

# Cocurricular Learning Outcomes: Assessment Tools

Counseling and Psychological Services (CAPS)

Date: 05/15/2020

Program Learning Outcomes Knowledge, skill, or behavior students can demonstrate upon program completion		Measurement Tool	Timeline/Frequency of Assessment	Target	Review
<b>1</b>	Reduction in reported overall levels of distress.	Counseling Center Assessment of Psychological Symptoms (CCAPS)- 62 and 34.	At each counseling session.	50% of students who attend at least at least 3 individual counseling sessions.	End of each semester and end of year.
<b>2</b>	Reduction in reported symptoms of depression.	CCAPS-62 CCAPS-34	At each counseling session.	75% of students who attend at least at least 5 individual or group counseling sessions.	End of each semester and end of year.
<b>3</b>	Reduction in reported symptoms of anxiety.	CCAPS-62 CCAPS-34	At each counseling session.	75% of students who attend at least at least 5 individual or group counseling sessions.	End of each semester and end of year.
<b>4</b>	Reduction in reported symptoms of social anxiety.	CCAPS-62 CCAPS-34	At each counseling session.	75% of students who attend at least 5 group counseling sessions.	End of each semester and end of year.