# 10 Ways to Live Well at UCSD

**Name of Assessment Project:** 10 Ways to Live Well at UCSD

**Name(s) of Person(s) Responsible for Assessment Project:**

<table>
<thead>
<tr>
<th>Role</th>
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<td>No Roles Selected</td>
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**Email Address:** tstanley@ucsd.edu  
**Phone Number:** 858-534-0539  
**Other Contacts:**

Providing: Financial Aid  
Department:  
Other: Student Wellness  
Units/Departments Involved in Assessment Project:

**Program, Service, or Event Related to Assessment Project**

This assessment project is linked to the Guardian Scholars workshop held quarterly. Each quarter a workshop is held for our Guardian Scholars. The sections are available to all undergraduate and graduate students paying fees.

**Assessment Project Description**

10 Ways to Live Well at UCSD

- Exercise
- Be Well
- Build Healthy Relationships
- Get Involved Outside School
- Be Grateful
- Get Enough Sleep
- Meditate
- Stay Healthy
- Ask for Help

**Unit/Program Specific Goals and Learning Outcomes**

The main purpose of the assessment project is to assess student learning 10 ways to Live well. Services that are available on campus, cost and how to live more productively and healthy. What can help you in life and in school.

**Relationship to Student Affairs Learning Outcomes:** Engage in a Healthy Lifestyle
Population/Sample

All participants in the Financial Decision Making workshop are assessed. The populations is for a group of former foster youth. We offer a workshop specifically for this group each quarter. Each workshop targets a different subject.

Type of Assessment: Student learning outcomes and/or behavioral outcomes

Other Assessment Type(s):

Assessment Methods: Focus Group

Other Assessment Method(s):

Data Collection Tools

We use CampusLabs which loads questions on the ipod touch

Data Analysis Methods

Data will be analyzed using CampusLabs.

Presentation of Findings

The results of this assessment will be shared with the Guardian Scholars' work group to help improve future workshops. The results may also be shared with the FAO staff.

Progress: 💚 100%

Link Assessment Project in Campus Labs Baseline

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<tr>
<th>Source Name</th>
<th>Project Name</th>
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<tr>
<td>All project data</td>
<td>Guardian Scholars top 10 ways to livewell</td>
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Summary of Findings

The findings show the workshop is valuable and needed. Future workshops may be offered again during the academic year.

Impact of Assessment

As a result of the workshop the students learned many resources available on campus. They learned what to do to improve their mood and how to spend their time more efficiently.

Lessons Learned
As a result of the assessment we realized that many students did not know that Counseling and Psychological Services is available at a reasonable price and for other uses rather than just in a crisis.

**Supplemental Information**

10 Ways to Live Well at UCSD may be expanded into a series of different topics held each academic year.

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