

Outcome Report: Student Results

88% Avg. Pre Test Score		93% Avg. Post Test Score	
21,404 Total Enrollments	1,165 Completions	5% Completion %	



DEMOGRAPHICS



OPINION SURVEYS



HEALTH GOALS



TECHNOLOGY USE



EMOTIONAL WELLBEING



PHYSICAL WELLBEING



PERSONAL TRIGGERS



COPING STRATEGIES

[VIEW SATISFACTION SURVEY RESULTS >>](#)

STUDENT DEMOGRAPHICS



1,165
TOTAL RESPONDENTS



551
MALE RESPONDENTS

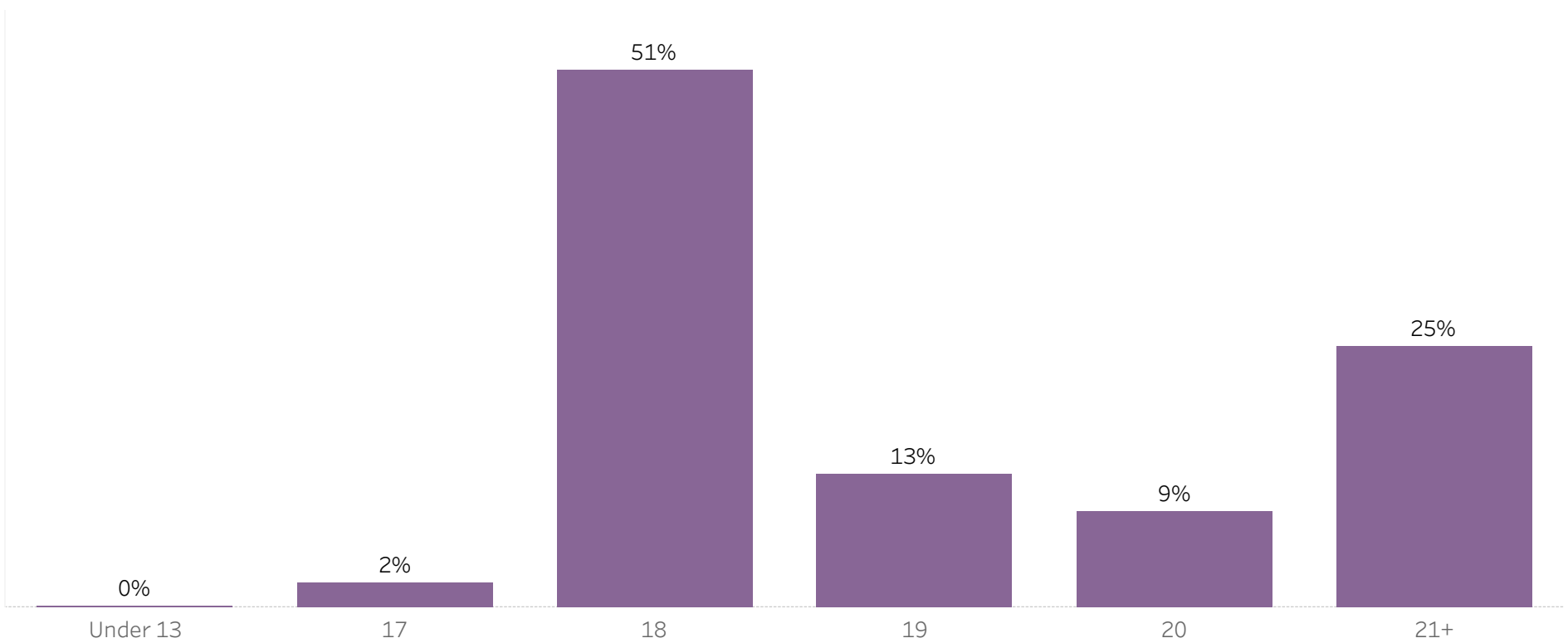


594
FEMALE RESPONDENTS



20
OTHER or PREFER NOT TO RESPOND

Age Distribution



OPINION SURVEYS

What do you think?

Pre-Course

Post-Course

I am aware of strategies I can use to prioritize my mental health and wellbeing.

98%

I am aware of the mental health resources available on my campus.

97%

I believe I have effective coping strategies for dealing with anxiety and depression.

94%

I feel confident in my ability to manage stress effectively.

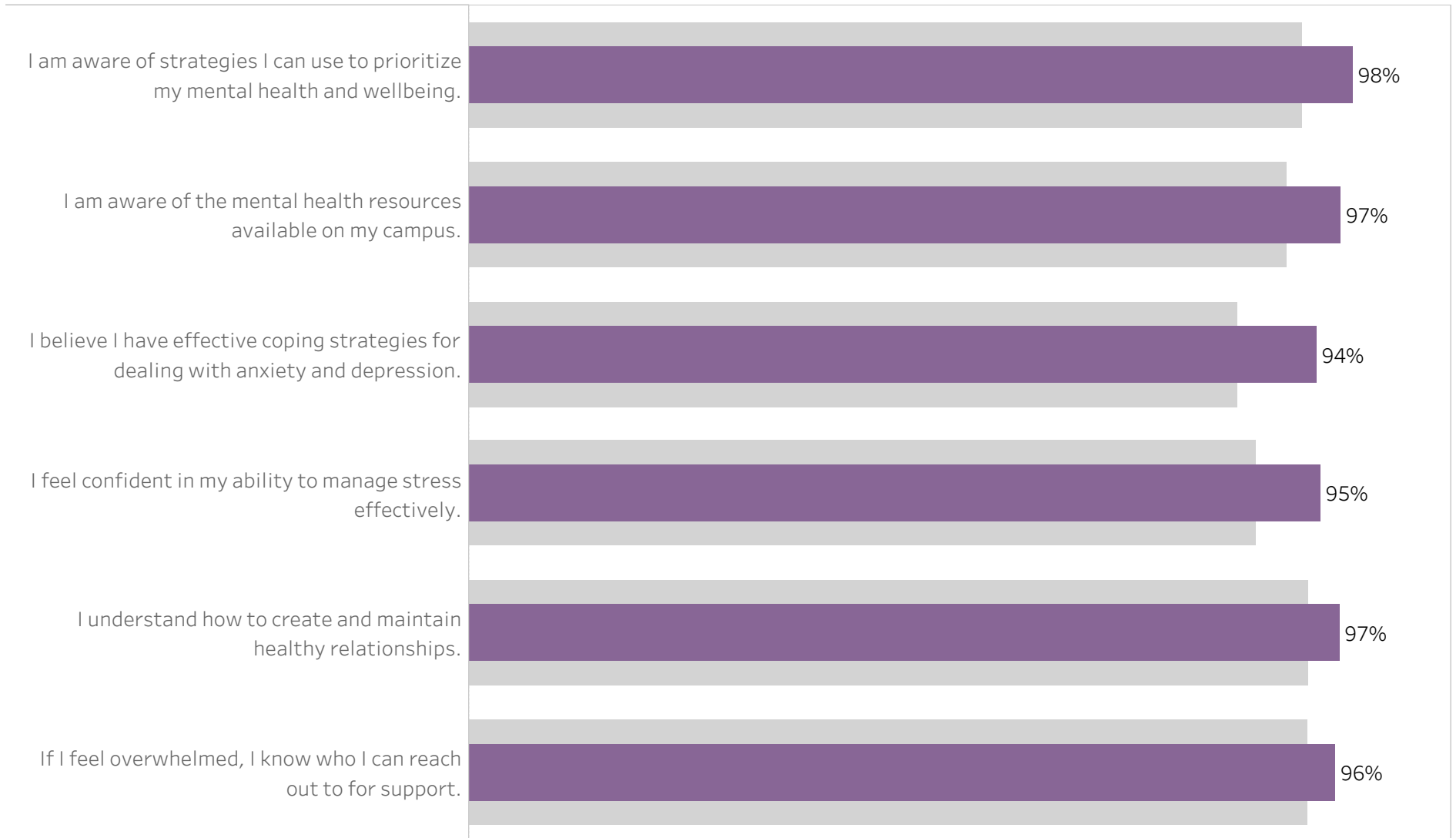
95%

I understand how to create and maintain healthy relationships.

97%

If I feel overwhelmed, I know who I can reach out to for support.

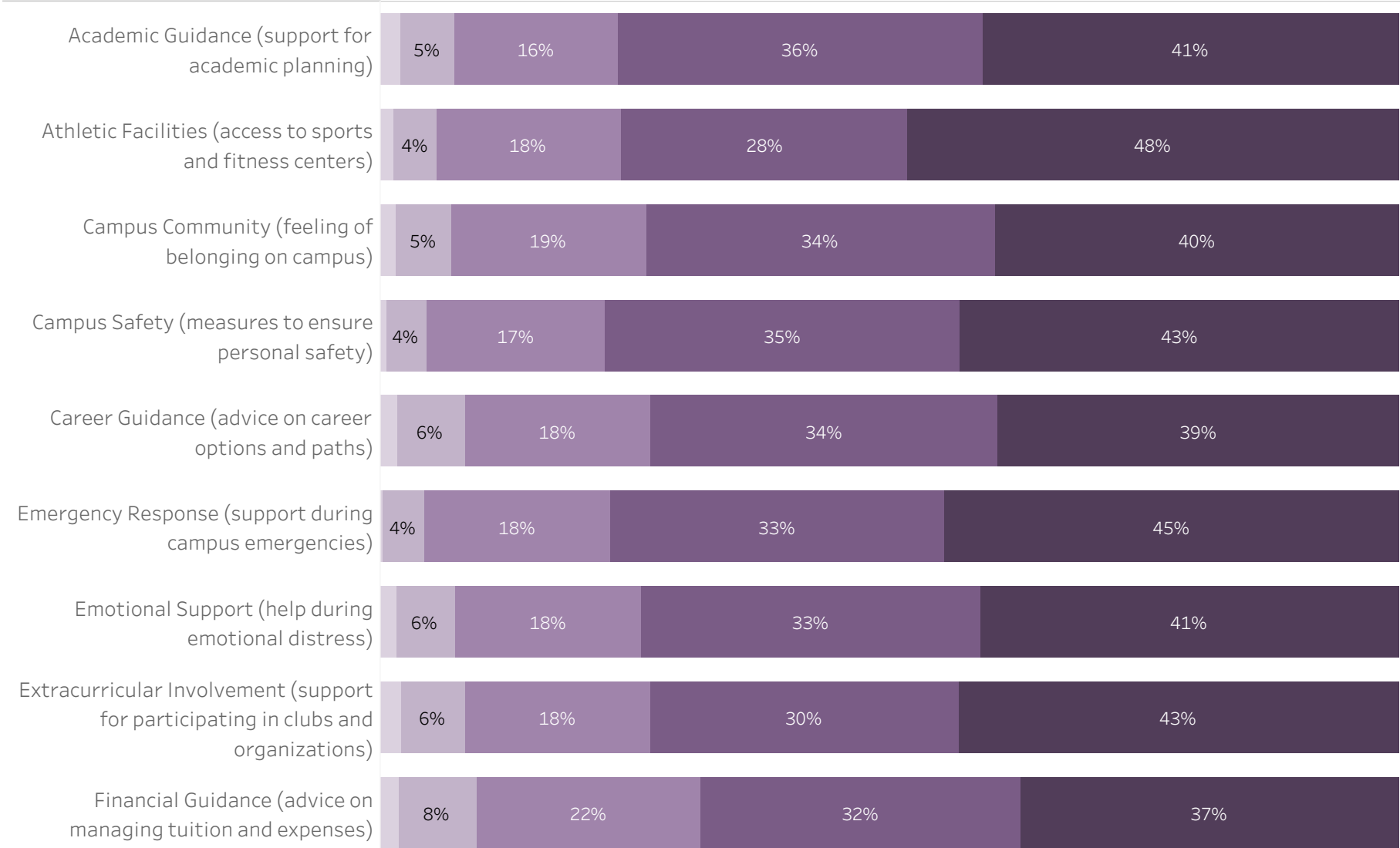
96%



MY CURRENT SUPPORT

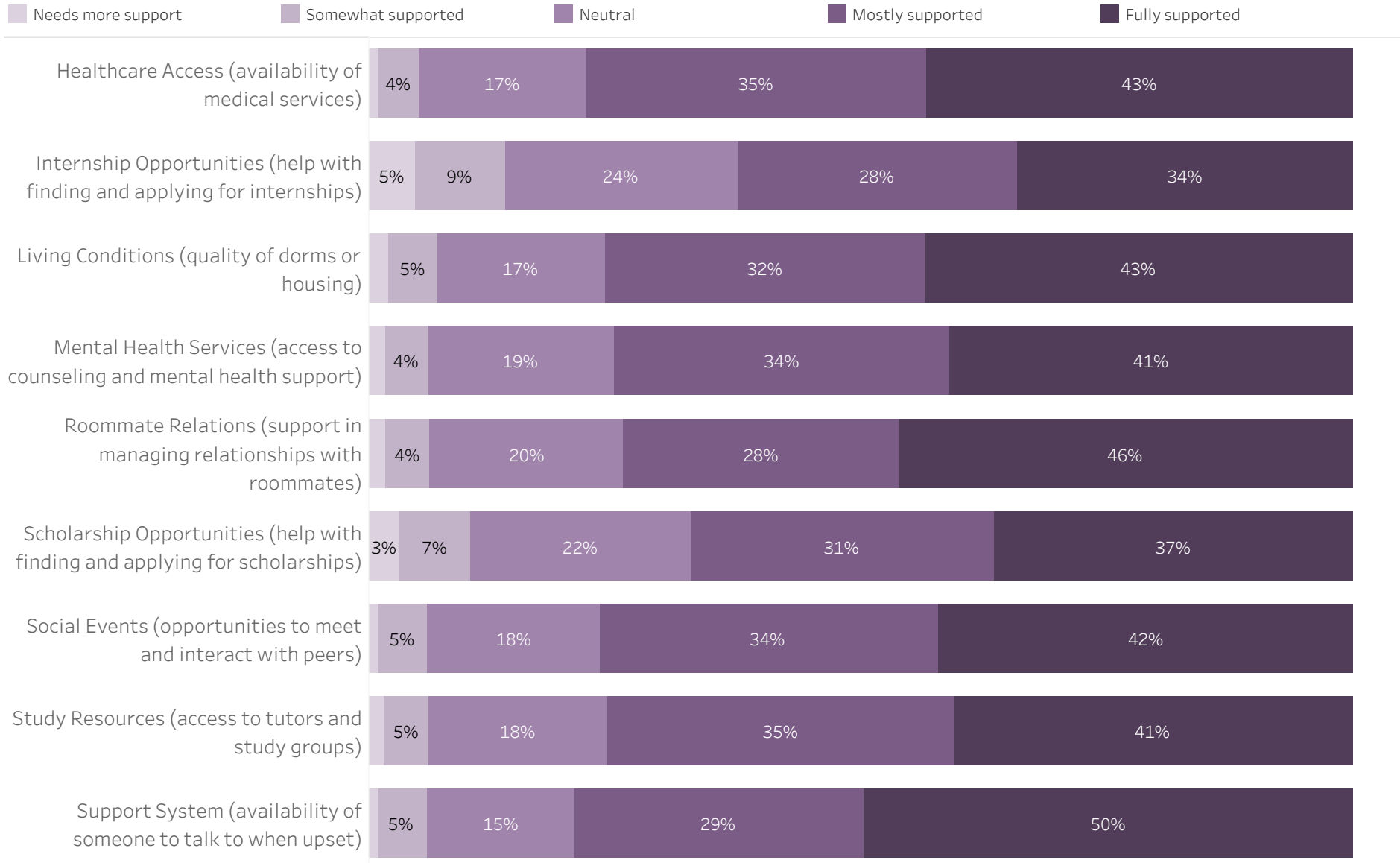
For each of the following areas, rate your current level of support

Needs more support Somewhat supported Neutral Mostly supported Fully supported



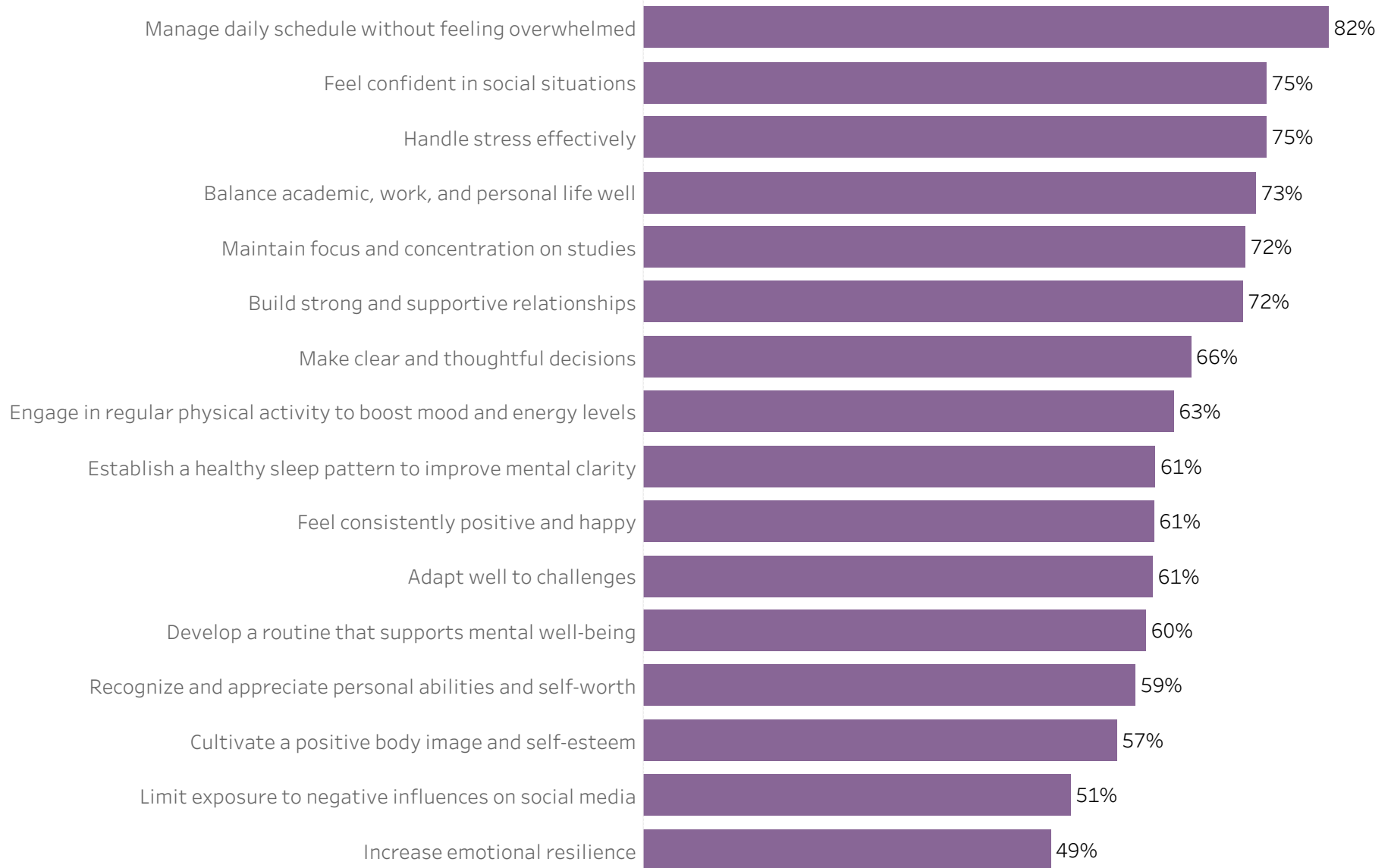
MY CURRENT SUPPORT (cont)

For each of the following areas, rate your current level of support



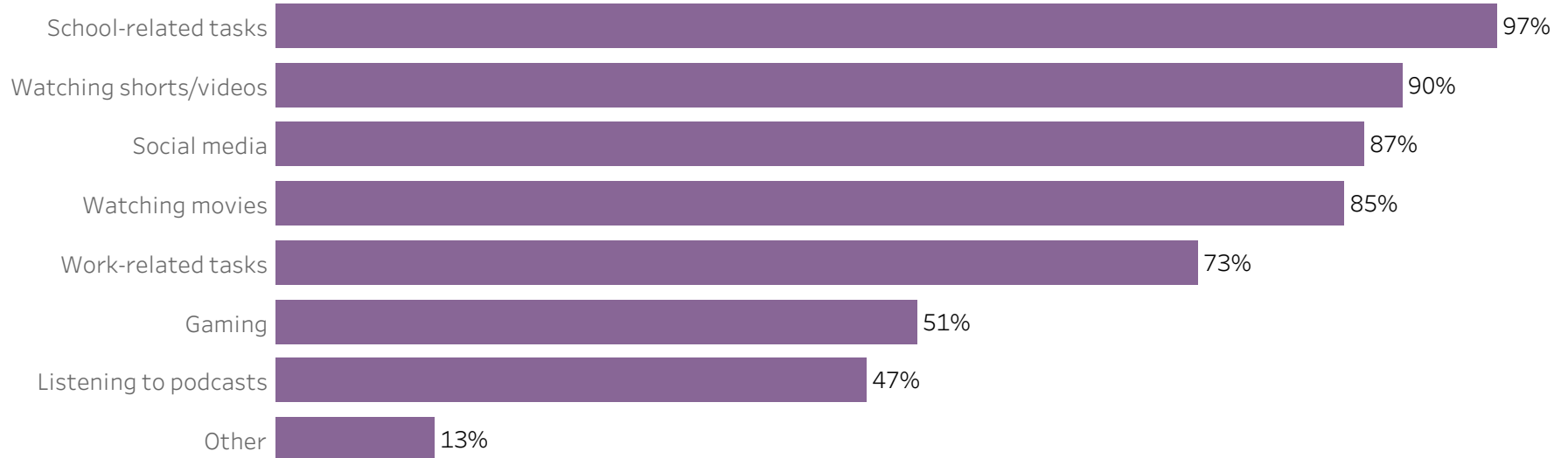
MENTAL HEALTH

What are some personal goals you have for your mental health?

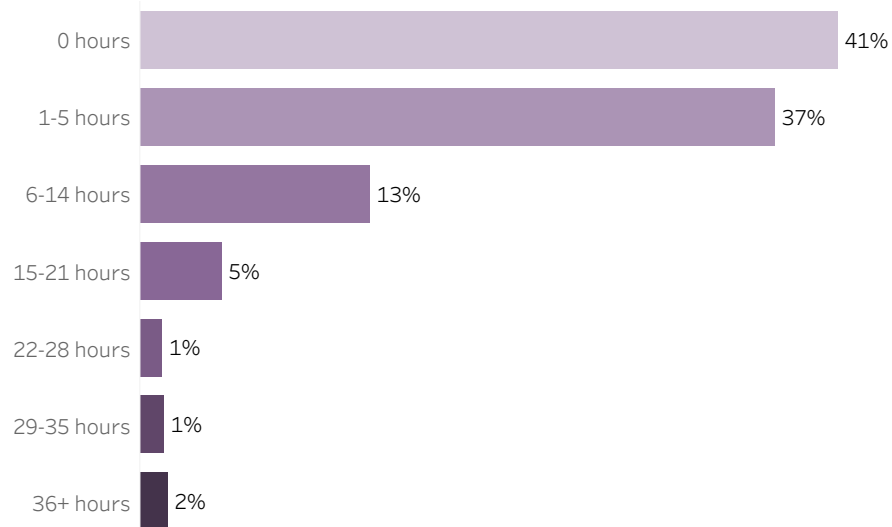


TECHNOLOGY USE

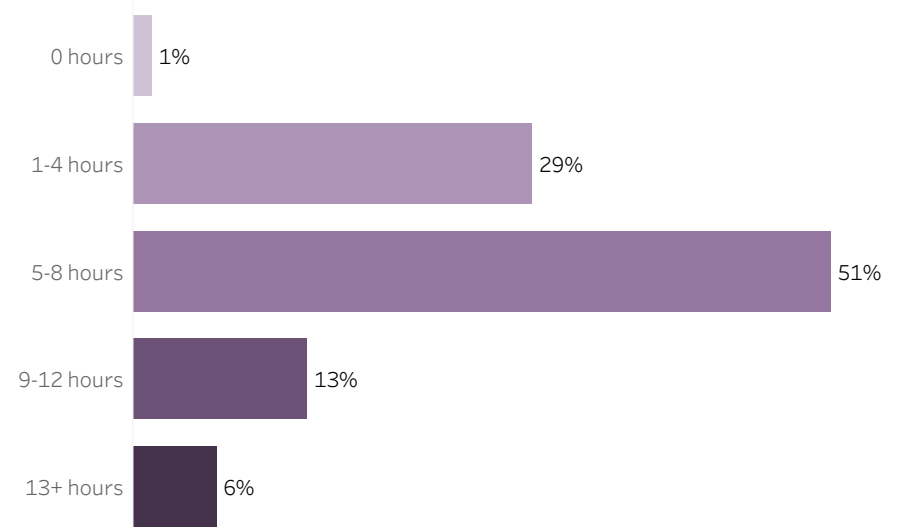
What are the ways you use technology in your life?



How many hours per week do you spend gaming?

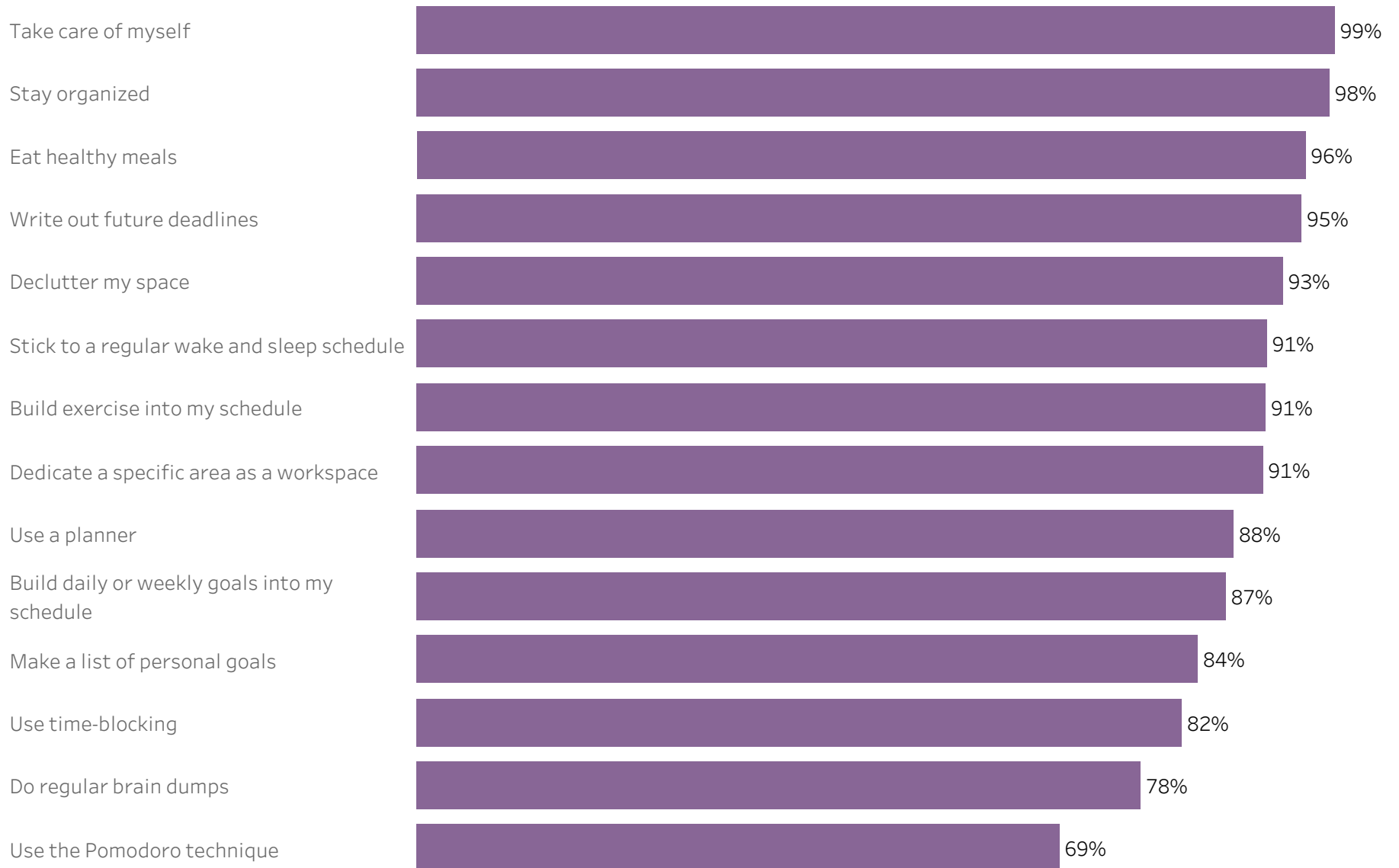


How many hours per day do you spend on screens?



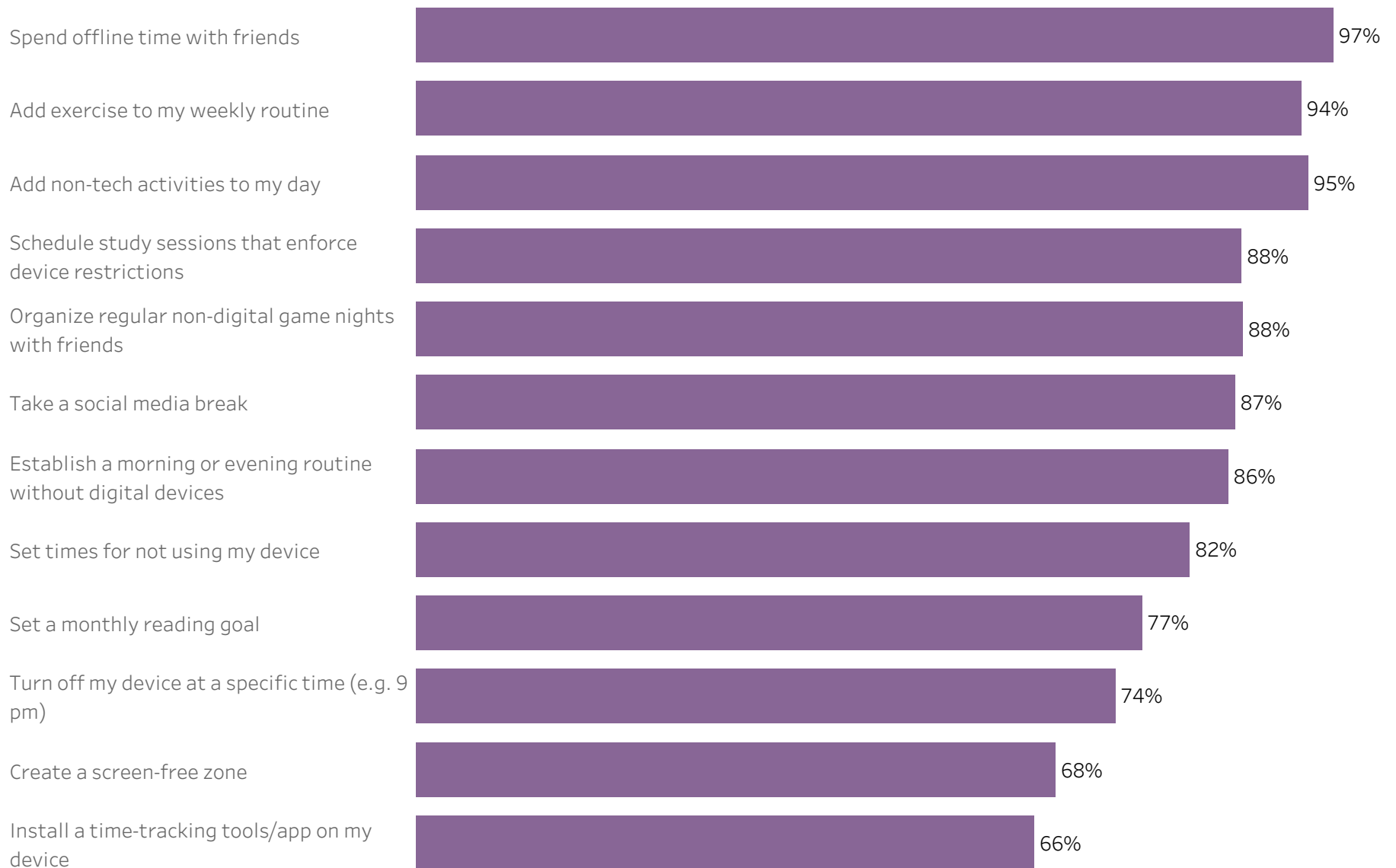
TIME MANAGEMENT

What time management strategies would you be willing to try? *(% of yes answers)*



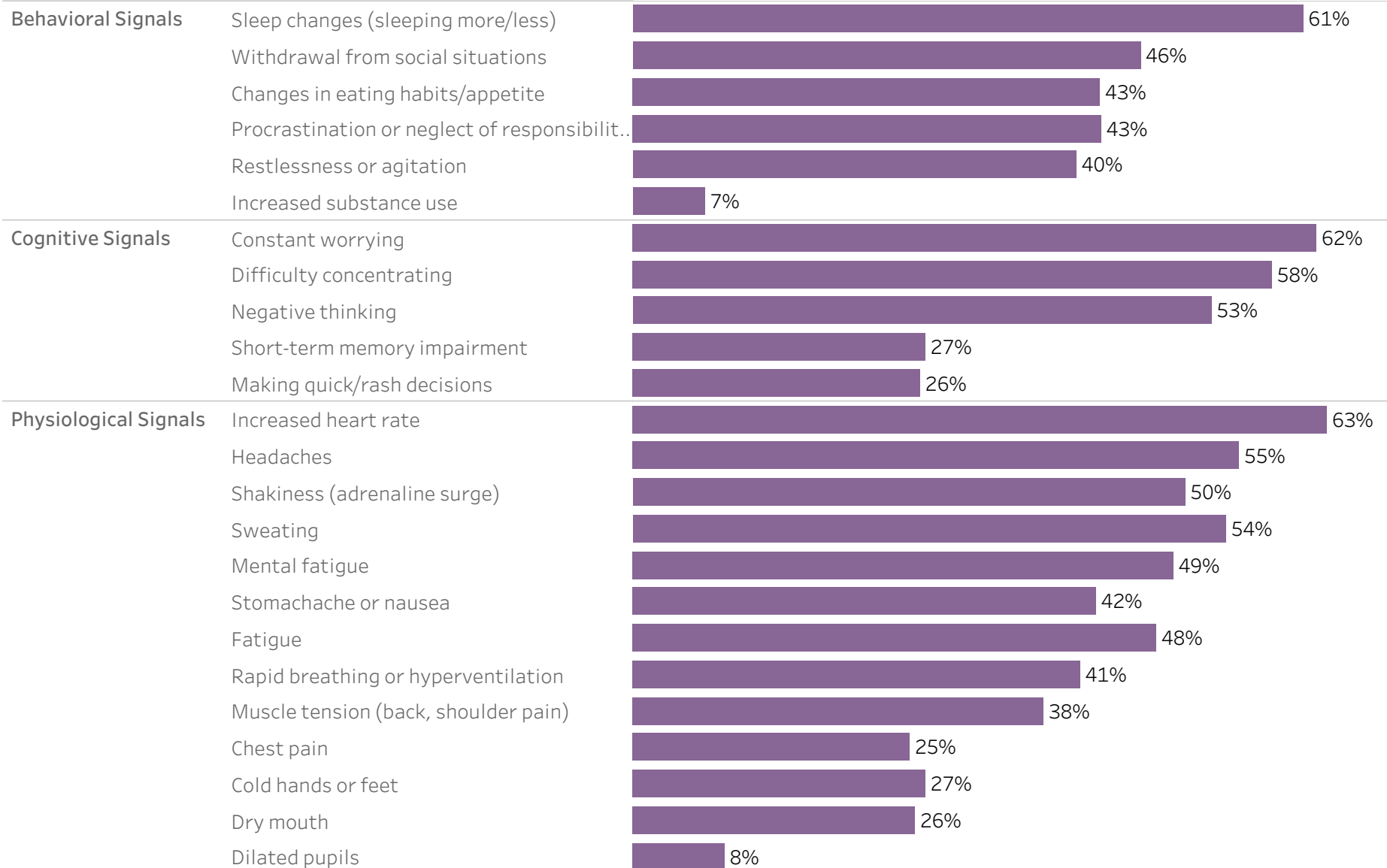
TIME MANAGEMENT (cont)

What are some things you are willing to do to balance your screen time? *(% of yes answers)*



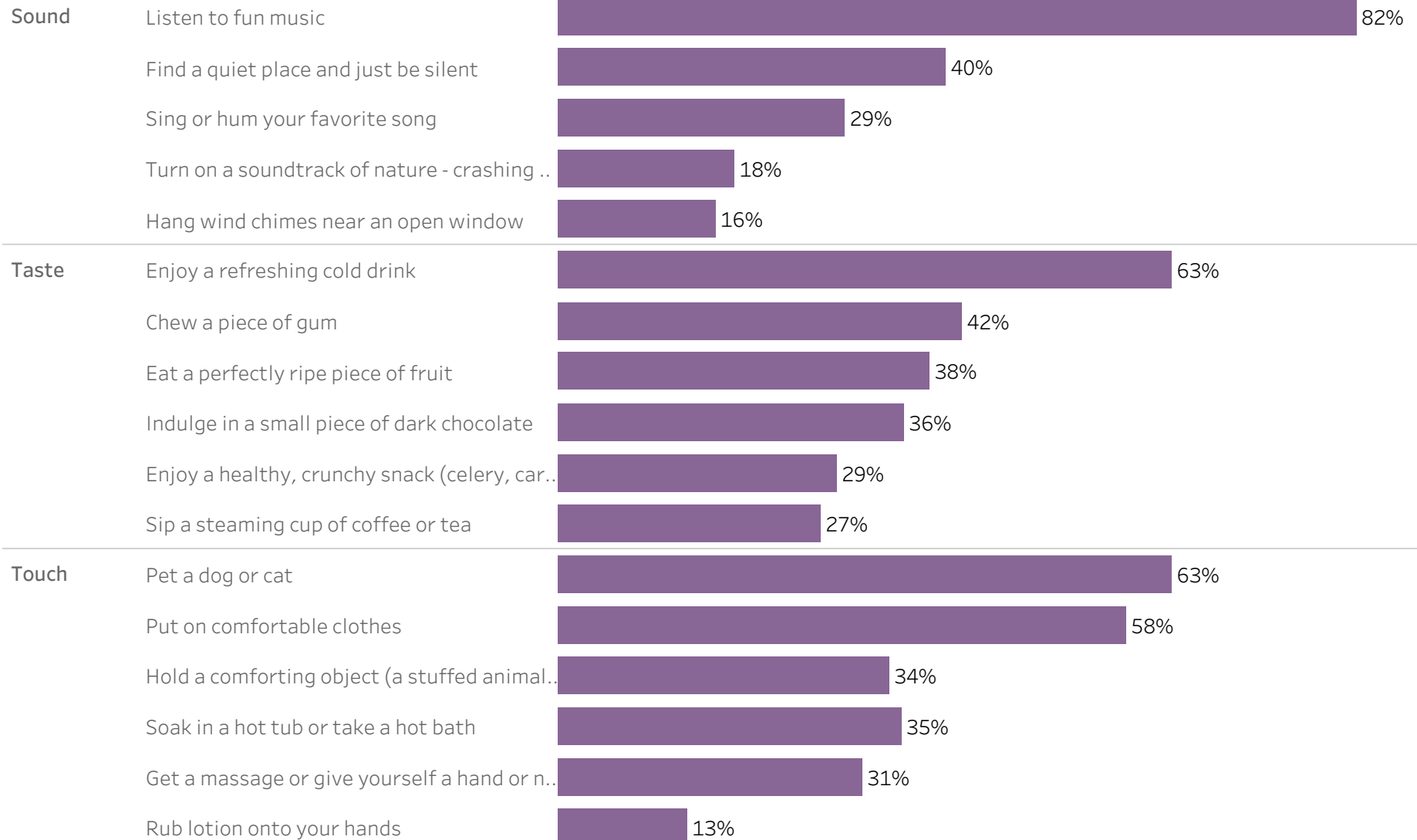
EMOTIONAL WELLBEING

Where do you feel anxiety? What are your anxiety signals? (*% of yes answers*)



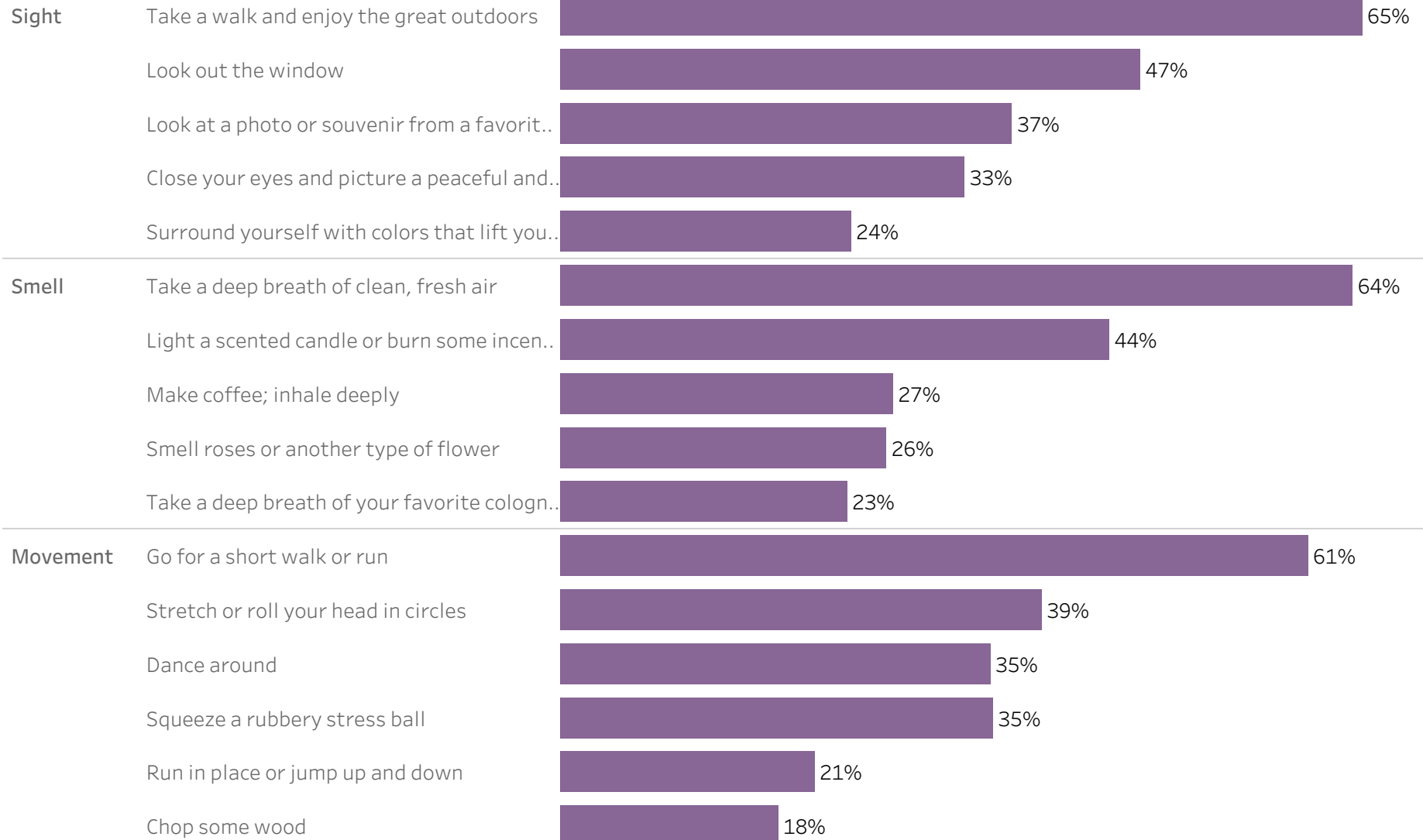
EMOTIONAL WELLBEING

For each category, identify at least one thing you think would work for you to reduce stress in an intense or emotional situation. (*% of yes answers*)



EMOTIONAL WELLBEING

For each category, identify at least one thing you think would work for you to reduce stress in an intense or emotional situation. (*% of yes answers*)

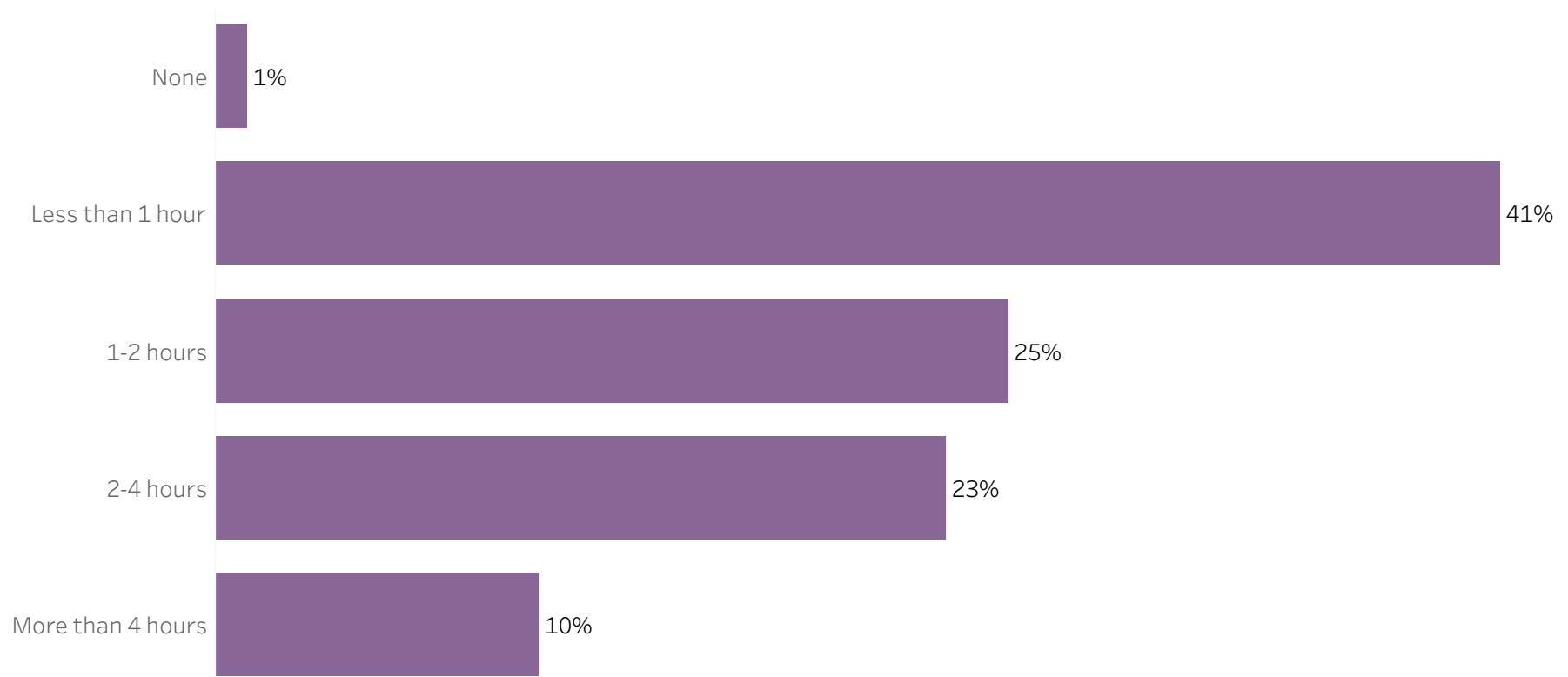


PHYSICAL WELLBEING

How many hours do you typically sleep each night?

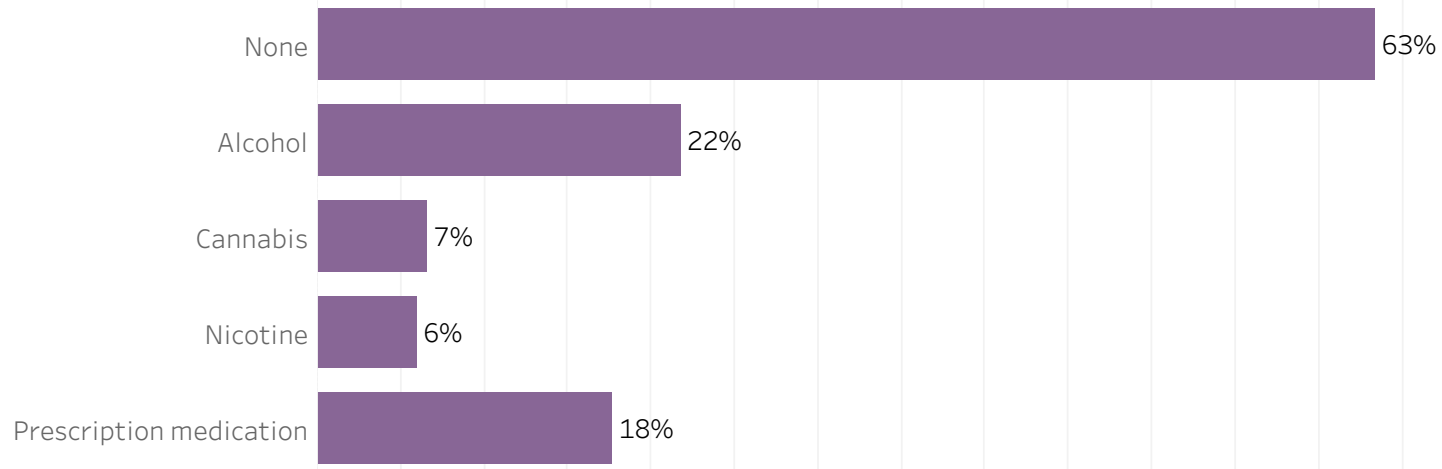
Sunday night 7.60 hrs	Monday night 7.38 hrs	Tuesday night 7.38 hrs	Wednesday night 7.40 hrs	Thursday night 7.44 hrs	Friday night 7.73 hrs	Saturday night 7.91 hrs
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How much movement (walking, cleaning, exercising, etc...) do you get in a typical day?



PHYSICAL WELLBEING

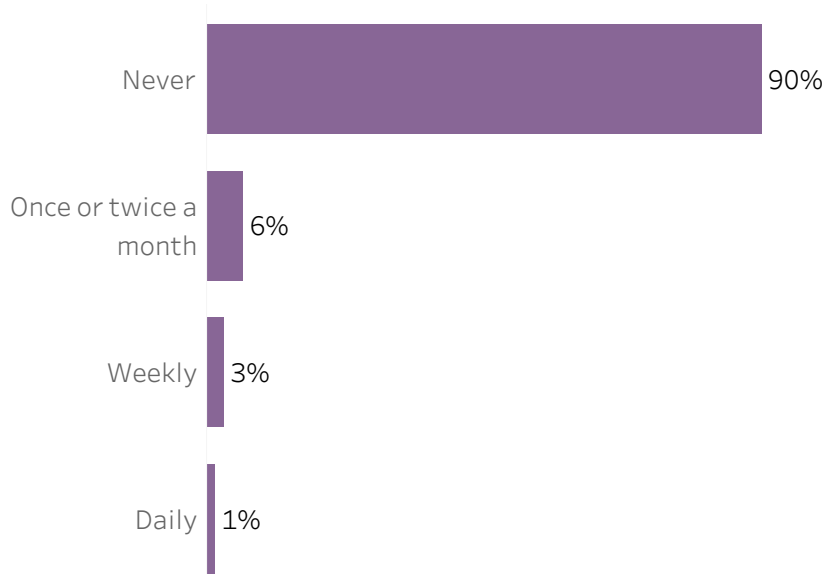
Which of the following substances do you currently use?



Average Number of "Standard Drinks" per Week

1.10

How often do you typically use cannabis?



Have you ever misused your prescription medication?

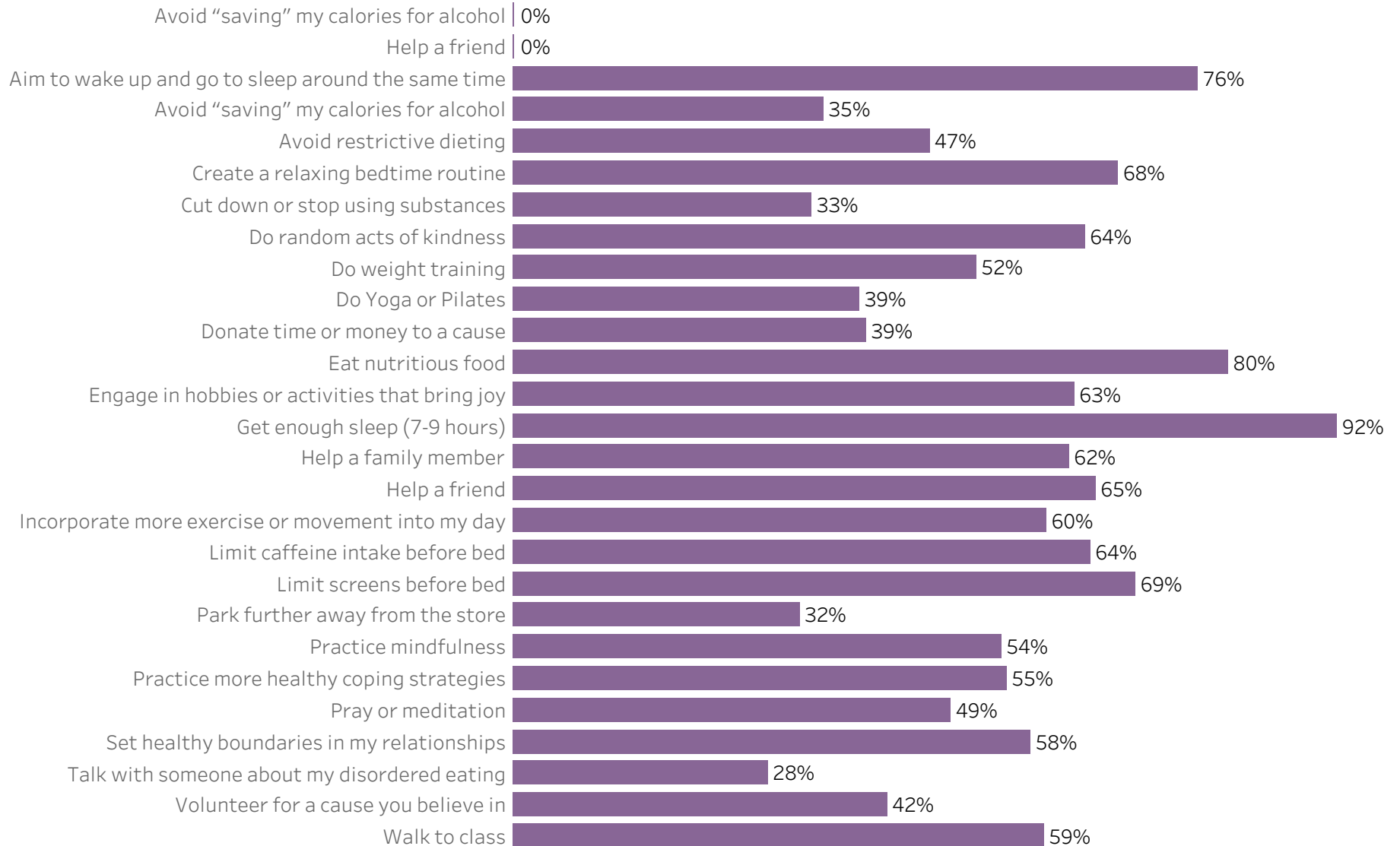


Have you ever taken someone else's prescription meds?



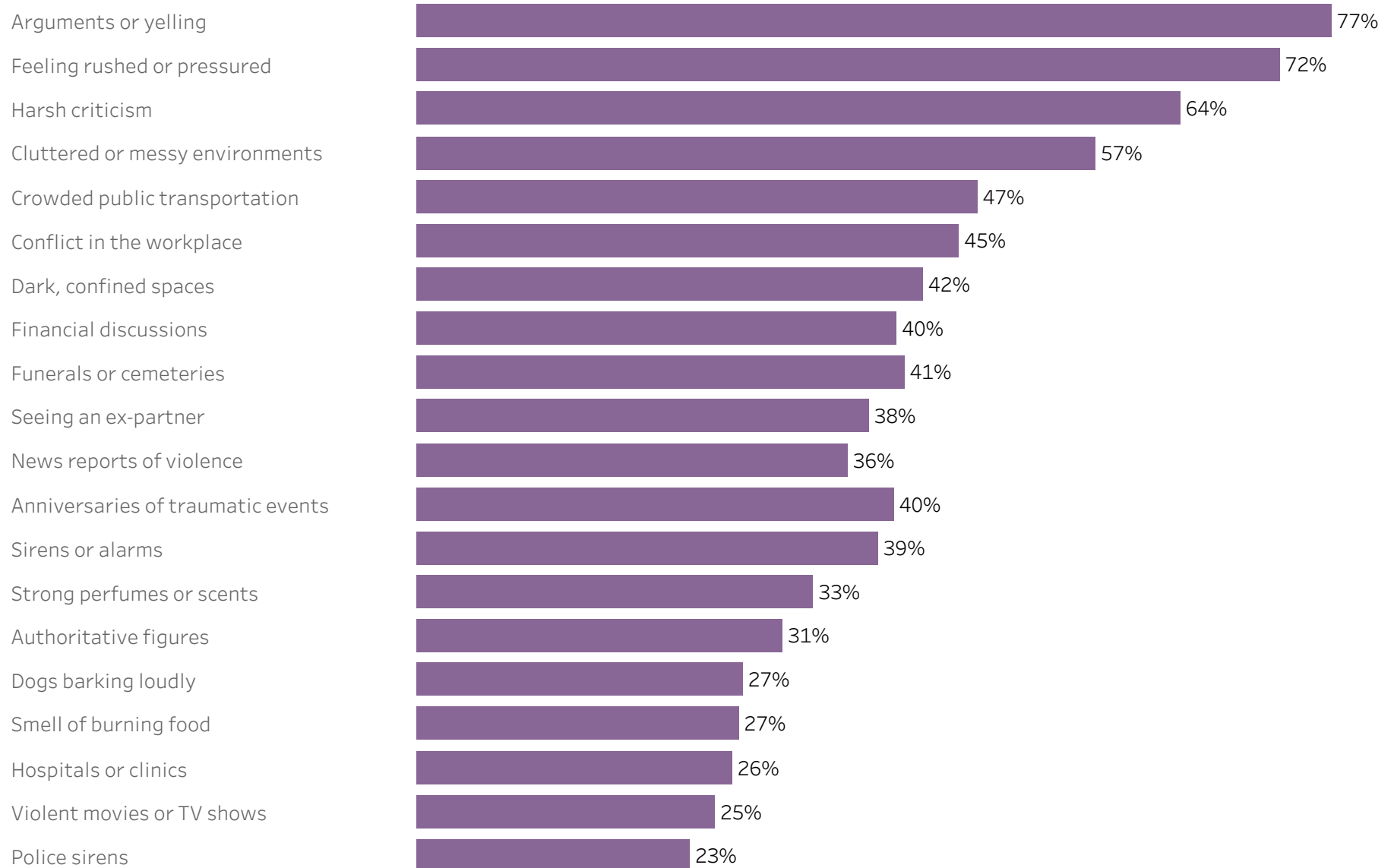
PHYSICAL WELLBEING

What are some strategies you are willing to incorporate into your routine in order to build and preserve your physical wellbeing? (*% of yes answers*)



PERSONAL TRIGGERS

Which of these triggers make you feel or act in an unwanted way? (% of yes answers)



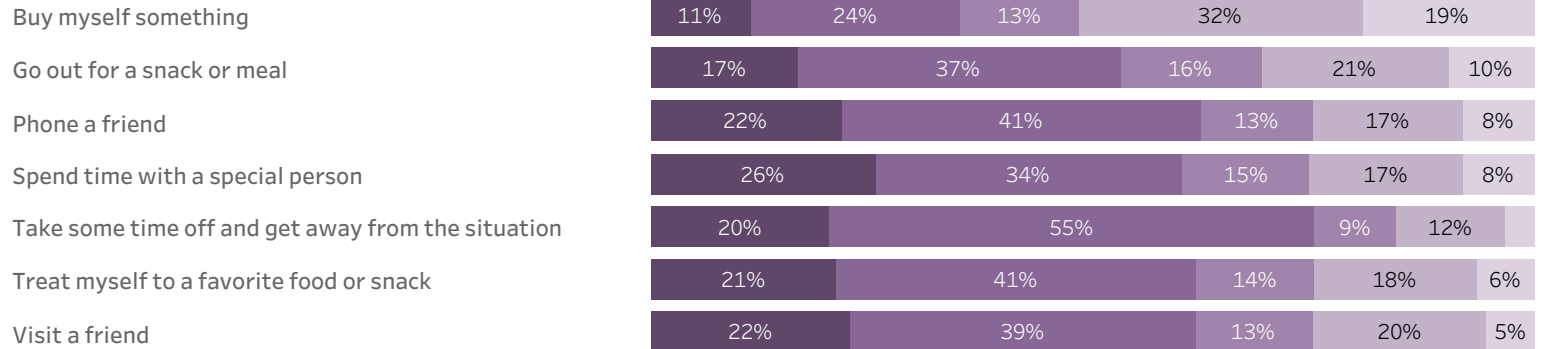
MY COPING SYTLE

When I in a difficult, stressful, or upsetting situation, I...

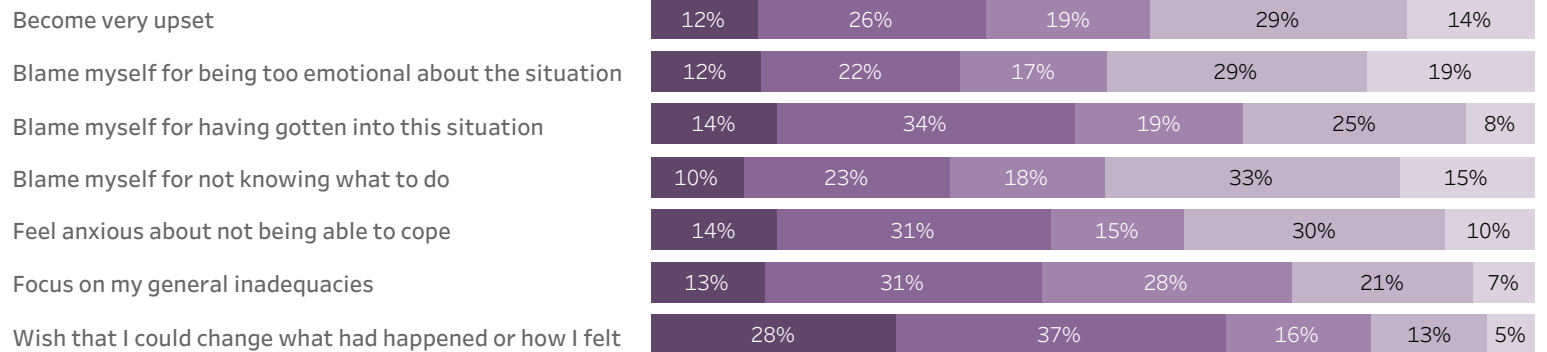
Very much Somewhat Undecided Not really Not at all

% of students that "scored" this category as their highest

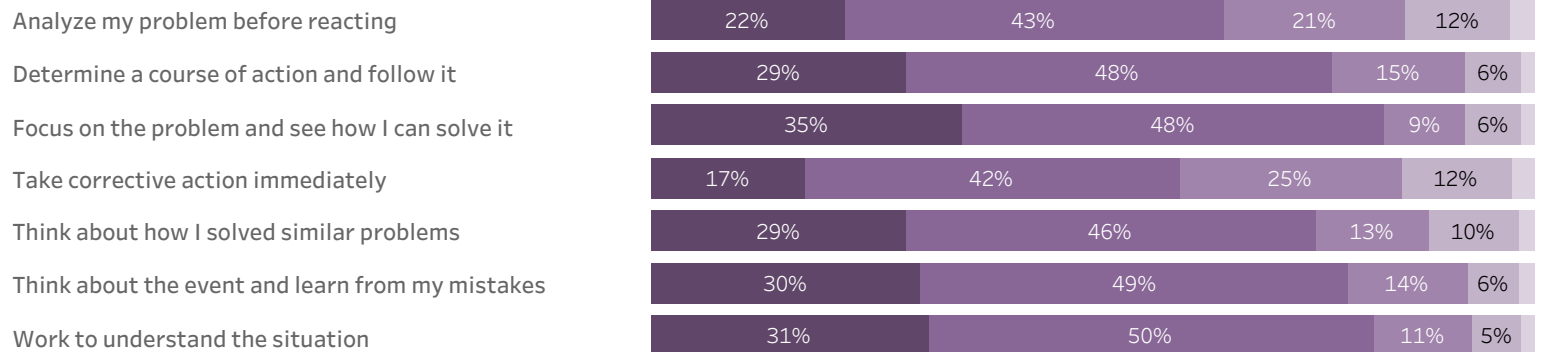
Avoidance-Based Coping **24%**



Emotion-Based Coping **26%**



Task-Based Coping **49%**



MY COPING STRATEGIES

Which of these coping strategies have you used or would you be willing to use in the future?

(% of yes answers)

Taking a walk in nature

84%

Talking to someone

75%

Self-care

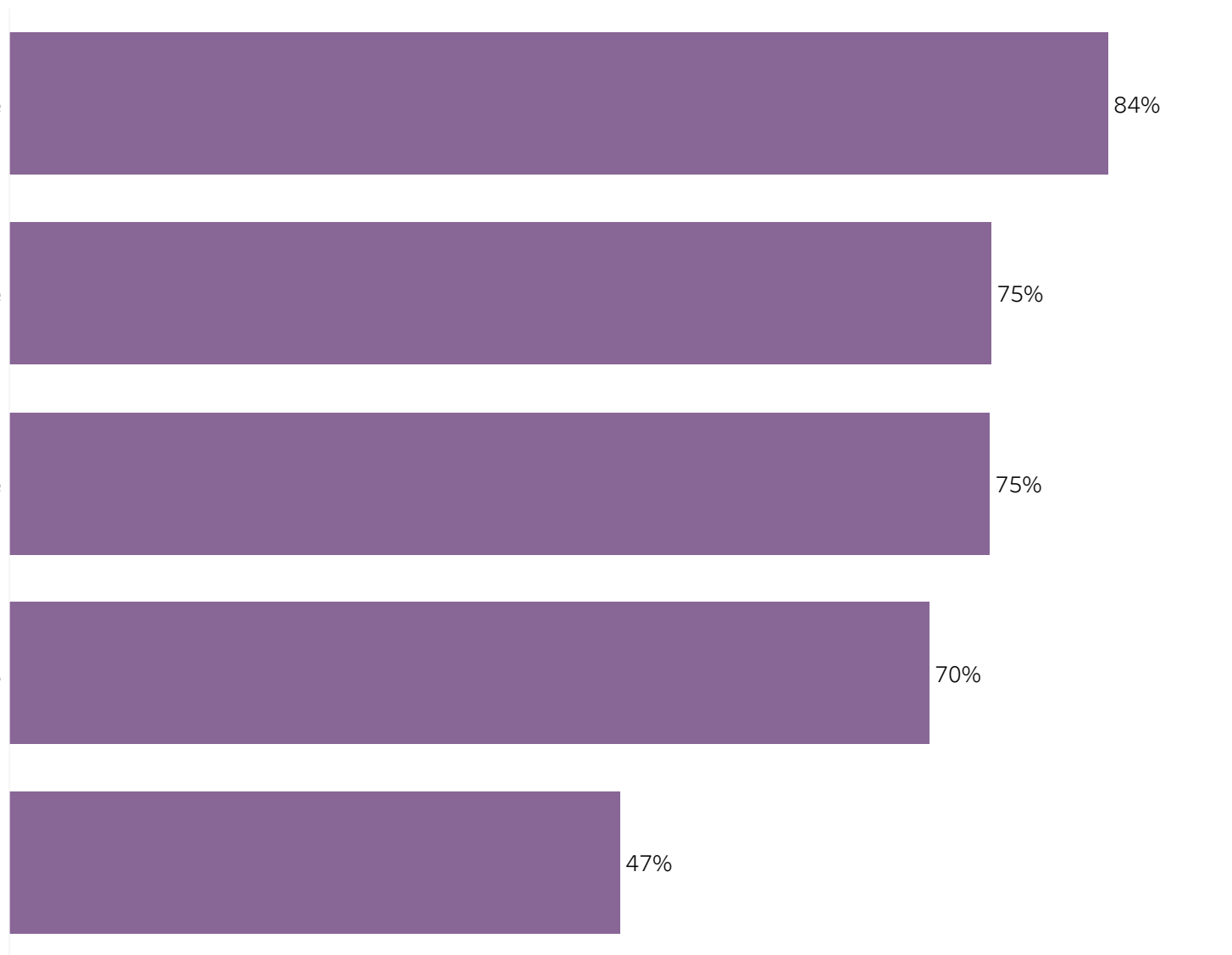
75%

Mindfulness techniques

70%

Journaling

47%



SATISFACTION SURVEY RESULTS

Student Satisfaction



94%

Overall Satisfied



3%

In Between

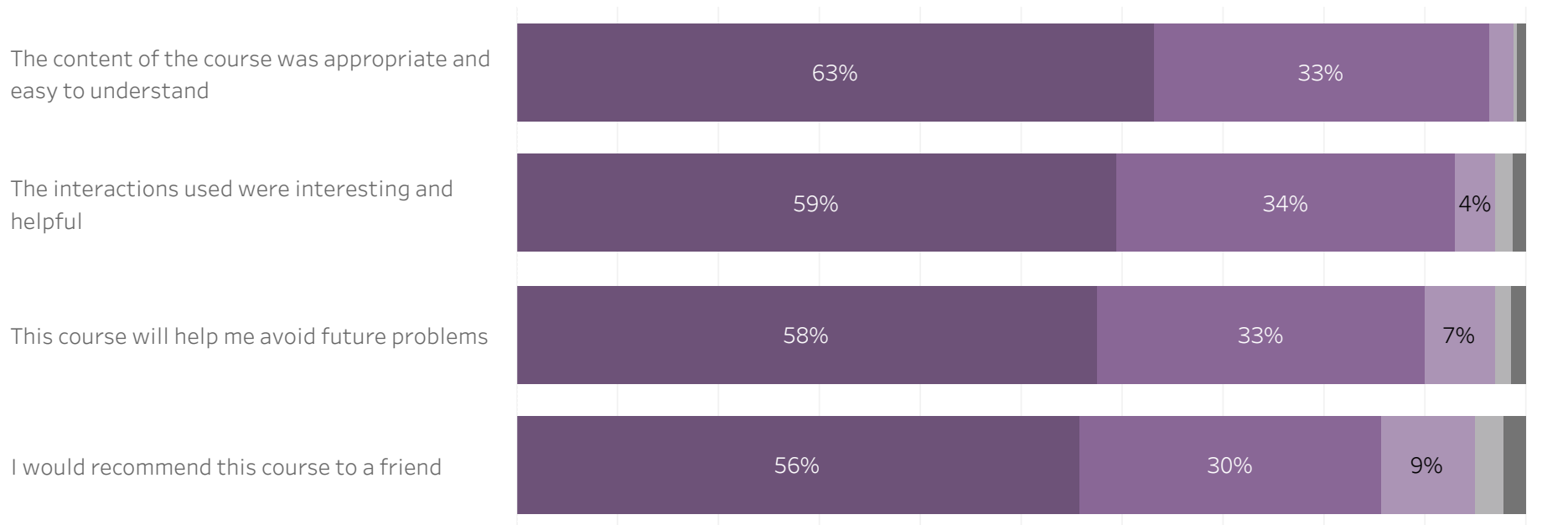


3%

Not Satisfied

Survey Question Results

Strongly Agree Agree Unsure Disagree Strongly Disagree



Student satisfaction scores calculated based on sum response type in the survey questions. For example, if a student answered "Strongly Agree" or "Agree" in 2 or more of the questions on ..