

Freshman A&O Program Evaluation 2015

Health & Wellness-Specific Questions

Sessions 1-5 (June 22 – July 14)

N = 1446 (28% of all freshman surveys)

Please answer the following questions about health & wellness:

- Whether you choose to drink or not, how familiar are you with strategies to be in control of your night?
- How aware are you of how to practice consent in a sexual situation?
- How aware are you of the signs of suicide?
- How familiar are you with Health & Wellness services?

	ALCOHOL		CONSENT		SUICIDE		SERVICES	
	#	%	#	%	#	%	#	%
NOT AT ALL (1)	11	0.8%	8	0.6%	13	0.9%	11	0.8%
SOMEWHAT (2)	215	14.9%	148	10.2%	529	36.6%	630	43.6%
VERY (3)	1220	84.4%	1290	89.2%	904	62.5%	805	55.7%
TOTAL	1446	100%	1446	100%	1446	100%	1446	100%
SOMEWHAT OR VERY	1435	99.2%	1438	99.4%	1433	99.1%	1435	99.2%
AVERAGE RESPONSE	3.6	--	3.7	--	3.3	--	3.3	--

If you or someone you know becomes a victim of assault, where can you go for additional support?

Select all that apply.

	FRQ	%
HALL HEALTH CENTER	849	74.9%
SEXUAL ASSAULT AND RELATIONSHIP VIOLENCE ACTIVISTS (SARVA)	941	83.1%
COUNSELING CENTER	866	76.4%
MENTAL HEALTH CLINIC	592	52.3%

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Sessions 6-21 (July 15 – September 22)

N = 3716 (72% of all freshman surveys)

How familiar are you with Health & Wellness services?

	#	%
NOT AT ALL FAMILIAR (1)	63	1.7%
SLIGHTLY FAMILIAR (2)	426	11.5%
SOMEWHAT FAMILIAR (3)	1035	27.9%
MODERATELY FAMILIAR (4)	1575	42.4%
VERY FAMILIAR (5)	617	16.6%
TOTAL	3716	100%
MODERATELY OR VERY	2192	59%
AVERAGE RESPONSE	3.6	--

Whether you make the choice to drink or not, how many strategies are you familiar with that help you be in more control of your night when it comes to drinking?

	#	%
0	67	1.8%
1-2	213	5.7%
3-5	1921	51.7%
6-9	1015	27.3%
10+	500	13.5%
TOTAL	3716	100%

How familiar are you with the concept of enthusiastic consent in a sexual situation?

	#	%
NOT AT ALL FAMILIAR (1)	43	1.2%
SLIGHTLY FAMILIAR (2)	69	1.9%
SOMEWHAT FAMILIAR (3)	206	5.5%
MODERATELY FAMILIAR (4)	744	20.0%
VERY FAMILIAR (5)	2654	71.4%
TOTAL	3716	100%
MODERATELY OR VERY	3398	91.4%
AVERAGE RESPONSE	4.6	--

How aware are you of the signs of suicide?

	#	%
NOT AT ALL AWARE (1)	23	0.6%
SLIGHTLY AWARE (2)	103	2.8%
SOMEWHAT AWARE (3)	578	15.6%
MODERATELY AWARE (4)	1739	46.8%
VERY AWARE (5)	1273	34.3%
TOTAL	3716	100%
MODERATELY OR VERY	3012	81.1%
AVERAGE RESPONSE	4.1	--

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Most/Least Helpful/Engaging

Question asked only July 6-7 & 8-9 (N=570)

Optional question: Select the sessions below which were **most** helpful and/or engaging.

Optional question: Select the sessions below that were **least** helpful and/or engaging.

Select all that apply.

HEALTH AND WELLNESS IN COLLEGE + OL GROUP TIME #3	FRQ	%
MOST	149	26.1%
LEAST	43	7.5%

Why Most?

- Taught me how to be successful in college and healthy at the same time
- Gave me info that I didn't know that was also really helpful.
- Gave real world insight/advice
- Talked about important social issues
- There was audience involvement.
- Gave tips on wellness/health I had not thought of before
- It had the most information that I found useful and interesting
- I learned how to deal with situations that I will likely find myself in
- because it covered things that most colleges are too awkward or close minded to talk about
- Campus exploration and Acad 102 were very engaging because they related the most to what I see myself doing on campus. The phone survey for Health & Wellness was very interesting and the information provided was new and helpful.
- Because they were the section I could connect to the most.
- Applicable
- because they were interesting

Why Least?

- More interaction with other OL groups, more snacks and water supply.
- It was a lot of knowledge that I already knew about
- There is the possibility of integrating more activities and the audience which would help keep it interesting.
- None.
- LESS VIDEOS. So much content in one session

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Health & Wellness-Specific Questions

Open-ended Responses (all sessions)

Key words: health, wellness, consent, alcohol, drugs, suicide

Allow a little more time for registration and give us one sheet with all the information/phone numbers for the health and wellness and security.

At times - especially on the first day - there was too much being talked at, and I began to lose focus. I also thought the presentation by a general academic advisor could have been greatly improved. Two sessions that really stood out were the Study Abroad Session, where the presenter was confident and very knowledgeable about the topic, and the Health and Wellness presentation, which kept me engaged through both the polls and the banging soundtrack. Perhaps this was just Honors, or just my group, but on the second day I felt like I kept hearing about STEM subjects much more than I would have liked.

I feel that too much time was spent the first day repeating things I'd heard dozens of times from everything from parents to my high school to the UW website to U101 to friends and mentors I've had who have gone through high school. Things like the Health & Wellness section, while certainly containing crucial information, have been repeated over and over to me for months if not years, and I didn't benefit in the slightest from the repeat. If anything, it made me somewhat less receptive to the actual informative parts of the session. In general, **much** more time should be spent preparing for registration, and much less on introducing students to things that most of them had been almost overly familiar with already.

I felt slightly concerned on my first day when the presentations by the campus police didn't align with the campus Health's wonderful presentation about violence/sexual assault. In my opinion the police office seemed dismissive about the very real problem of sexual assault and rape with comments like "you won't just get raped walking down the street!" (as a joke) and his emphasis of the defense class as being for women but not offering an opportunity for guys to become involved in the discussion even though they can be the victims and often are the perpetrators.

I really enjoyed the videos on health and drug use.

I think that a lot of the students here may feel like they are treated a little childish. For the most part, I and other friends knew most things that were discussed in seminars like about how to succeed in college and to take risks, talk to your teacher etc. There was little to no profound information. There were a couple of talks that I enjoyed but for the most part I was bored and felt a little belittled. I think orientation really only needs to be one day with a campus tour and registering for classes, maybe some stuff about health and wellness and safety, and only one teacher or faculty speech that is really good about how to succeed in college. I also wish there was more information about the clubs and organizations established at the school, maybe a list could've been provided of all the clubs. Although, I know there is a club fair later on. I do greatly appreciate UW's effort in getting students used to the college environment though!

I was very anxious and scared for my A&O at first, but after meeting some people, going through some ice breakers, getting to know my OL and my group, and going to the seminars I could choose made the experience wonderful. I love that we could choose the lectures that pertained to us. I'm very glad that we talked about mental health because that was one of my biggest concerns and I would've felt extremely awkward bringing that up in front of everyone.

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It was a nice mix of presentations and activities. There should have been a better presentation about mental health, the way that suicide was addressed made it sound like it was just kinda a thing to look out for. Bringing in a more passionate speaker on the subject would be worth the time, rather than addressing it somewhat vaguely.

Make slideshow presentations more funner/active perhaps? Much like the health and wellness presentation; that was fun.

More time to eat on the first day. The Health and Wellness seminar was very nice and informative with a good way to keep students engaged.

Present different information than U 101. The first day, especially, seemed dull and repetitive since most students already knew a lot of the information given. However, some repetition was nice when it came to safety and health, because it helped stick in our minds. Next time, focus more on topics that most students do not know about as much.

Registering for classes was a zoo, was very confusing, and a few advisors were NOT happy or very willing to help me or answer my questions (However some were very helpful and nice as well!). This program was a lot of sitting and listening, which is important but it was very clear that the students were tired, drained of energy, and had a significant lack of enthusiasm after the initial hour of the program. I did really appreciate the seminar on studying abroad and of health/wellness! VERY well presented for both sessions.

Some of the lectures were things that were explicitly covered in the online U101, which felt like were a waste of time when listening to it again. The lectures on paying tuition and other workshops such as research, studying abroad and so on, opened my interests and were beneficial to know about, as well as meeting some of those faculty members. The health and wellness presentation was also super helpful, as I was unaware about concepts such as enthusiastic consent and how to react when a friend shows signs of depression.

The health programs were very helpful and influential. all the other programs were very informative and I feel that all substantial needs for UW were covered.

This event was very well run. The coordination was largely seamless, which must be quite a feat for an event of such a massive scale. One curious thing: during the live poll at the Health and Wellness presentation, there was no reminder to text "LEAVE" to exit the poll. I had to remember on my own. Overall, it was a great experience, and I really enjoyed meeting the people in my orientation group!

i really liked the skits and the wellness presentation. I really really liked the whole vibe I got from UW during A&O. I thought it was awesome that OLs introduced themselves using preferred pronouns and that we had important discussions about consent. Overall, A&O made me super excited to be a Husky this fall!

I wish it would have focused on academics and classes over things like activities and "wellness" that presentation seemed unnecessary and overly awkward for me. Campus tours were nice but I wish they were more comprehensive so that people could have a good grasp on where stuff is before they show up. Also, the games and focus on meeting people seemed like a waste of time and a bit awkward for me. Also liked staying on campus Elm 608 is awesome.

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Definitely less talking about alcohol and suicide, it's a waste of time for most people, we should spend most if not all the time developing a class schedule and touring the campus.

I felt it was a lot of drug and alcohol related situations, which may be good for some people but it was all review for me and it was really boring and felt like freshman year of high school again. But that's just coming from my point of view, others may have different ideas.

I agree that some information is extremely important (drinking, drugs, suicide, consent, etc.) though it was a bit repetitive. The academic lectures and presentations were done very well and were very informative.

It was a nice mix of presentations and activities. There should have been a better presentation about mental health, the way that suicide was addressed made it sound like it was just kinda a thing to look out for. Bringing in a more passionate speaker on the subject would be worth the time, rather than addressing it somewhat vaguely.