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## State University System of Florida

### **The Impact of Counseling Services on the Academic Success of Students**

Dr. Christy England, Associate Vice Chancellor  
Academic & Student Affairs  
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[www.flbog.edu](http://www.flbog.edu)

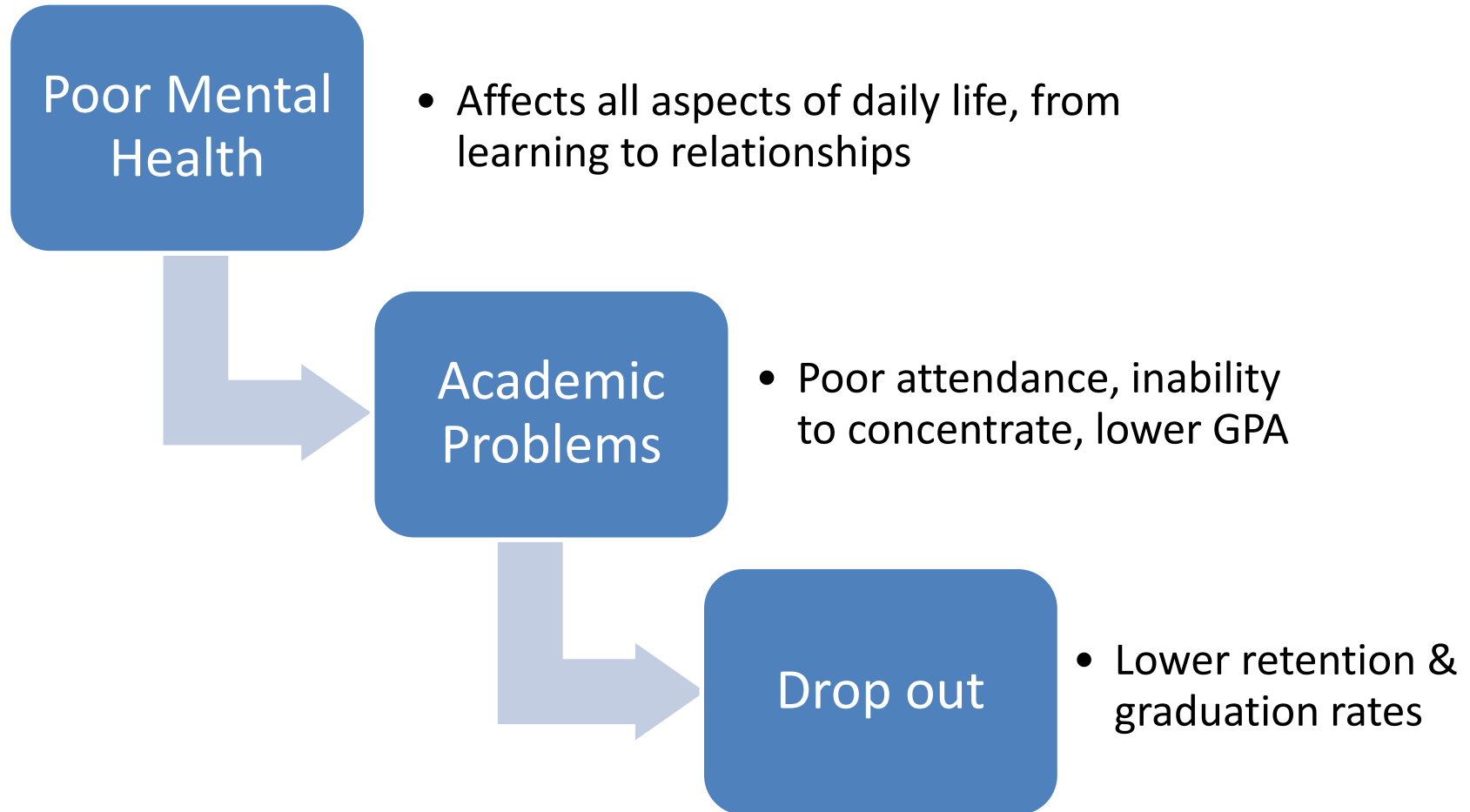


# The Critical Need

- 48% increase in clients since 2008-09
- 67% increase in number of sessions since 2008-09
- 4,200 emergency/crisis visits in 2013-14
- 300 student hospitalizations in 2013-14



# Impact of Poor Mental Health





# Counseling Centers Ensure Student Success

- Counseling
- Crisis & emergency services
- Education, training & outreach
- Prevention workshops
- Psychiatric services
- Mental health screenings
- Resources & services



# Improved Mental & Behavioral Health

Three or more counseling sessions reduce distress levels, regardless of the issue.

“My life felt like it was up in flames when I first started counseling. My counselor really helped me in the process of overcoming my depression and anxiety, and helped me through a lot of my own personal issues. I’ve noticed a real, positive difference in how satisfied and fulfilled I feel in life.”

--Student, USF

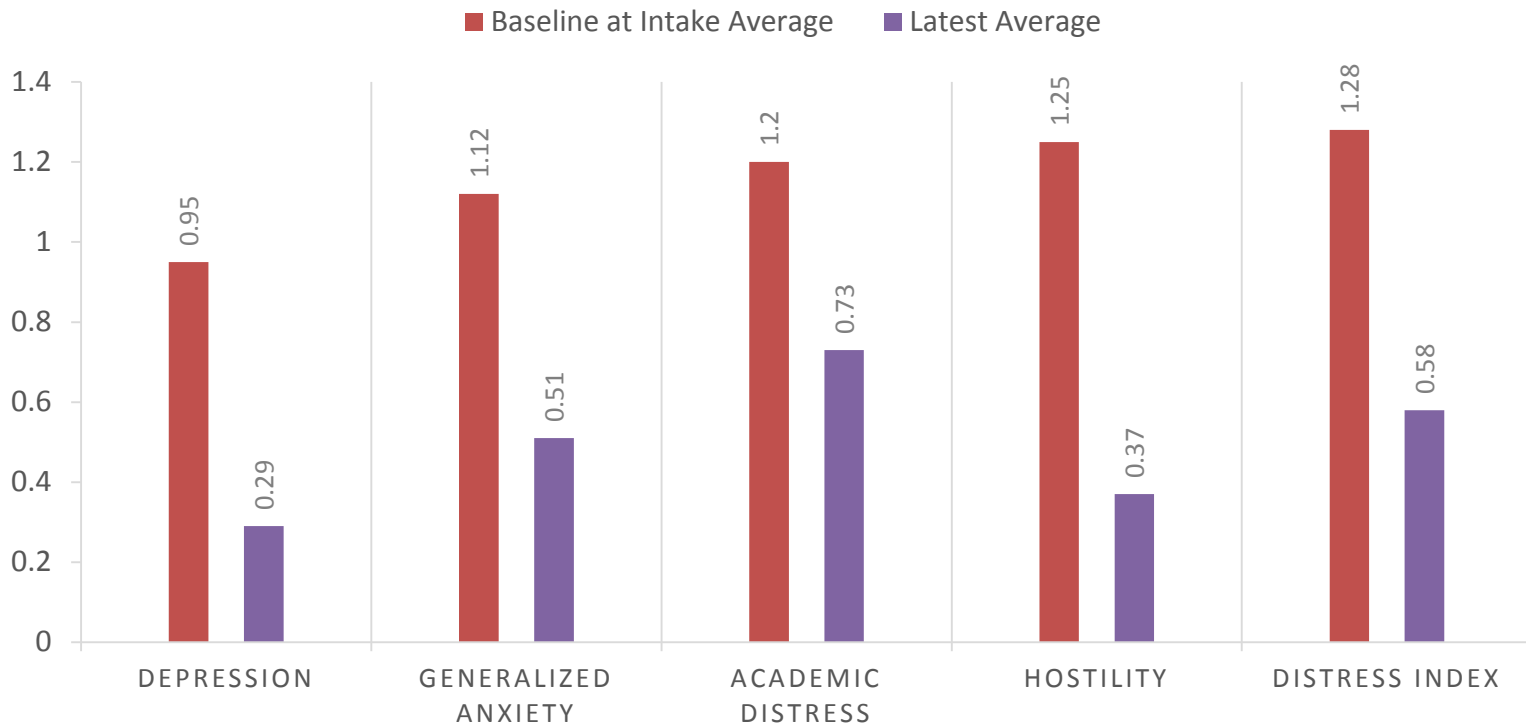
“Meeting with my counselor has given me a new perspective on a lot of things in my life that I just didn’t care about anymore. I know I still have a ways to go, but my counselor really helped me get back on my feet.”

--Student, UNF



# Counseling Effectiveness Measure

## SUS COUNSELING EFFECTIVENESS MEASURE\*

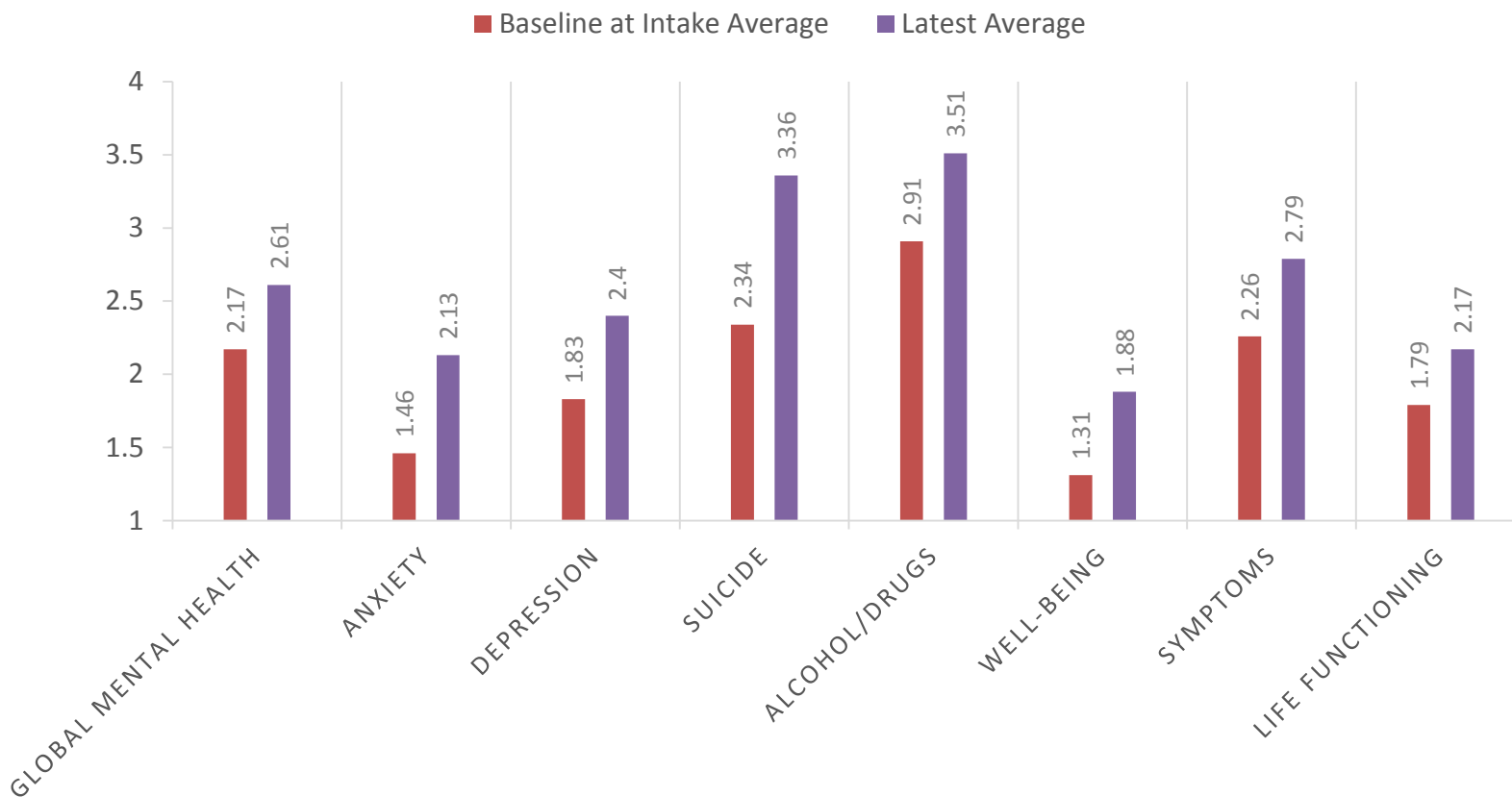


\*Data is from 2,129 clients treated at FAMU, FAU, FIU, FSU, NCF, UCF, UNF, USFSP, & UWF seen from August 18, 2016 – November 18, 2016



# Counseling Effectiveness Measure

## FGCU, UFL, USF EFFECTIVENESS MEASURE\*



\*Data is from 1211 clients treated at FGCU, UFL, & USF seen from August 18, 2016 – November 18, 2016



# Reduced Risk to Self and Others

Students are less likely to be at risk for hurting themselves and others when they receive counseling.

“It was much needed for my health and I wouldn’t have improved without the convenience and affordability of these services! Thank you for helping save my life!”

--Student, UCF





# Improved Academic Success

Students who use counseling services are as or more likely to remain enrolled and graduate.

UNF First-Year Retention and 6-Year Graduation Rates  
Counseling Center Students and Non-Center Students  
Academic Years 2006 - 2015

	First-Year Retention Rates <sup>1</sup>	6-Year Graduation Rates <sup>2</sup>
Center Students	93%	63%
Non-Center Students	79%	49%

<sup>1</sup>N=19,649; <sup>2</sup>N=18,334

Source: UNF Counseling Center Analysis of Student Usage and Metric-Related Correlations, November 30, 2016



# Overall Client Satisfaction

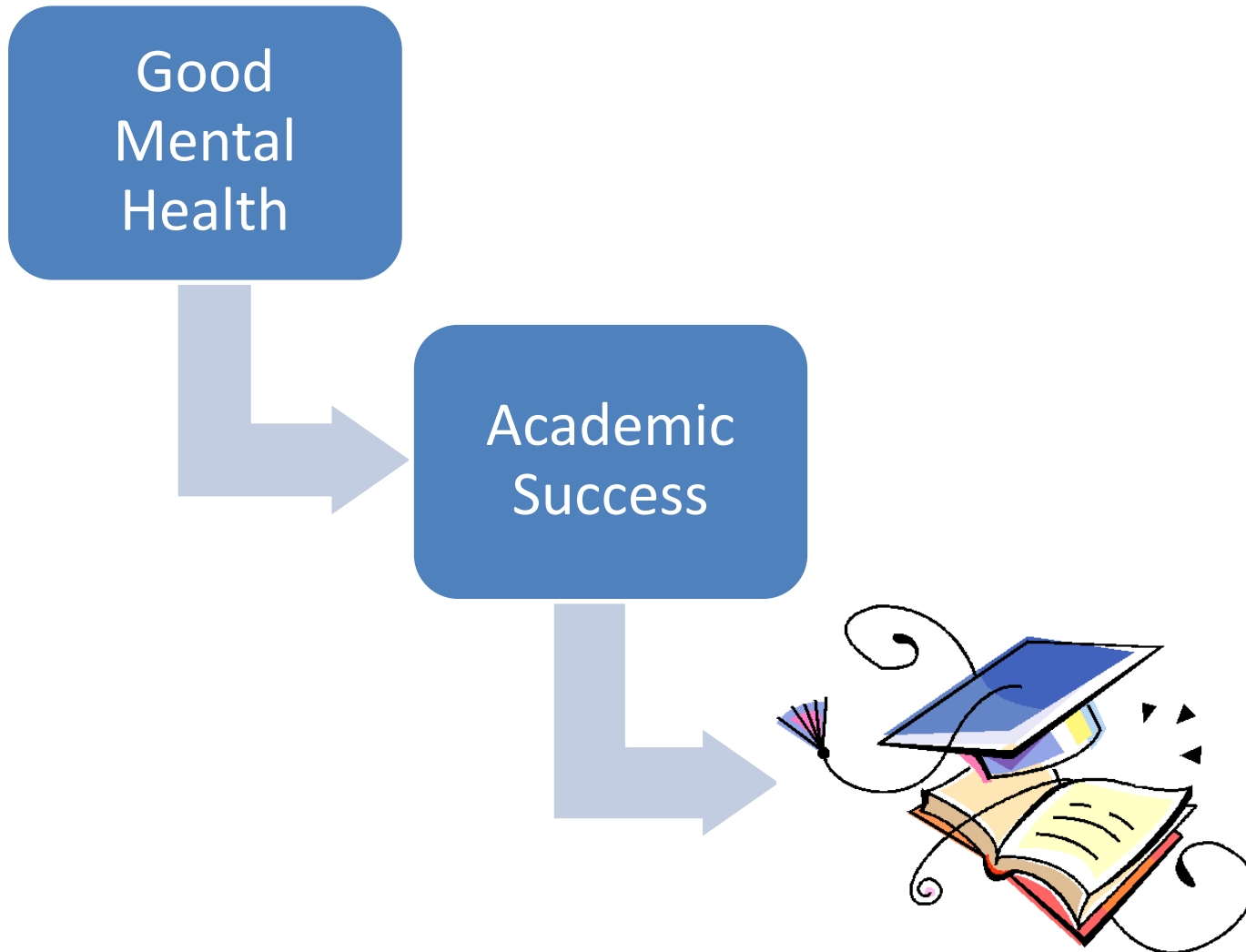
Students are very satisfied with the services they receive from the SUS Counseling Centers.

“Everyone at the Counseling and Wellness Center has been wonderful to deal with. It has been a truly supportive environment for me these past four years. Thank you all for being so wonderful.”

--Student, New College



# Benefits of Good Mental Health





# Counseling Helps Students Succeed





# Counseling Helps Students Succeed

“Without them, I would have dropped out. They have helped me grow from rock bottom, to dealing with my issues (medically and emotionally), to be a stronger, more aware individual.”

-Student, FSU

“It has helped me become a happier, more sociable, and less stressful person. I have grown a lot over the past two years of using these services. I wouldn't have graduated without these services.”

-Student, UWF



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