	Co-Curricular Assessment Report: HLC visit on November 17-18, 2025 Email a completed copy to your supervisor and to stephjim@dinecollege.edu
	Section 1 **Director will complete the contact and program information.**
Higher Learning Commission (HLC) Definition:	The Higher Learning Commission defines Co-Curricular activities as "learning activities, programs and experiences that reinforce the institution's mission and values and complement the formal curriculum." Specifically, however, they rely on institutions to "determine for themselves, based on their mission, what they deem to be co-curricular, as an essential part of, or partner to, their curricular activities (as opposed to "extra-" curricular)."
Department:	Student Engagement and Student Leadership
Program:	Student Mental Health
Supervisor:	
Name/s (Please include all persons completing this report)	Travis Teller
Timeline of Report	Fall 2024-Summer 2025
Dine' College Strategic Goal (s):	
Grant Goal (if any)	The grant goals will be identified by the Director of the Department
Departmental Mission	The Student Engagement and Leadership Unit provides intellectual, social, and co-curricular activities for students through inclusive interaction and leadership in diverse organizations and programs.

	Section 2 **Supervisor/Manager will identify all Program Goal (s) and Program Student Learning Outcome (PSLO)**
Goal 1:	**Expand Mental Health Education through Diné and Western Concepts.**

PSLO:	**PSLO:**
	1. Students will gain a deeper understanding and appreciation of both Diné and Western mental health methodologies, enhancing their knowledge and enabling them to engage respectfully and effectively with diverse perspectives.
	2. By participating in the sessions and engaging with the educational concepts, students will obtain a broader range of mental health knowledge. This includes traditional Diné healing practices and modern Western techniques, helping them to better manage their own mental health and support others.
	3. Through the exposure to online resources, students will enhance their knowledge of how to access mental health information online. They will also gain continuous access to mental health educational materials, which can be used for personal growth and during times of need.
	4. Students will be able to apply the knowledge and skills learned from the program to real-life situations, contributing to their overall mental resilience and ability to cope with academic and personal challenges.

Coordinators/Staff will identify the program activity schedule, collect and analyze data.				
Objective	*Title of Activity*	*How will the PSLO be Measured?*	*What is the Measurement Tool (s)?*	*Budget*
Extend the reach and depth of mental health education to include more Diné and Western methodologies throughout the semester.	Information Booth Setup	**Mixed-Methods Approach**: Utilize both qualitative and quantitative methods to get a comprehensive view of the outcomes. • **Attendance using QR Codes:** Student Participation • **Surveys and Questionnaires**: Develop pre- and post-program surveys that assess students' knowledge, learning outcome, and feedback. • **Pre- and Post-Tests**: Administer tests before and after the seminars to quantitatively measure the increase in knowledge regarding mental health practices. • **Discussion Groups**: Facilitate moderated discussion groups where students can share their experiences and learning about different sessions	Canva: Flyer with Surveys, Airtable: Surveys, Excel: Generate Graphs	$150 x 3
	In-person Presentation: Human Growth & Development Series ▪ Prenatal Stage ▪ Diné Cultural Philosophy on White Shell Woman/ Changing Woman			$600
	Mental Health Virtual Presentation ▪ Healthy Relationships			$0
	Mental Health Virtual Presentation ▪ Anger Management			$0
	Sweat Lodge Ceremony ▪ Diné Traditional Education on Character Development ▪ Stress Reduction			$260
	Virtual Mental Health Presentation ▪ Character Development ▪ Behavioral Development ▪ Comparative Concepts—Diné and Western Perspectives			$0
	Diné Shoe Game ▪ Character and Behavioral Development			$650

		and assess through observation and group feedback.		

Data Collection and Storage
Create and store survey results using Airtable. Store data and generate graphs for reports using Excel.

Data Analysis:	
What does your assessment tell you about the students' engagement of this PSLO?	
How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Goal 2:	**To deliver stress reduction techniques**
PSLO:	**PSLO:** Students will be able to express their thoughts and feelings with their peers.

Program Activities, Data Collection and Analysis				
Objective	*Title of Activity*	*How will the PSLO be Measured?*	*What is the Measurement Tool (s)?*	*Budget*
Students will have an increase knowledge of stress reduction activities	Virtual Mental Health Presentation 11 Healthy Strategies for Managing Life's Stressors	**Mixed-Methods Approach**: Utilize both qualitative and quantitative methods to get a comprehensive view of the outcomes. • **Attendance using QR Codes:** Student Participation	Canva: Flyer with Surveys, Airtable: Surveys, Excel: Generate Graphs	$0

		• **Surveys and Questionnaires**: Develop pre- and post-program surveys that assess students' knowledge, learning outcome, and feedback. • **Pre- and Post-Tests**: Administer tests before and after the seminars to quantitatively measure the increase in knowledge regarding mental health practices. • **Discussion Groups**: Facilitate moderated discussion groups where students can share their experiences and learning about different sessions and assess through observation and group feedback.		
	<mark>Mental Health Virtual Presentation Building Self-Esteem</mark>			&0
	Adventure-Based Activity Mountain Bike Riding			$300
	Adventure-Based Outing Ropes Course (Low and High Elements)			Meals: $15 X25 = $375
	In-person Presentation ▪ Reducing Stress through Meditation			$160

	Adventure-Based Outing ▪ Ropes Course (Low and High Elements)			Meals: $15 X25 = $375

Data Collection and Storage				
Create and store survey results using Airtable. Store data and generate graphs for reports using Excel.				
Data Analysis:				
What does your assessment tell you about the students' engagement of this PSLO?				
How will this assessment change your process of delivering the program?				
Have you assessed PLSO before?				

Goal 3:	**Strengthen peer support networks. *IN PROGRESS**

PSLO:	PSLO:			
	1. Students will develop strong understanding of mental health supportive techniques, including maintaining confidentiality and demonstrating empathy. These techniques not only aid in their roles but also contribute to their personal growth and professional abilities. 2. Through regular participation in peer support group meetings, both in-person and virtually, students will build resilience by sharing experiences and strategies for coping with academic and personal challenges. 3. Students involved in the peer support group, will learn to guide and be guided, respectively. This interaction will help new students adapt more quickly to the college environment and aid in their academic and personal success. 4. By engaging in structured peer support systems, students will form meaningful connections with their peers, which can provide emotional support and alleviate feelings of isolation. ****			

Program Activities, Data Collection and Analysis				
Objective	*Title of Activity*	*How will the PSLO be Measured?*	*What is the Measurement Tool (s)?*	*Budget*
Develop a structured peer support system that fosters resilience and mutual support among students throughout the semester.		**Mixed-Methods Approach**: Utilize both qualitative and quantitative methods to get a comprehensive view of the outcomes. • **Attendance using QR Codes:** Student Participation • **Surveys and Questionnaires**: Develop pre- and post-program surveys that assess students' knowledge, learning outcome, and feedback. • **Pre- and Post-Tests**: Administer tests before and after the seminars to quantitatively measure the increase in knowledge regarding mental health practices.	Canva: Flyer with Surveys, Airtable: Surveys, Excel: Generate Graphs	

		• **Discussion Groups**: Facilitate moderated discussion groups where students can share their experiences and learning about different sessions and assess through observation and group feedback.		

Data Collection and Storage
Create and store survey results using Airtable. Store data and generate graphs for reports using Excel.

Data Analysis:	
What does your assessment tell you about the students' engagement of this PSLO?	
How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Goal 4:	**Strengthen Community Outreach and Create Referral System**			
PSLO:	**PSLO:** Students will be able to recognize and access the support system and resources in their community.			
Program Activities, Data Collection and Analysis				
Objective	*Title of Activity*	*How will the PSLO be Measured?*	*What is the Measurement Tool (s)?*	*Budget*

Expand community outreach programs and educational initiatives to better integrate community resources for students.	Mental Health Fair - Set up a booth to engage with students and disseminate mental health information - Provide mental health materials, including brochures, pamphlets, and student mental health contact information	**Mixed-Methods Approach**: Utilize both qualitative and quantitative methods to get a comprehensive view of the outcomes. **Attendance using QR Codes:** Student Participation **Surveys and Questionnaires**: Develop pre- and post-program surveys that assess students' knowledge, learning outcome, and feedback. **Pre- and Post-Tests**: Administer tests before and after the seminars to quantitatively measure the increase in knowledge regarding mental health practices. **Discussion Groups**: Facilitate moderated discussion groups where students can share their experiences and learning about different sessions and assess through observation and group feedback.	Canva: Flyer with Surveys, Airtable: Surveys, Excel: Generate Graphs	$7 X 50 = $350
	In-person Presentation: Human Growth & Development Series - Birthing Stage - Diné Cultural Philosophy on White Shell Woman/ Changing Woman			$250
	In-person Presentation: Human Growth & Development Series - Baby's Developmental Stage—Baby's First Laugh, Teething Stage, First Words, First Steps, and Potty-Training Stages - Cultural Concepts—Western and Diné traditional concepts of child development - Collaborating with Chinle/ Tsaile IHS Mental Health Services, and Johnnie Bia, Diné Cultural Specialist			$350
	In-person Presentation Substance Abuse			$0
	In-Person Mental Health Presentation - Greif and Depression - The Five (5) Stages of Grief			$7 X 40 = $280
	Mental Health Fair Set up a booth to engage with students and disseminate mental health information			$14 X 50 = $700

	▪ Provide mental health materials, including brochures, pamphlets, and student mental health contact information			
	Diné Cultural Event ▪ Diné Perspective on Grief, Depression, and Anxiety			$7 X 50 = $350
	In-person Presentation: ▪ Human Growth & Development Series ▪ Male Puberty Stage			$14 X 80 = $1120
	In-person Presentation: ▪ Human Growth & Development Series ▪ Female Puberty Stage			$14 X 80 = $1120

Data Collection and Storage

Create and store survey results using Airtable. Store data and generate graphs for reports using Excel.

Data Analysis:

What does your assessment tell you about the students' engagement of this PSLO?	
How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Goal :	**Enhance Access to Mental Health Services Through Telehealth. *IN PROGRESS**
PSLO:	**PSLO:** 1. Both on-campus and off-campus students will gain easier access to mental health services, facilitating timely support and intervention. 2. Students will benefit from receiving support in the privacy of their chosen environment, which can enhance comfort and openness during sessions. 3. With the option to access sessions remotely, an increased number of students are anticipated to use mental health services, enhancing overall mental health management 4. Students will develop skills in managing their mental health through digital means, preparing them for future self-care and telehealth interactions.

Program Activities, Data Collection and Analysis				
Objective	*Title of Activity*	*How will the PSLO be Measured?*	*What is the Measurement Tool (s)?*	*Budget*
Implement a telehealth program that provides effective mental health services to Diné College students, aiming to improve accessibility and reduce wait times for counseling sessions for the academic year.		**Mixed-Methods Approach**: Utilize both qualitative and quantitative methods to get a comprehensive view of the outcomes. • **Attendance using QR Codes:** Student Participation • **Surveys and Questionnaires**: Develop pre- and post-program surveys that assess students' knowledge, learning outcome, and feedback. • **Pre- and Post-Tests**: Administer tests before and after the seminars to quantitatively measure the increase in	Canva: Flyer with Surveys, Airtable: Surveys, Excel: Generate Graphs	

| | | knowledge regarding mental health practices.
• **Discussion Groups**: Facilitate moderated discussion groups where students can share their experiences and learning about different sessions and assess through observation and group feedback. | | |

| **Data Collection and Storage** |
| Create and store survey results using Airtable. Store data and generate graphs for reports using Excel. |

| **Data Analysis:** |

What does your assessment tell you about the students' engagement of this PSLO?	
How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Goal 1	Goal 2: combining with goal 1
Expand Mental Health Education through Diné and Western Concepts; through community outreach to create a referral system. 1. **Self-identification; students will understand** 2. **Family Circle:** 3. **Dine College: Travis** 4. **Outreach Services**	**Strengthen Community Outreach and Create Referral System**
Goal 2: To deliver stress reduction techniques	
Goal 3: Strengthen peer support networks. *IN PROGRESS	

Thank you for completing this report.
Please email to your Supervisor and to the Student Affairs Program Analyst