

**Department of Student Wellness & Support  
Counseling | Health | Prevention, Advocacy & Wellness Services  
2019-2023 Learning Objectives | 2019-2020 Strategies/Tactics**

**COUNSELING CENTER VISION:** Cultivating a resilient and compassionate community.

**COUNSELING CENTER MISSION:** In support of Fredonia’s strategic plan and institutional learning goals, the Counseling Center promotes students’ mental health, wellness, growth and development.

**DRAFTED Counseling Center Learning Objectives:**

1. Students who engage in services provided by the Counseling Center will be able to manage their mental health so they can achieve their academic and personal goals (Learning Domain: PD; CC - Mission).
2. Students who engage in Counseling Center programs and activities will be able to identify and connect self/others to supportive resources (Learning Domain - PS; CC - Vision - resiliency).
3. Students who engage in Counseling Center programs and activities will be able to assist themselves and other students with mental health concerns (Learning Domain - PS; CC - Vision - resiliency).
4. Students who engage in Counseling Center programs, activities and services will develop effective skills to have productive, meaningful relationships with others (Learning Domain - IC; CC - Vision - compassion; Mission).
5. Students who engage in Counseling Center programs, activities and/or services will build empathy skills (Learning Domain - IG; PD, PS, IC; CC - Mission and Vision)

<b>CC Learning Objective # &amp; LD (Learning Domain)</b>	<b>Strategy/Tactic (2019-2020)</b>	<b>Timeline   Frequency</b> (when & how often will you implement?)	<b>Measure</b>
Students who engage in services provided by the Counseling Center will be able to manage their mental health	Counseling Center staff will provide group and/or individual therapy to clients who present for mental health counseling.	Fall & spring semesters  Students who participate in group counseling will complete	Group clients: Center for Collegiate Mental Health (CCMH): <i>Resiliency Factors Questionnaire</i> , and/or <i>Self-</i>

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<p>so they can achieve their academic and personal goals (Learning Domain: PD; CC - Mission).</p>		<p>assessment measures at the first group session and again at the last group session. Individual therapy clients will complete a client satisfaction survey at the end of each semester.</p>	<p><i>Compassion Scale</i> (K. Neff)  Individual clients: <i>Counseling Center Services Evaluation Scale</i>, specific item related to <u>achievement of academic and personal goals</u>; <i>Behavioral Health Measure-20</i> (CelestHealth)</p>
<p>Students who engage in Counseling Center programs and activities will be able to identify and connect self/others to supportive resources (Learning Domain: PS; CC - Vision - resiliency).</p>	<p>Counseling Center staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to connecting self/others to supportive resources.</p>	<p>Fall &amp; spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)  Assessments will be administered to each participant following each training.</p>	<p>5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others with mental health concerns.</p>
<p>Students who engage in Counseling Center programs and activities will be able to assist themselves and other students with mental health concerns (Learning Domain: PS; CC - Vision - resiliency).</p>	<p>Counseling Center staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to assisting self/others with mental health concerns.</p>	<p>Fall &amp; spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)  Assessments will be administered to each participant following each training.</p>	<p>5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others with mental health concerns.</p>
<p>Students who engage in Counseling Center programs,</p>	<p>Counseling Center staff will provide group and/or individual</p>	<p>Fall &amp; spring semesters</p>	<p>Group clients: CCMH: <i>Resiliency Factors</i></p>

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<p>activities and services will develop effective skills to have productive, meaningful relationships with others (Learning Domain: IC; CC - Vision - compassion; Mission).</p>	<p>therapy to clients who present for mental health counseling.</p>	<p>Students who participate in group counseling will complete assessment measures at the first group session and again at the last group session. Individual therapy clients will complete a client satisfaction survey at the end of each semester.</p>	<p><i>Questionnaire, and/or Self-Compassion Scale (K. Neff)</i></p> <p>Individual clients: <i>Counseling Center Services Evaluation Scale, specific item related to <u>improvement of relationships.</u></i></p>
<p>Students who engage in Counseling Center programs, activities and/or services will build empathy skills (Learning Domains: IG; PD, PS, IC; CC - Mission and Vision)</p>	<p>Counseling Center staff will provide group and/or individual therapy to clients who present for mental health counseling.</p>	<p>Fall &amp; spring semesters</p> <p>Students who participate in group counseling will complete assessment measures at the first group session and again at the last group session. Individual therapy clients will complete a client satisfaction survey at the end of each semester.</p>	<p>Group clients: CCMH: <i>Resiliency Factors Questionnaire, and/or Self-Compassion Scale (K. Neff)</i></p> <p>Individual clients: <i>Counseling Center Services Evaluation Scale, specific item related to <u>empathy skills.</u></i></p>

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**HEALTH CENTER VISION:** Promoting a campus culture focused on health and wellness.

**HEALTH CENTER MISSION:** The mission of the Student Health Center is to enhance the educational process and personal development of the Fredonia student by providing quality health care and promoting an optimal level of health and wellness in a caring atmosphere that respects their unique qualities as an individual.

**DRAFTED HEALTH CENTER Learning Objectives:**

1. Students who engage in services provided by the Student Health Center will be able to manage their physical health so they can achieve their academic and personal goals (Learning Domain: PD,PS)
2. Students who engage in services provided by the Student Health Center will be able to demonstrate an increased understanding of medical information, including one’s own medical diagnosis and treatment plan (Learning Domain: PD,PS).
3. Students who engage in Student Health Center activities and programs will demonstrate skills in accessing and utilizing healthcare resources on campus and in the community (Learning Domain: PD,PS).
4. Students who engage in sexual health services provided by the Student Health Center will be able to demonstrate an understanding of their individual health condition, what prevention approaches can be taken and appropriate treatment when needed (Learning Domain: PD, PS).

<b>HC Learning Objective # &amp; LD (Learning Domain)</b>	<b>Strategy/Tactic (2019-2020)</b>	<b>Timeline   Frequency</b> (when & how often will you implement?)	<b>Measure</b>
Students who engage in services provided by the Student Health Center will be able to manage their physical health so they can	<ul style="list-style-type: none"> <li>● At each visit, students are provided with clear and consistent information regarding prevention suggestions and promoting health and wellness.</li> </ul>	<ul style="list-style-type: none"> <li>● Fall and Spring Semester ; at all visits to the Student Health Center.</li> </ul>	<ul style="list-style-type: none"> <li>● Number of Students seen at the Student Health Center during each the fall and spring semester.</li> <li>● Percentage of these</li> </ul>

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<p>achieve their academic and personal goals (Learning Domains: PD,PS)</p>	<ul style="list-style-type: none"> <li>Available in the health center waiting room as well as the self care station, will be brochures for health promotion and disease prevention.</li> </ul>	<ul style="list-style-type: none"> <li>Information and brochures will be updated over the summer 2019</li> <li>Brochures, pamphlets and posters will be available for the Fall and Spring Semesters.</li> </ul>	<p>students who filled out the Health Center visit Survey.</p> <ul style="list-style-type: none"> <li>Percentage of these students who answered “ a great deal or considerable” to the Health Center Visit Survey - “Based on your interactions with the Health Center, to what extent do you feel you have increased your knowledge about keeping healthy. “</li> <li>Percentage of these students who answered “moderately, somewhat or not at all” to the Health Center Visit Survey - “Based on your interactions with the Health Center, to what extent do you feel you have increased your knowledge about keeping healthy. “</li> </ul>
<p>Students who engage in services provided by the Student Health Center will be able to demonstrate an increased understanding</p>	<ul style="list-style-type: none"> <li>At each visit, students are provided with clear and consistent information regarding their diagnosis and treatment</li> <li>For each time that a</li> </ul>	<ul style="list-style-type: none"> <li>Fall and Spring Semester ; at all visits to the Student Health Center.</li> </ul>	<ul style="list-style-type: none"> <li>Number of Students seen at the Student Health Center during each the fall and spring semester.</li> <li>Percentage of these</li> </ul>

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<p>of medical information, including one's own medical diagnosis and treatment plan (Learning Domains: PD,PS).</p>	<p>student is given an over the counter medication, they will also be given clear and concise verbal and written instructions regarding the use of this medication, the side effects and the possible adverse reactions.</p>		<p>students who filled out the Health Center visit Survey.</p> <ul style="list-style-type: none"> <li>● Percentage of students who answered “moderately satisfied or very satisfied on the Health Center Visit Survey - “Upon completion of your visit, do you feel that the information given gave you a better understanding of your own medical diagnosis and treatment plan? “</li> <li>● Percentage of these students who answered “neither satisfied or dissatisfied, moderately dissatisfied, or very dissatisfied on the Health Center Visit Survey - “Upon completion of your visit, do you feel that the information given gave you a better understanding of your own medical diagnosis and treatment plan? “</li> </ul>
<p>Students who engage in Student Health Center</p>	<p><u>Outreach Programming</u> “Student Retention by Flu</p>		<ul style="list-style-type: none"> <li>● Number of students seen at the student</li> </ul>

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<p>activities and programs will demonstrate skills in accessing and utilizing healthcare resources on campus and in the community. (Learning Domains: PD,PS).</p>	<p>Prevention”</p> <ul style="list-style-type: none"> <li>● Distribute flu prevention information to all students who are seen in the student health center.</li> <li>● Advertise to the campus community regarding the availability of flu shots at least monthly during the fall semester via the campus report, campus social media sites, with posters and postings on key websites.</li> <li>● Provide specific Flu shot clinics in key locations such as the Health Hut in the Williams Center, Athletics, Mason Hall, Youngerman Center, etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Fall and Spring Semester ; at all visits to the Student Health Center.</li> <li>● Monthly postings regarding flu shot availability and flu prevention during the fall semester.</li> <li>● Arrange for and advertise flu shot clinics in key locations throughout the fall semester.</li> </ul>	<p>health center during the fall semester.</p> <ul style="list-style-type: none"> <li>● Number of students who received a flu shot during the fall semester.</li> <li>● Survey sent out to each student who received a flu shot.</li> <li>● Percentage of those students who agree that if not for advertisement and prevention information, they would not have received a flu shot. This information would be ascertained from the survey sent to those who have received the flu shot.</li> <li>● Percentage of those students who were diagnosed with the flu over the fall and spring semester.</li> <li>● Percentage of those students diagnosed with the flu who received a flu shot.</li> </ul>
<p>Students who engage in sexual health services</p>	<ul style="list-style-type: none"> <li>● Establish a specific schedule for sexual health visits with a trained sexual</li> </ul>	<ul style="list-style-type: none"> <li>● Fall and Spring semesters.</li> </ul>	<ul style="list-style-type: none"> <li>● Number of Students seen at the Student Health Center during</li> </ul>

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<p>provided by the Student Health Center will be able to demonstrate an understanding of their individual health condition, what prevention approaches can be taken and appropriate treatment when needed (Learning Domains: PD, PS).</p>	<p>health provider. This schedule will be one in which is conducive to trends that we have noticed in the past for when students usually seek out these services.</p> <ul style="list-style-type: none"> <li>● At each visit, students are provided with clear and consistent information regarding their diagnosis and treatment as well as suggestions as to preventative measures that they can take regarding sexual health</li> <li>● For those students who are seen for a possible STI (Sexually Transmitted Infection), they will be given information regarding testing, if the diagnosis is positive, treatment, follow-up testing and prevention.</li> </ul>	<ul style="list-style-type: none"> <li>● Fall and Spring Semester ; at all sexual health visits to the Student Health Center</li> <li>● For all STI testing Visits</li> </ul>	<p>each the fall and spring semester.</p> <ul style="list-style-type: none"> <li>● Percentage of these students who filled out the Health Center visit Survey.</li> <li>● Percentage of students who answered “ moderately satisfied or very satisfied on the Health Center Visit Survey -“Upon completion of your visit, do you feel that the information given gave you a better understanding of your own sexual health diagnosis and treatment plan? “</li> <li>● Percentage of these students who answered “neither satisfied or dissatisfied, moderately dissatisfied, or very dissatisfied on the Health Center Visit Survey - “Upon completion of your visit, do you feel that the information given gave you a better understanding of your own sexual health</li> </ul>
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	<p><u>Outreach Programming</u> Sexual Health, did you know that we now offer more services ?</p> <ul style="list-style-type: none"> <li>• Share information regarding the new sexual health services provided by the Student Health Center via the campus report,</li> </ul>		<p>diagnosis and treatment plan? “</p> <ul style="list-style-type: none"> <li>• Percentage of these students who answered “ a great deal or considerable” to the Health Center Visit Survey - “Based on your interactions with the Health Center, to what extent do you feel you have increased your knowledge about sexual and reproductive health. “</li> <li>• Percentage of these students who answered “moderately, somewhat or not at all” to the Health Center Visit Survey - “Based on your interactions with the Health Center, to what extent do you feel you have increased your knowledge sexual and reproductive health”</li> </ul>
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	<p>social media, posters, and postings on key websites.</p> <ul style="list-style-type: none"> <li>• Provide specific information regarding all sexual health services to those students who come to the health center for a visit at a “Sexual Health did you know that we now offer more services” campaign.</li> </ul>	<ul style="list-style-type: none"> <li>• Fall and Spring Semester ; at all visits to the Student Health Center.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of Students seen at the Student Health Center during each the fall and spring semester.</li> <li>• Percentage of students who were seen at the student health center for sexual health visits during the fall 2019 semester and the spring 2020 semester in comparison to the number seen during the fall 2018 semester and the spring 2019 semester.</li> </ul>
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**Prevention, Advocacy, and Wellness Services (PAWS) MISSION:** PAWS strives to create a campus culture in which members make informed and responsible decisions regarding their personal and community health. PAWS works to reduce the incidence, prevalence, and severity of substance abuse and interpersonal violence related problems among Fredonia students.

**DRAFTED PAWS Learning Objectives:**

1. Students who engage in services provided by the PAWS program will be able to make low risk choices with their substance use so they can achieve their academic and personal goals (Learning Domain: PD, PS).
2. Students who engage in services provided by the PAWS program will be able identify and connect with supportive resources (Learning Domain: IC, PS).

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3. Student who engage in PAWS interpersonal advocacy and prevention services will be aware of and able to connect with on- and off-campus referral resources to assist with medical, judicial, legal, housing, and academic concerns (Learning Domain: PS, IC).
4. Students who engage in services provided by the PAWS program will be able to improve their personal wellness behaviors so they can achieve their academic and personal goals (Learning Domain: PD, PS, IC).
5. Student who engage in PAWS activities and programs will reduce their incidence, prevalence, and severity of substance use and interpersonal violence related concerns (Learning Domain: PD, PS, IC, IG).

PAWS Learning Objective # & LD (Learning Domain)	Strategy/Tactic (2019-2020)	Timeline   Frequency (when & how often will you implement?)	Measure
Students who engage in services provided by the PAWS program will be able to make low risk choices with their substance use so they can achieve their academic and personal goals (Learning Domains: PD, PS).	<p>Strategy: Students who participate in Fredonia CARES will be able to make low risk substance use choices.</p> <p>Tactic: Students are provided with a motivational interviewing intervention to assist with identifying and using low risk strategies.</p>	At the last CARES follow-up session.	CARES Assessment Survey
Student who engage in PAWS activities and programs will reduce their incidence, prevalence, and severity of substance use and interpersonal violence related	Strategy: Students who participate in the first-year PAWS Workshop will be able to identify bystander intervention strategies and supportive resources.	After each workshop conduct a Post-workshop survey Fall semester	PAWS Assessment Survey

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concerns (Learning Domains: PD, PS, IC, IG)	Tactic: The PAWS workshop will provide education on the bystander intervention and resources for sexual assault survivors.		
Students who engage in services provided by the PAWS program will be able to improve their personal wellness behaviors so they can achieve their academic and personal goals (Learning Domains: PD, PS, IC).	Strategy: Monthly wellness programs  Tactic: Counseling Center and PAWS will provide monthly wellness program based on Sources of Strength framework	Bi-monthly program during the academic year. Evaluation measures will vary depending on program.	Assessment measures will vary.
Students who engage in services provided by the PAWS program will be able to identify and connect with supportive resources (Learning Domains: IC, PS).	Strategy: Students who participate in PAWS services will be able to connect with supportive resources.  Tactic: PAWS Consultations will identify resources to assist students with their individual needs and provide contact information or directly connect students with resources.	At the end of each semester students who utilized CARE management services will be sent a survey through email.	CARE management survey
Students who engage in PAWS programs and activities will be able to identify and connect self/others to supportive	PAWS staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to connecting self/others to	Fall & spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)	5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others with mental health

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resources (Learning Domains - PS; CC - Vision - resiliency).	supportive resources.	Assessments will be administered to each participant following each training.	concerns.
Students who engage in PAWS programs and activities will be able to assist themselves and other students with mental health concerns (Learning Domain - PS; CC - Vision - resiliency).	PAWS staff will provide workshops/trainings for Residence Life staff, in Freshman Seminars, and to faculty/staff/students related to assisting self/others with mental health concerns.	Fall & spring semesters (E.g., August/January RA/RD training; Freshman Seminars as requested; faculty/staff as requested)  Assessments will be administered to each participant following each training.	5-10 item <i>questionnaire</i> related to confidence in identifying and connecting self/others to mental health resources and assisting self/others with mental health concerns.