Counseling Center Assessment Plan 2012 – 2013
Southeastern Oklahoma State University

University Mission
Southeastern Oklahoma State University provides an environment of academic excellence that enables students to reach their highest potential. By having personal access to excellent teaching, challenging academic programs, and extracurricular experiences, students will develop skills and habits that promote values for career preparation, responsible citizenship, and lifelong learning.

University Vision: Southeastern: A UNIVERSITY THAT NUTURES EXCELLENCE
Southeastern will be a leader and innovator in higher education. Strong academic and student life programs with a solid liberal arts and sciences foundation will characterize the University. Areas such as diversity, globalization, uniqueness, and cultural richness will be distinctive features of the institution. The major initiatives of Vision 2015 will promote student enrichment experiences, expand beyond our regional image, optimize the learning environment, and enhance collaboration and partnerships.

Student Affairs Division Mission
The Division of Student Affairs cultivates a student-centered, holistic environment which fosters personal growth, a sense of community and learning through both curricular and co-curricular experiences. We value and promote diversity, responsible citizenship, and student achievement. Advocacy for the individual student is central to our mission.

Counseling Center Department Mission
In an effort to extend the university’s learning environment, the Counseling Center offers services designed to encourage students in acquiring skills to become proactive, socially responsible, and accountable individuals. The Counseling Center supports a holistic approach, which facilitates student development and achievement through personal counseling, educational programming and crisis intervention.

Counseling Center Basic Premises

• Mental illness does not discriminate.
• Endeavors are directed to the reduction of marginalization of students.
• Programs and interventions support students’ mental health, individual development, personal goals, and community engagement.
• Efforts are based on a foundation of respecting others and valuing diversity of ethnic and cultural backgrounds.
• Freedom of expression and sharing of opinions different from one’s own is highly encouraged.
• Interacting with the community at large to build safe, equitable, and enriching opportunities to meaningfully engage with others is paramount.
The SE Counseling Center’s goal and objectives are established utilizing Healthy Campus 2020 as a reference.

**Goal 1:** Identify and support a holistic mental health approach which facilitates referrals to counseling services.

**Objective:** Various mental health assessments and programs will be offered which identify students’ mental health needs and stimulate referrals to counseling services.

**Outcome:** Increased identification of students experiencing mental health distress.

**Events:** Promotion of on-line screenings. Participation in programs.

**Assessment:** Report student screenings outcomes. Document supporting evidence of participation in programs.

**Goal 2:** Anticipate and respond to the mental health needs of students.

**Objective:** Deliver counseling services to students experiencing psychological distress.

**Outcome:** Determination of students’ utilization of counseling services and its impact on their successful completion of academic goals within a university setting.

**Events:** Scheduled appointments, emergency incidents and clinical counseling treatment.

**Assessment:** Track number of student contacts involving scheduled appointments and emergency incidents. Assess clinical counseling treatment outcomes. Correlate counseling with academic records.

**Goal 3:** Develop educational programming which enhances students’ ability to become proactive and socially responsible in their development.

**Objective 1:** Expand students’ knowledge and/or application of healthy coping skills.

**Outcome:** Increased student knowledge of self care behaviors and relevance to utilization of counseling services and retention.

**Events:** Counseling and/or educational programs.

**Assessment:** Track students’ utilization of counseling services. Track number of students participating in educational programming. Evaluate students’ outcome learning or students’ response to programming.

**Objective 2:** Implement substance use (including alcohol) education, prevention and intervention programs.

**Outcome:** Increased knowledge and decreased harm related behaviors (negative consequences) among student participants.

**Event:** Education, prevention and intervention programs.

**Assessment:** Outcome learning measures utilizing evaluations.
Goal 4: Collaborate in efforts which promote diversity and expose individuals to a global perspective of humankind.

Objective 1: Participation on committees which honor diversity and celebrate a multicultural perspective.
Outcome: Increased involvement among students, staff, and faculty with individuals different from themselves.
Events: Committee membership/participation.
Assessment: Documentation of supporting evidence.

Objective 2: Implement and/or support learning opportunities which encourage students to embrace diversity.
Outcome: Model behaviors to students which support interest, understanding and inclusion of diverse individuals, cultures and issues different from one’s own experience.
Events: Attend and participate in student driven activities which address diversity.
Assessment: Documentation of supporting evidence.

Goal 5: Develop and implement administrative actions which support the mission of the SE Counseling Center.

Objective 1: Equip staff to gain professional skills which enhance job performance and better serve Counseling Center needs.
Outcome: Increased job skill development among Counseling Center staff.
Events: Attend staff development activities and/or maintain membership in professional associations.
Assessment: Documentation of supporting evidence.

Objective 2: Promote staff participation in committees, planning groups or service projects which advance the Counseling Center’s program goals and/or University’s vision and strategic plan.
Outcome: Increased unification of efforts and resources (personnel and material) which further both the University’s and Counseling Center’s missions.
Events: Membership in university and job-related community committees. Participation in collaborative efforts (intercampus and externally).
Assessment: Documentation of supporting evidence.

Objective 3: Encourage staff participation in community civic engagement activities.
Outcome: Increased involvement among staff which utilizes their personal skills and promotes positive relationships between the Counseling Center, university and community.
Events: Committee membership or service projects.
Assessment: Documentation of supporting evidence.
Statement for Assessment and Student Learning
The goal of program assessment is viewed as an avenue to evaluate the extent to which counseling services identify and respond to student mental health issues and their subsequent personal and academic success. Assessment of counseling services is based on the assumption that such co-curricular experiences enhance students’ abilities to acquire knowledge and skills which promote personal growth, accountability, and student achievement, thereby supporting the hallmarks of the university’s mission and vision. The purpose of the assessment plan is to examine the impact of counseling services (both clinical and educational) in terms of student outcomes and other descriptions and to utilize the resulting information to implement effective changes within the Counseling Center program in relation to stated departmental, divisional and university mission and goals.

Types of Assessment Used with Explanation
Assessment will be based on numeric totals, participant-oriented program evaluations, data generated by computerized screenings, contractual service reports and documentary evidence which will be referenced in the annual report.

Frequency of Assessment/Frequency of Reporting Assessment Results
Assessment will be an ongoing process specific to educational programs or counseling related actions. An annual report documenting findings and modifications to the original plan will be completed after the conclusion of the summer semester.

Staff Personnel Involvement in Assessment Process
The Counseling Center Director establishes goals and objectives based on identified student needs (self-report, referrals, surveys or evaluations). The director, secretary and student workers distribute and collect various evaluations and data. The departmental secretary electronically enters evaluation information and generates data summary reports. Data interpretation is conducted by the director and used as a basis for the annual report.

Modifications
Following data collection and analysis, revisions to programming goals and objectives will be implemented based on effectiveness or ineffectiveness by the Counseling Center Director.

Application of Assessment Information
Assessment will be conducted to determine the effectiveness of the counseling program in addressing the needs of students and its role in supporting the university’s mission. Assessment results will be used to revise counseling services and establish staffing and budgetary needs.

How feedback is to be achieved
Annual reports will be available to all Counseling Center staff members and feedback and suggestions will be encouraged. Reports will also be provided to the VP of Student
Services (and subsequently to appropriate members of the administration) and/or other Student Services’ Directors as requested.