Evaluation Project Summary

Algonquin College

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**Title of Project:**

**The impact of Algonquin College Counselling Services on resilience and coping in Algonquin College students.**

# Purpose of the Study

**The purpose of this study is to discover if Counselling Services is effective in helping students cope with difficulties they may experience as a college student, and if coming to Counselling Services helps students to bounce back from those difficulties**

The Evaluation Toolkit was used to explore the current situation and then arrive at the above-stated title and purpose. Working with the toolkit led to the development of a logic model, as well as specific research questions and methods to addresses these questions. Based on this preliminary work, a survey instrument was developed that included the **Brief Resilience Scale** – to measure the student’s reported ability to “bounce back” from difficulty, and the **Brief Resilience Coping Scale** – to measure the student’s reported ability to cope with stress. In addition, there were demographic questions and questions were added about success in school and access to counselling services.

The instrument was then formatted for a “pre and post” survey. The “pre” survey included the demographic questions, the “post” survey included the questions about school success and access to counselling services.

A process was then developed that would allow students to do the initial survey prior to a counselling session. A follow-up survey would then be sent approximately one month later.

The project was submitted for ethics approval With the Algonquin research ethic board. Approval was obtained in February 2020.

**Findings:**

One important lesson learned was that the chosen method of soliciting participants was not effective. After three weeks, there were 34 separate individuals who had completed the initial survey. At this point, the initial survey was forced to conclude due to the measures taken to prevent the spread of COVID-19. At the time of writing, the follow-up survey was still in process. Once this is complete the data will be reviewed and evaluated.

Although the participant numbers for this particular project was low, Algonquin College Counselling Services’ participation in the evaluation project itself does create and develop the capacity, infrastructure, and skills to conduct evaluation of Counselling Services in the future.