

Counseling Center

Student Outcomes	Dimensions of Outcomes	Sample Developmental Experiences for Learning	Bodies of Knowledge for Educators	Sample Learning Outcomes
Cognitive Complexity	Critical thinking, reflective thinking, effective reasoning, emotional/cognition integration, identity/cognition integration	<ul style="list-style-type: none"> • Individual counseling to resolve intra- and interpersonal conflicts. • Group counseling on self esteem, improving relationships, etc. • Student Leadership groups that challenge students' beliefs about the world, develop their skills, and work to impact the beliefs and actions of others. • AOD counseling to help students make more informed choices about their use patterns. 	- Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	Students will be able to understand their own motivations and emotional/behavioral responses and develop more productive ways of being in the world.
Knowledge acquisition, integration, and application	Connecting knowledge to other knowledge, ideas and experiences, relate knowledge to daily life	<ul style="list-style-type: none"> • Individual counseling to resolve intra- and interpersonal conflicts. • Group counseling on self esteem, improving relationships, etc. • Student Leadership groups that challenge students' beliefs about the world, develop their skills, and work to impact the beliefs and actions of others. • AOD counseling to help students make more informed choices about their use patterns. • Safety Assessments that help students learn how to deal with suicidal impulses and ideation • RA Training 	- Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	Students will be able to apply knowledge and insights gained in counseling to deal more effectively with their emotions and behaviors and interact more effectively with others. Students will effectively work with other students around sexual assault and mental health issues.

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Humanitarianism	Understanding and appreciation of human differences; cultural competency; social responsibility	<ul style="list-style-type: none"> • Relationship workshops • Individual/couples counseling • Exploration of Spirituality through individual and group counseling • Student leadership groups 	- Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	Students will understand themselves and others better, students will understand their connection with the larger world, students will educate and contribute to the KSC and Keene community
Civic Engagement	Sense of civic responsibilities; effective in leadership	<ul style="list-style-type: none"> • MVP • Yoga Mentors • CIST • Active Minds • Student Advisory Board 	- Chickering's Seven Vector in Student Development	Students will be able to identify the importance of student involvement in social issues. Students will be able to list reasons why their involvement is critical to moving social issues forward.

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Interpersonal and intrapersonal competence	Realistic self-appraisal and self understanding; personal attributes such as identity, self esteem, confidence, ethics and integrity, spiritual awareness, personal goal setting, meaningful relationships, interdependence; collaboration; ability to work with people different from themselves	<ul style="list-style-type: none"> • Everything we do • Provide education about and access to psychiatric medication where appropriate. 	- Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	Students will be more effective in their personal and interpersonal lives.

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Practical Competence	Effective communication, capacity to manage ones own affairs; maintain personal health and wellness, living a purposeful and satisfying life	<ul style="list-style-type: none"> • Everything we do • Provide education about and access to psychiatric medication where appropriate. 	- Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	Students will improve their communication skills, develop effective methods of interacting with others, learn to deal effectively with conflict, and have a happier and more satisfying life 😊.
Persistence and academic achievement	Mange the college experience to achieve academic and personal success	<ul style="list-style-type: none"> • Constant collaboration between all offices on campus but specifically with Health Services, Student Development, and Disability Services • Reduce common barriers to academic achievement such as anxiety and depression. • Help manage AOD use. • Increase sense of integration on campus. 	- Retention Theory - Cognitive and personal development theories, theories of change, theories of human psychology, professional codes of ethics, IACS and CAS standards	<p>Students will increase skills in managing anxiety, depression and other psychological barriers to their academic work.</p> <p>Students will learn how their use patterns affect academics and make reasoned choices.</p> <p>Students will have appropriate psychiatric support to help them function more effectively..</p>