Participants will increase their knowledge in a minimum of 3 of the 8 Kent State of Wellness priority areas: alcohol & drug use, mental health, nutrition, physical activity, preventative care, safety, sexual health, smoking & tobacco use.

Participants will develop a greater sense of belonging at Kent State University.

Participants will be able to identify three health-related impacts exercise has on the body.

Participants will provide feedback to help shape the Fall 2020 Wellness Themed Community Program.

**PROGRAM OUTCOMES ASSESSED:**

1. Participants will have an increased level of connection with various University resources further enhancing their academic and personal growth.

2. Participants will increase their knowledge in a minimum of 3 of the 8 Kent State of Wellness priority areas: alcohol & drug use, mental health, nutrition, physical activity, preventative care, safety, sexual health, smoking & tobacco use.

3. Participants will develop a greater sense of belonging at Kent State University.

4. Participants will be able to identify three health-related impacts exercise has on the body.

5. Participants will provide feedback to help shape the Fall 2020 Wellness Themed Community Program.

**RESULTS:**

- 19 pre-responses, 10 post-responses (COVID-19 impact)
- Pre-assessment shows more spread in the responses compared to post
- Largest jumps in first 2 questions.

<table>
<thead>
<tr>
<th>Somewhat Agree + Strongly Agree</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have a strong connection with the wellness resources on campus.</td>
<td>61%</td>
<td>92%</td>
</tr>
<tr>
<td>2. I feel that the wellness resources on campus have helped further my academic and personal growth.</td>
<td>52%</td>
<td>91%</td>
</tr>
<tr>
<td>3. I have a good working knowledge of how my mental health, nutrition habits and physical activity level affects my sense of well-being.</td>
<td>74%</td>
<td>91%</td>
</tr>
<tr>
<td>4. I have a strong sense of belonging as a student at Kent State University.</td>
<td>79%</td>
<td>91%</td>
</tr>
<tr>
<td>5. I can name three health-related impacts that exercise has on the body.</td>
<td>79%</td>
<td>90%</td>
</tr>
</tbody>
</table>

**DATA ANALYSIS ASSESSMENT METHODS:**

- Pre and Post survey related to learning outcomes asking the same set of questions on 5-point scale.
- Thought we would find that participants had a greater sense of belonging, were more attached to the wellness resources on campus, had a greater knowledge of KSOW priority areas and greater knowledge of how exercise impacts the body.
- Post survey related to specific components of the program:
  - Functionality of the iFit apps
  - General consensus on structure of program
  - What would you change for the program in Fall 2020

“This program really brought me knowledge about physical activity and what I should be doing daily to reach my goals.”

**NEXT STEPS:**

- Research various platforms for participants and program lead to interact such as GroupMe, Teams, Slack
- Finalize structure of program for Fall 2020 based on participant feedback and general observations from leadership
- Reduce number of learning outcomes and refine the way they are measured
- $20,000 research grant secured from ICON