

Health & Wellness

Student Outcomes	Dimensions of Outcomes	Sample Developmental Experiences for Learning	Bodies of Knowledge for Educators	Sample Learning Outcomes
Cognitive Complexity	Critical thinking, reflective thinking, effective reasoning, emotional/cognition integration, identity/cognition integration	<ul style="list-style-type: none"> • Health education through wellness promotion programming (passive and active) • triage experience • clinical visits • Student interactions on all levels with the Center for Health and Wellness constantly force students to think critically and integrate health information with personal beliefs and their individual identities to foster personal decision making skills 	- Cognitive development, reflective judgment, order of consciousness	Students will be able to identify personal health priorities and be able to integrate those priorities with personal behavior choices.
Knowledge acquisition, integration, and application	Connecting knowledge to other knowledge, ideas and experiences, relate knowledge to daily life	<ul style="list-style-type: none"> • Entire clinic process from intake to exit incorporates knowledge and its application • Referred Learning Class • Decision making as it pertains to treatment options • Student workers in the clinic setting • Wellness living learning community –OSSIPEE (Occupational, Social, Spiritual, Intellectual, Physical, Emotional , Environmental) • S.P.A.C.E. program (Students Promoting Appropriate Choices Everyday) 	- Holistic Theory of Wellness	Students will be able to absorb health information and integrate it with personal beliefs and health behaviors.

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Humanitarianism	Understanding and appreciation of human differences; cultural competency; social responsibility	<ul style="list-style-type: none"> • Use of terminology on intake forms that are not gender specific • Presentation of health information and choices in a factual non-judgmental format • Structuring of student health behaviors within the context first of what is healthiest for them and secondly how does their health behavior impact the KSC community as a whole 	<ul style="list-style-type: none"> - ACHA Standards of Care - CDC recommendations and mandates for the management of communicable diseases 	Students will be able to communicate the importance of unbiased, non judgmental healthcare in the development of their sense of self and others.
Civic Engagement	Sense of civic responsibilities; effective in leadership	<ul style="list-style-type: none"> • Student Health Advisory Board • AIDS Testing student intern from Monadnock AIDS Services • Student Interns from American Cancer Society • S.P.A.C.E. program and O.W.L.S. student leadership programs 	- Chickering's Seven Vector in Student Development	Students will be able to identify the importance of student involvement in social issues. Students will be able to list reasons why their involvement is critical to moving social issues forward.

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Interpersonal and intrapersonal competence	Realistic self-appraisal and self understanding; personal attributes such as identity, self esteem, confidence, ethics and integrity, spiritual awareness, personal goal setting, meaningful relationships, interdependence; collaboration; ability to work with people different from themselves	<ul style="list-style-type: none"> • Triage process where students are asked to identify severity of symptoms • Paraprofessional roles with student workers and student interns • Theme weeks that focus on personal development – Healthy Relationships Week – • Communication skill development – how to get what you need in your relationships • Establishment of a relationship with their on-campus medical provider – develop a relationship that supports student's health • Requiring students to make appointments on their own for services needed • Completion of the Comprehensive Student Health and Disability report. 	<ul style="list-style-type: none"> - Theories supporting Holistic Wellness - Chickering's Seven Vectors of Student Development 	Students will be able to self advocate when it comes to getting their medical and personal needs met.

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Practical Competence	Effective communication, capacity to manage ones own affairs; maintain personal health and wellness, living a purposeful and satisfying life	<ul style="list-style-type: none"> • Scheduling appointments at a minimum of 30 minutes to facilitate educational conversations • Initial intake forms provide a benchmark of where the student is at that time – ongoing interactions begin where the last contact left off • Providers challenge student with increased expectation of personal responsibility • Individual assessment goes beyond the physical symptoms to include personal behavior choices and assessment of personal satisfaction 	<ul style="list-style-type: none"> - Chickering's Seven Vectors of Student Development - Holistic Wellness Theories 	Students will be able to articulate their personal needs as it pertains to their health.
Persistence and academic achievement	Manage the college experience to achieve academic and personal success	<ul style="list-style-type: none"> • Learning the Ropes – educational handout for incoming students • Referred Learning Class • Alcohol Wise – on line alcohol education program • Personal assessment during clinic visit • Constant collaboration between all offices on campus but specifically with Counseling and Disability Services 	<ul style="list-style-type: none"> - Retention Theory - ACHA Standards of Care - ACHA Health Promotion Guidelines 	<p>Students will be able to list resources on campus that are intended to help facilitate their academic and personal success</p> <p>Students will be able to identify the components of personal health that contribute to academic success.</p>