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| Name of Program and brief description of Assessment project:  Behavioral Health Studies – A paper assigned in one of the program’s required courses, Introduction to Counseling, is being used to assess the following Program Learning Outcome: “Demonstrate an awareness of personal and professional development in order to remain effective and provide optimal functioning for the self and clients”. This particular paper was chosen both because it was an already existing project that needed minimal tweaking to address the PLO and also because Intro to Counseling is taken at the end of the BHS program due to the prequisites.  The paper is a personal reflection which requires students to think about various aspects of their personal and professional attitudes and beliefs as well as addressing strengths and potential challenges. |
| Progress report (include dates of any activity):  Seventeen sample papers were collected during the Fall 2017 semester. Two sections of the course are currently taking place so approximately thirty more papers will be available for the project by the end of the semester. A rubric was developed (attached) and used to score the first group of papers.  General findings thus far indicate that students are proficient in understanding their strengths and challenges as they pertain to the human service field. The majority of students were in the exemplary range as related to the professional development and client categories (specifically identifying what client populations they would like to work with and why). An area that does not seem to be as secure is using clinical exercises to target specific areas of growth or challenge.  Lastly, students were, across the board, either proficient or exemplary in demonstrating understanding of the need for self-care and how they would attempt to do this for themselves. In spite of this many of them still expressed reservations about this aspect of working in the human service profession and concerns around issues related to burnout and vicarious traumatization. |
| Final recommendations from Assessment Project:  I look forward to continuing to use the rubric for the next batch of papers and feel I will have a robust sample by the end of the year. In the meantime I will address the issue of self-care by layering information about this issue throughout the curriculum as well as inviting a representative from Caring Unlimited to discuss specific interventions that can be incorporated into a clinician’s practice. |