyond just the presenting problem.