

**Division of Student Development
End of Year Report Form
Spring 2016**

Department/Unit:	Counseling Center	
Mission Statement:	The Counseling Center at York College advances the missions of the Division of Student Development and the College by providing opportunities for students to define and to actualize their potential toward personal, educational, and career goals through individualized, evidence-based, and culturally sensitive counseling services.	
Goals for 2015-16	<ol style="list-style-type: none"> 1. Provide students with professional counseling services to facilitate the resolution of personal issues to improve their academic performance and personal effectiveness (Strategic Initiative 2.3: Promote student support services to support student persistence) 2. Provide support to students on academic probation with intervention to increase academic success (Strategic Initiative 2.3) 3. Promote student psychological and educational well-being by providing inclusive and interactive outreach services and consultation. These services are directly linked to student retention and academic success (Strategic Initiative 2.3). 	
Status of Goals Attainment for 2015-16	<p>GOAL 1: There has been a 53% growth in the number of personal counseling sessions provided and a 33% growth in the number of students served for personal counseling. The Analysis of the CCAPS (Counseling Center Assessment of Psychological Symptoms) also demonstrated that the counseling was effective in reducing students' distress.</p> <p>GOAL 2: We began implementing a probation workshop in the Spring '15. In the Fall '15, we tracked the academic progress of the students who attended the probation workshop. The results showed that the students who</p>	

	<p>attended the workshop had a higher GPA than those on probation but did not attend the workshop (1.77 vs. 1.4) and are more likely have shed their probation status (35% vs. 25%).</p> <p>GOAL 3: We offered 400% more outreach activities in the Year 15-16 over the Year 14-15. All participants reported that the skills/knowledge were useful and applicable to them.</p>	
<p>Amount of Students Using Services this Past Year:</p>	<p>Total Number of students: 1,804 students</p> <p>Personal Counseling: 194 students Academic Counseling: 362 students Probation Counseling: 38 students Probation Workshop: 355 students Crisis Intervention: 33 students Outreach - Classroom presentation: 239 students Outreach – Psychoeducational Workshops: 121 students Outreach – Wellness Wednesday: 276 students Grad School Fair – 186 students</p>	
<p>Types of Services Provided:</p>	<p>Personal Counseling: 1,049 sessions Academic Counseling: 447 sessions Probation Counseling: 40 sessions Probation Workshop: 88 sessions Crisis Intervention: 37 sessions Outreach (Workshops & Wellness Wednesday Tables): 41 events Classroom Presentations: 8 events Workshops with faculty and staff: 3 events Annual Graduate School Fair: 1 event</p> <p>Student Development courses (SD110/SD120):</p> <p>Fall, 2015: SD110 – 4 sections: 113 students SD120 – 3 sections: 74 students</p> <p>Spring, 2016: SD110 – 1 section: 18 student SD120 – 2 sections: 47 students</p> <p>Undergraduate Fellows Program (CUE):</p> <p># 4 Undergraduate Fellows in 5 sections of SD110 (Fall 15& Spring 16)</p>	

<p>Amount of Events Staged this Year and # Students Attending Each Event:</p>	<p>Number of events: #55 events; Total #822 students</p> <p>Workshops: #31 workshops/ #121 students Study Less, Study Smarter: #4 events # 11 students Ban All Procrastination: #2 events #5 students Mindfulness for Better Focus: #5 events #14 students Stress Buster: #5 events #25 students Love Matters: #3 events #14 students Tips for Insomnia: #2 events #12 students Best Your Test Anxiety: #3 events #13 students The Upside of Anger: #4 events #22 students Self-Esteem: #3 events #5 students</p> <p>Classroom presentations: # 7 events, #160 students OT New student orientation: #30 students Social Work – Self-care for helping professionals: #30 students HE111 Classroom presentation: 2 events, #50 students EN126 Classroom presentation: 2 events #50 students York Learning Center: 2 events, #50 students</p> <p>Wellness Wednesday: #10 events, #276 students Do & Don'ts of First Year: #17 students Depression Screening: #68 students Healthy Body, Body Image: #18 students Social Media: #2 events, #46 students Use Science to Realize Better You: #23 students Random Acts of Kindness: #42 students Tips for Insomnia: #15 students Alcohol & Substance Awareness: #25 students Mindfulness for Better grades: #22 students</p> <p>Events in Collaboration with other programs: 3 events, #79 students Men's Center: 1 event, # 4 students Health Fair: 1 event, #18 students</p>	<p>How did each event contribute toward integrating, engaging, involving, validating and supporting students at the College?</p> <p>Chickering's Theory of Identity Development for students in higher-ed proposes helping students move through their developmental tasks. All of our events and programs are geared toward supporting our students to gain self-competence and to learn managing emotions and interpersonal issues. The surveys of York students indicated that up to 40% of students had symptoms of depression and 27% reported moderate to severe anxiety problems. Many of the students who are on academic probation also report having problems of managing time or stress. Through campus-wide programs and outreach activities, our center focuses on the issues associated with the students' needs informed by the developmental theories and the data from our students. Our events have three major goals: (1) to provide psycho-education to address issues related to students in higher-ed (e.g., "Love Matters" or "Upside of Anger" workshops); (2) to focus on prevention (e.g., During the Depression Screening Day event, 68 students screened for depression); and (3) to increase awareness for available psychological services (e.g., OT New student orientation, in-class presentations). Hosting an annual graduate school fair is another way of supporting the York students for building their career trajectory by bringing the graduate</p>

	<p>Senior Salute/Grad School Info: 1 event # 57 students</p> <p>The 22nd Annual Graduate School Fair: # 186 students Admission Counselors from -# 28 grad schools</p> <p>Workshops with Faculty: #3 events Dept. Chairs Workshop – Working with disruptive students: #20 faculty and staff CETL – Dealing with student issues: #10 faculty and staff Mindfulness for Faculty & Staff: #8 faculty & Staff</p>	<p>school admission counselors on campus.</p>
<p>Highlight 2 Key Signature Events</p>	<ol style="list-style-type: none"> 1. Provision of Personal Counseling Services 2. Provision of SD110 (Success in College) 	<p>Why do you consider each of these key events to be a signature activity?</p> <p>1. The core function of the counseling center is to provide personal psychological counseling services. The studies have shown that up to 2/3 of students who stopped attending college did so because of untreated psychological problems while our students are reluctant to seek professional help. This year we have focused on reducing stigma around seeking help and increasing the visibility of the counseling services (e.g., flyers, workshop brochures, wellness tables). As a result, there has been a substantial increase in the number of students we served this year (33% over last year), and counseling indeed helped students resolve their personal issues. Among the students experiencing severe distress at the time of intake, a 62% made marked improvement after 3 personal counseling sessions (i.e., no longer feeling distressed). It is important to note that the overall distress level of the students at the York counseling center is higher than that of the</p>

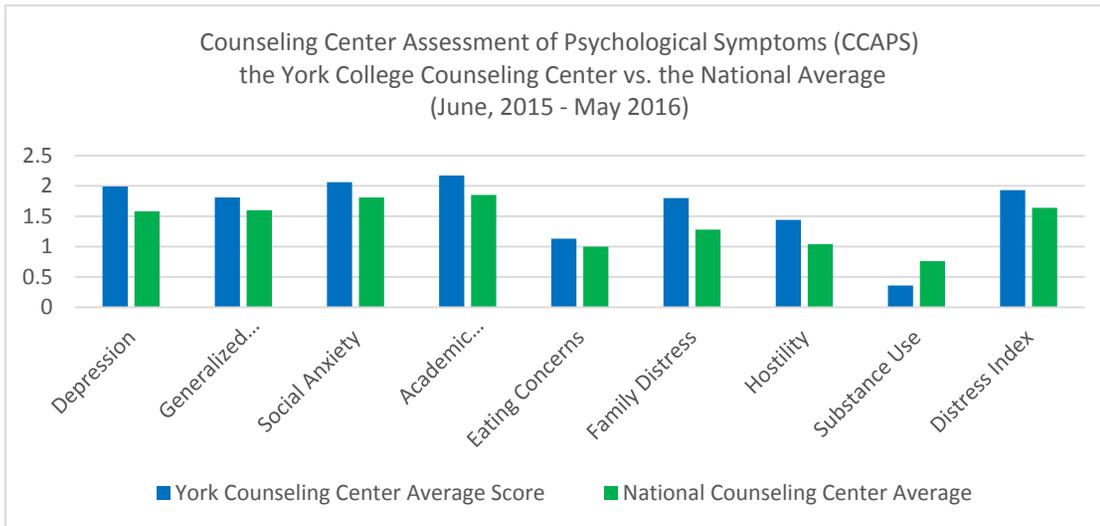
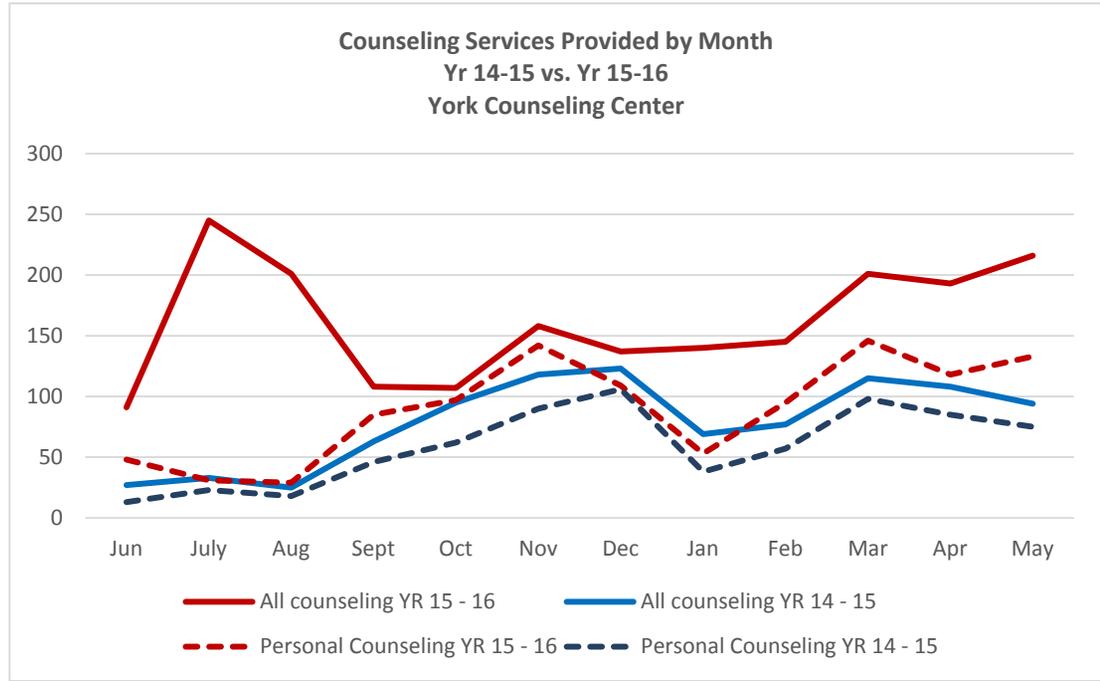
		<p>national average score (1.93 vs. 1.64).</p> <p>2. SD110, Success in College</p> <p>Provision of SD110 is another important function of the counseling center. SD110 is a course in which the first year students learn how to become an effective college student. By working with students on probation, we learned what the common barriers to success are for our students. SD110 equips students with knowledge and skill sets for being a college student, reducing these barriers. Overall, the SD110 takers have slightly higher one-semester and two-semester retention rates than the non-SD110 takers except for FA '11 (caveat: CAS College Admission Score average for the SD110 takers in Fall '11 was substantially lower than the non-SD110 takers). The three-semester retention rates for both groups tend to level out, suggesting that SD110 may provide an initial boost to the students' persistence. On the other hand, the students who have persisted past three semesters would have learned necessary skill sets regardless whether they had taken or not taken SD110.</p>
<p>Status of Strategic Plan Implementation:</p>	<p>Objective: Established Status: Established</p>	
<p>Current Challenges:</p>	<p>The current challenge is for us to have SD110 available to all students. The findings from the probation workshop support the importance of SD110 (Success in College) for the first year students. An increased enrollment of SD110 course would likely equip more students with knowledge and skills essential to college success, positively impacting on their persistence. In recent semesters, the overall enrollment for SD110 has been decreased. The major reason for this decrease appears to be its ineligibility for financial aid. Another challenge is</p>	

	<p>space. Currently, we have a group room that accommodates 7 students. If we have a bigger space, we would more aggressively promote the workshops we offer.</p>	
<p>Goals for 2016-17:</p>	<ol style="list-style-type: none"> 1. Work towards our division's goal of making SD110 (Success in College) a mandatory first-year course (Strategic Initiative 2.1: Developing an intentional, mandatory first-year experience program). 2. Continue to direct our effort to increase the students' awareness of our services (Strategic Initiative 2.3: Promote student support services to support student persistence) 3. Continue to build our probation workshops to fine-tune our approach based on the students' feedback (Initiative 3.1B, Continuous improvement through appropriate assessment). 	

Counseling Services Provided

During the Yr 2015 -2016, there were 1,086 personal counseling sessions provided, an increase of 53% over the yr 2014 – 2015 (dotted lines).

In terms of all counseling appointments including academic and probation counseling, there were 1,942 sessions, an increase of 49% over the yr 2014 – 2015 (solid lines).



Psychological Symptoms Presented at the Counseling Center

Academic distress, social anxiety, and depression were the most common symptoms reported by the students at the York counseling center. Overall, our students scored higher than the national average, except for the substance abuse issue.