### Program Learning Outcomes

1. **Actively choose to engage in health-promoting behaviors that support academic and lifelong success.**
   - Engage in programs and services that enhance personal wellness
   - Demonstrate self-care based on targeted population-based health risks

2. **Demonstrate skills and behaviors that contribute to stress management by reducing the impact of stress on personal and academic success.**
   - Engage in activities and programs that promote wellness

3. **Provide a campus wide wellness promotion model that will advance the health and wellness of the entire campus community.**
   - Be able to identify the dimensions of wellness and take an active role in areas that need change (e.g. emotional, physical, spiritual) in order to support a healthy lifestyle.

### Performance Indicators

- Engage in programs and services that enhance personal wellness
- Demonstrate self-care based on targeted population-based health risks
- Engage in activities and programs that promote wellness
- Be able to identify the dimensions of wellness and take an active role in areas that need change (e.g. emotional, physical, spiritual)

### Measures

- Participation numbers from MU Medical Clinic STD screening campaigns and on-going screening
- Participation numbers from campus-wide influenza vaccination clinics and MU Medical Clinic vaccination data
- Post-participation survey completed by students after participating in stress reduction programs offered by MU Medical Clinic
- Questions to address this learning outcome include “I am likely to change my health behaviors as a result of the program”.
- Additional programs and services offered in 2013-2014

### Use of the Information

MU Medical Clinic leadership staff will collect and analyze data for annual reporting. Reports will be shared with all MU Medical Clinic staff who are involved in identifying actions to improve programs and services that enhance student learning. MU Medical Clinic staff will review reports and recommendations and take action accordingly.