Focus Area: **Student Wellbeing**

Leader(s): Kelly McCarthy

Implementation Year: 2015 - 2016

**Goal 1:** Develop students, those enrolled on campus and online, holistically by designing, implementing and assessing services and programs that encourage sustainable self-advocacy, independence, wellness, knowledge and life balance.

<table>
<thead>
<tr>
<th>Objective 1:</th>
<th>Provide an assessment that demonstrates symptom reduction for those students that use counseling services.</th>
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<tbody>
<tr>
<td><strong>Action Items</strong></td>
<td>Students that use counseling services will assess themselves on a scale from 1 (low) to 8 (high) on stressors which distract them from the pursuit of their personal, educational and career goals at the beginning and end of counseling or at the end of the semester.</td>
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<tr>
<td><strong>Indicators and Data Needed</strong></td>
<td>Results from the assessment from each student that used counseling services.</td>
</tr>
</tbody>
</table>
| **Responsible Person and/or Unit** | Emily Petkus, Clinical Mental Health Counselor  
Katherine Helm-Lewis, Clinical Psychologist/Training Supervisor  
Counseling interns. |
| **Milestones** | Beginning and end of counseling or at the end of the semester |
| **Desired Outcomes and Achievements** | 65% of students surveyed will report a reduction of symptoms and the use of positive coping strategies. |
### Objective 2:
Collaborate with the Veterans Coordinator to notify GSU’s enrolled veterans of the available ASSD services online and in the classroom.

#### Action Items
- Director will be available in the Veterans Resource Center twice a semester to answer questions regarding ASSD services
- Have ASSD information sheet in the Veterans Resource Center informing students of detailed ASSD services
- Add direct Disability Services web link on Veterans Resource Center page

#### Indicators and Data Needed
(Measures that will appraise progress towards the strategic objective)
- Track number of enrolled Veterans that inquire about ASSD services

#### Responsible Person and/or Unit
(Data collection, analysis reporting)
- Robin Sweeney, Director of Student Disability Services
- Kevin Smith, Coordinator of Veterans and Military Personnel

#### Milestones
(Identify Timelines)
- During the Fall and Spring semesters

#### Desired Outcomes and Achievements
(Identify results expected)
- Increase number of enrolled Veterans that contact the Director of Disability Services for ASSD information during the fall and spring semesters.

### Objective 3:
Create and implement a workshop on self-advocacy skills for incoming freshmen.

#### Action Items
- Conduct Self-Advocacy workshop at each summer Freshmen Orientation Program
- Assess effectiveness of workshop
- Conduct individual sessions with each registered ASSD freshmen

#### Indicators and Data Needed
(Measures that will appraise progress towards the strategic objective)
- Number of participants at each freshmen orientation program;
- Number of assessments collected
- Number of registered ASSD freshmen that meet with Director

#### Responsible Person and/or Unit
(Data collection, analysis reporting)
- Robin Sweeney, Director of Student Disability Services

#### Milestones
(Identify Timelines)
- Every registered ASSD freshmen student will have met individually with the Director by the end of October, 2015

#### Desired Outcomes and Achievements
(Identify results expected)
- ASSD freshmen develop a self-advocacy skill plan and demonstrate this skill at least 4 ways in the meeting with the Director
**Objective 4:** Create and implement monthly sexual violence prevention programming for the entire campus community and trainings for Resident Assistants, student orientation leaders and students in leadership positions on campus.

**Action Items**
- Schedule YWCA trainings per 2015-2016 schedule
- Schedule monthly sexual violence prevention programming
- Assess programming

**Indicators and Data Needed**
(Measures that will appraise progress towards the strategic objective)
- Number of attendees at each YWCA training
- Number of attendees at each prevention programming event
- Results of YWCA evaluations

**Responsible Person and/or Unit**
(Data collection, analysis reporting)
- Kelly McCarthy, Assistant Vice President for Student Affairs and Director of the Counseling Center; and YWCA Chicagoland, Advocating for Sexual Prevention (ASAP) team and counseling interns

**Milestones**
(Identify Timelines)
- Monthly throughout the fall 2015 and spring 2016 semesters

**Desired Outcomes and Achievements**
(Identify results expected)
- Identify internal and external campus resources (YWCA partner) for victims of sexual violence;
- Advocate for gender equity and healthy sexual behavior