

PROGRAM OUTCOMES

METHODS:

Participants completed pre-and post-tests surveys online on the day of the workshop, and were contacted 4-6 weeks later for a follow-up

School	Pre-test	Post-test	Follow-up	Linked Responses
University of Pennsylvania	149	104	62	40
SUNY Binghamton	40	19	11	7
Immaculata	276	210	171	105
TOTAL	465	333	244	152

THE SURVEY:

- Survey assessed how participant comfort with talking about mental health, discussing difficult issues with peers, and seeking help on a 1-10 scale
- Participants' current active listening skills were evaluated across four areas (Awareness of Emotions, Empathic Concern, Perspective Taking, Frequency of Interruption) using a four-point Likert scale
- Qualitative items sought to assess whether participants found CogWell training useful, what aspects of it were most useful, and if and how said training was used

RESULTS:

- CogWell Training increases participant comfort with 1) discussing difficult issues with peers, 2) talking about mental health, and 3) seeking help from the counseling center
- CogWell Training raised increased participant confidence in being a good listener
- Participants reported that that training:
 - changed their perspective on the importance of active listening
 - made them more aware of the importance of being present and making eye contact
 - taught them that it was not a good idea to offer unsolicited advice

TESTIMONIALS:

- *I learned that it's okay not to necessarily know a course of action in responding to a friend's problem, but it is important to create a safe space where they know they can come to you for help.*
- *As a resident advisor in my dorm when residents express how they are feeling overwhelmed with work I have used and practice a lot of the skills I have learn from the training.*

