<table>
<thead>
<tr>
<th>Office of Health Promotion</th>
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<tbody>
<tr>
<td><strong>Department Name:</strong></td>
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<tr>
<td><strong>Program or Service:</strong></td>
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<td><strong>Brief description of program or service:</strong></td>
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<td><strong>Date:</strong></td>
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</tbody>
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1. **State the formal learning and/or operational outcomes for the program, service, or department:**

- At least 50% of students surveyed will be able to recall being exposed to the Got Time campaign
- Students exposed to the Got Time campaign, will be able to correctly identify the 3 key messages
- As a result of the campaign, students will have an opportunity to reflect on their current time management
- As a result of the campaign, students' knowledge specific to time management will increase
- As a result of the campaign, students' readiness to change (in the direction of adopting healthier behaviors) will increase
- As a result of the campaign, students will be able to identify at least one strategy they learned to improve their time management
- As a result of the campaign, students will be able to articulate at least one resource available to support them in improving their time management

2. **Where are these learning outcomes published? Be specific. (Where are the department’s learning expectations accessible to potential students: on the web or in your department’s handouts?):**

- Published on website

3. **What data/evidence is used to determine whether participants have achieved the stated outcomes? (What method did you use? What were you measuring?):**

- Post-surveys administered on-line through Campus Labs measured the following:
  - Familiarity with the GOT TIME? Campaign
  - Articulation of the 3 key messages the GOT TIME campaign
  - Opportunity to reflect on current time management
  - Ability to identify at least one campus resource available to assist in managing time
  - Ability to identify at least one strategy for managing time
  - Knowledge of managing time
  - Motivation to improve time management skills
  - Behavior changes to time management

4. **Who collects and interprets the evidence? When**

- Data was collected through a pre and post survey administered on line through Campus Labs during the 2015-2016 academic year. Phase 1 was completed in November to assess one key message. Phase 2 was completed in April to assess...
and how often does this occur? Who assists in interpreting and analyzing the data?:

all three key messages. The Director and Administrative Assistant of the Office of Health Promotion reviewed the findings and made recommendations for program improvement.

| 5. Individuals with whom the data is shared (list primary and secondary stakeholders and narrative as to why): | The data is primarily used internally among Office of Health Promotion staff for program improvement and to improve the training of undergraduate student staff who facilitate the iPlan program. It is also shared with key stakeholders such as Connors Family Learning Center. |
| 6. What changes have been made as a result of using the data/evidence? (What was the change? What data led you to make that change?) If no change, indicate why.: | Given the outcomes of this study, we have made no major changes to the Got Time Program yet but are considering a few options when continuing this campaign in the future. We had 707 total respondents. Findings closely align with learning outcomes.  
- 47% were familiar with the campaign  
- 66% accurately identified the three key messages  
- 73% agreed the campaign provided them with an opportunity to reflect on their time management  
- 73% agreed the campaign helped them to identify at least one campus resource  
- 70% agreed the campaign helped them to identify at lease one strategy  

Areas of Improvement:  
- 71% didn't participate in any activities offered  
- 58% said knowledge of managing time stayed the same  
- 75% made no changes to their time management, 53% want to make changes but have not done so/don't know how to  

Based on what students said would be helpful for them to enhance their time management skills, we plan to create a personal planner to give out, and promote the campaign through email with tips, posters of activity offerings, at large campus events, and through promotional items at tabling events.  
- 81% of the students who were familiar with the GOT TIME Campaign heard about the campaign through emails. 61% heard about the campaign through posters. Other ways students learned about the program was Tshirts and promotional materials (26%) and from our Healthapalooza event (26%).  
- Students considered many different things that would enhance their time management skills. The most commonly stated one was providing a planner or calendar (13%). Students noted tips for combatting procrastination(9.84%) and creating a plan (8.2%) as other things they could use help in. Seven students (5.74%) felt that the Time Management campaign needed a stronger presence to help make an impact for students.  

7. How do you know that the changes have: | We have not made any changes to the program yet but will revaluate next year after implementing and assessing for improved knowledge, participation, and behavior change. |
| resulted in improved learning outcomes? (continuous improvement evidence): |  |