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# **Program and Consultation Services Annual Report 2006-2007**

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## **University Counseling Service**

The University of Iowa  
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# Annual Report

## Program and Consultation Services

University Counseling Service  
2006-2007

*Kathleen H. Staley, Ph.D., Assistant Director*

### I. Overview

#### A. Rationale

Consistent with the mission and strategic planning of The University of Iowa, academic and nonacademic learning must be seen as inseparable components in the overall development of students. In the context of the larger University community, the University Counseling Service (UCS) with its special pool of skills and expertise in psychological, behavioral, and social areas, seeks to play a role congruent with the University's mission and one which facilitates the total development of the student. In so doing, the UCS seeks to provide services which respond not only to the needs of students who are struggling with deficiencies but also to the developmental issues and positive growth of the larger majority of students.

A primary vehicle through which the UCS attempts to respond to these varied needs is the Program and Consultation Services area. Programs and workshops are interventions which attempt to (1) develop the competencies of an individual before problems develop, (2) facilitate an individual's ability to assess and alter his/her own learning environment in a way that allows for creative problem solving and change, and/or (3) help an individual remedy specific deficits through thematic program intervention. Such program efforts not only maximize staff resources by increasing the number of students served, but also acknowledge that some students are better served through structured experiences than through the one-to-one psychotherapy setting.

The Program and Consultation Services (PCS) area continued the successful use of the PCS Invitation-Response Model for generating program requests. Outreach efforts included services provided for students who were touched by the Virginia Tech campus shootings. UCS staff also provided grief counseling for students after several UI student accidental deaths and worked with student reaction to a serious illness in the residence halls. In this report UCS PCS resource utilization reflects the fiscal year from July 1, 2006 through June 30, 2007.

## B. Organization and Administration

Dr. Kathleen Staley continued to serve as Director for the Program and Consultation Services (PCS) area. The PCS staff, comprised of all UCS senior staff and interns, met periodically throughout the year to advise Dr. Staley on the coordination of the area. A PCS Team composed of Drs. Brady, Corkery, Enekwechi, Harris, Keeton, Schoen, Willson, and intern Ms. Lisa Kinderman met with Dr. Staley in an advising capacity. The three primary content areas that comprise PCS continue to be Academic Skills, Career Exploration Skills, and Personal/Interpersonal Skills.

## II. Activities

### A. Service Delivery

Highlights of the UCS program delivery system follow:

1. Regularly Scheduled Programs. For the 2006-07 academic year, the number of regularly scheduled psychoeducational programs, meeting on a weekly basis, increased. They included:

- The Dissertation Support Group
- The Lesbian/Bisexual Women's Support Group
- The Graduate Student Support Group
- The International Student Support Group
- The Journeys in Faith Support Group
- The Women and Self-Esteem Support Group

Dr. Staley began a new support group to help women address issues in and obstacles to developing strong, personal self-esteem. The Women and Self-Esteem Support Group served six women in its first semester of operation.

At the UCS Director's request, the Journeys in Faith Support Group concluded on May 3, 2007 with 50 participants in attendance as Pulitzer Prize winner Professor Marilynne Robinson addressed the topic of Faith and Literature. For the spring, 2007 semester, the Journeys in Faith Group served 95 participants.

2. Consultation Activities. A total of 32 UI and other units received UCS consultation work, with 358 UI students, faculty, staff, and others served during the 2006-07 academic year (Tables III and VI). The three UCS interns continued to work with a residence hall in a liaison/consultation capacity.
3. Outreach Programs. With the PCS "invitation-response" model, the UCS staff responded to as many requests for short, specific, "one-shot" programs as resources would allow. From July to December, 2006, 122 programs were offered to 35 requesting agencies. There were 104 programs presented to 32 requesting agencies from January to June, 2007. For both semesters, 8,921 students were served in outreach programs. Issues of

diversity in the areas of multicultural, ethnic, interracial, sexual preference, physical and learning abilities, and religious concerns comprised the focus for 32 outreach programs this year. Tables II and V contain a summary of all 2006-07 single-session program offerings.

4. Academic Classes. For the fall semester, UCS staff contributed outreach programs for 16 academic classes. Twenty-one academic classes were served in spring, 2007.
5. Summary of 2006-07 Programs and Consultations.

|              | Total # of Participants* | Total # of Participant Hours | Total # of Staff Implementation Hours |
|--------------|--------------------------|------------------------------|---------------------------------------|
| Fall         | 4,476                    | 6,697.5                      | 378.0                                 |
| Spring       | 5,317                    | 5,259.0                      | 316.0                                 |
| <b>Total</b> | 9,793                    | 11,956.5                     | 694.0                                 |
|              |                          |                              |                                       |

\*who attended at least one session.

Tables I and IV contain a complete listing of all UCS program offerings and resources utilized.

6. PCS Budget. A total of \$242.20 was used for PCS activities through June 30, 2007.

## B. Training Activities

1. PCS Component of the Clinical Practicum. During the fall and spring semesters, the UCS had seven practicum students who were each required to develop, implement, and evaluate a program in an area of their choice, with the guidance of a senior staff member. Several of the students designed and implemented highly successful programs for specific and diverse populations.
2. Intern Involvement in PCS. Each of the three interns contributed to the PCS area this year. Each one participated in a program and consultation case conference. For the 2006-07 academic year, the interns facilitated a total of 40 one-session outreach programs. They each took a more independent role and worked as liaison/consultants to three UI residence halls complexes:
  - Ms. Joy Moel ----- West neighborhood
  - Ms. Lisa Kinderman ----- North Neighborhood
  - Ms. Julie Kettmann ----- East Neighborhood

Supervision for this work was provided by Dr. Staley in the Intern PCS Seminar and by the intern's PCS mentors.

### C. Program Participants

A brief, nonintrusive form was designed to assess program user characteristics and to assess program quality. A total of 185 participants completed the form during the academic year. Information on participant age, gender, university status, ethnic/racial background, residence, international status, sexual identity, and ability status along with assessment of program quality can be found in Table VII. Of special interest it is noted that 14% of UCS program participants are non-Caucasian; 3.2% report having a mental, physical, or learning disability; and 10% report having a lesbian/gay/bisexual orientation. The PCS area continues to meet the needs of a diverse UI population.

In terms of program quality, 180 (97.3%) participants rated UCS programs to be “good” or “excellent.” Program presenters were rated by 182 (98.9%) participants as “good” or “excellent.”

### D. Service Delivery Time

For the 2006-07 academic year, the proportion of time utilized in presenting outreach programs outside of the normal workday (e.g., after 5 p.m. on a weekday or on a weekend day) was studied. From January through June, 104 outreach programs were presented. Of the 104 outreach programs that were facilitated for the UI community, 27 (26%) were conducted after 5 p.m. on a weekday, and no programs were requested on a weekend day for the spring, 2007 semester. The UCS PCS Team continues to be responsive to UI and student needs at diverse times of the day and night.

## III. Evaluation and Recommendations

### A. The majority of recommendations from the 2005-06 PCS Report were implemented, including:

1. Continued cooperative programming with other UI units. The outreach and consultation focus provided a special contribution to this goal. UCS staff designed programs/consultations for eight UI colleges.

Rating of outcome: excellent. UCS staff provided outreach programs for 35 UI units in the fall, 2006 semester and for 32 UI units in the spring, 2007 semester. Programs were provided for units in eight UI colleges. As resources allow, the UCS strives to continue this commitment to serving the psychological needs of campus constituencies.

2. Programming/consultation activities addressing multicultural concerns. Thirty-two outreach programs addressed diversity issues.

Rating of outcome: excellent. Of the 226 outreach programs presented by the UCS staff for the 2006-07 academic year, 32 of these programs directly addressed diversity

concerns. Sensitivity and openness to multicultural issues and to diverse populations are integrated into all PCS work. UCS staff will strive to continue to meet the diversity and multicultural needs of UI students.

3. Continued use of the PCS invitation-response model for program provision. For the 2006-07 academic year, UCS staff provided 226 outreach programs to the UI community.

Rating of outcome: excellent. For all UCS PCS service 9,793 participants were served in 2006-07. The invitation-response model continues to positively impact PCS service provision.

## **B. Recommendations for Program Services 2007-08**

The following recommendations stem from participant and staff evaluation of UCS programs and consultations during the 2006-07 academic year.

1. Continue the UCS commitment to cooperative programming and consultation activities with other UI units.
2. Continue programming/consultation activities to address minority, multicultural, or diversity issues on the UI campus.
3. Continue to use and monitor the invitation-response model for outreach programming.

## Definition of Terms Used in Tables I, III, IV, VI, VII, VIII, IX, and X

1. **Total Number of Participants:** This is the number of program participants who attended a program at least one time. If a participant attended an ongoing program series, the participant is counted only one time.
2. **Total Hours Program Run:** This is the number of hours a program was facilitated with participants in attendance.
3. **Total Participant Hours:** This represents the number of hours that program participants actually attended a program. An attendance form is used for ongoing program series to accurately record this number.
4. **Total Staff Hours: Preparation:** This number reflects the hours a UCS staff member used to plan and prepare for a program.
5. **Total Staff Hours: Implementation:** This number is the actual time a UCS staff member facilitated a program with participants in attendance.
6. **Staff Hours Per Participant Hours:** This number represents total staff hours (Preparation and Implementation) divided by Total Participant Hours. The lowest numbers (e.g., .03) represent the most efficient use of UCS staff resources. A number approaching 1.00 represents one staff hour used to facilitate one participant hour which is more similar to individual counseling than programming.

**Table I\***  
**UCS PROGRAM OFFERINGS: RESOURCE UTILIZATION**  
**July - December, 2006**

| Program Offerings                             | Total # of Participants | Total Hours Program Run | Total Participant Hours | Total Staff Hours |                | Staff Hours/ Participant Hours |
|---|-------------------------|-------------------------|-------------------------|-------------------|----------------|--------------------------------|
|   |                         |                         |                         | Preparation       | Implementation |                                |
| <b>ACADEMIC PROGRAMS</b>                      |                         |                         |                         |                   |                |                                |
| Dissertation Support Group                    | 7                       | 32.5                    | 105.0                   | 2.5               | 32.5           | 0.33                           |
| <b>INTERPERSONAL PROGRAMS</b>                 |                         |                         |                         |                   |                |                                |
| Graduate Student Support Group                | 8                       | 21.0                    | 94.5                    | 0.0               | 21.0           | 0.22                           |
| Journeys in Faith Group                       | 73                      | 41.0                    | 506.0                   | 10.0              | 41.0           | 0.10                           |
| International Student Support Group           | 7                       | 27.0                    | 189.0                   | 13.5              | 27.0           | 0.21                           |
| Lesbian/Bisexual Support Group                | 6                       | 18.0                    | 60.0                    | 0.0               | 18.0           | 0.30                           |
| Subtotal (of above 4 areas)                   | 101                     | 139.5                   | 954.5                   | 26.0              | 139.5          | 0.17                           |
| <b>Practicum Student Programs</b><br>+(N = 7) | 110                     |                         |                         |                   |                |                                |
| <b>CONSULTATION</b>                           | 198                     | 43.5                    | 293.5                   | 28.0              | 43.5           | 0.24                           |
| <b>OUTREACH</b>                               | 4,067                   | 195.0                   | 5,449.5                 | 78.0              | 195.0          | 0.05                           |
| <b>TOTAL</b>                                  | 4,476                   | 378.0                   | 6,697.5                 | 132.0             | 378.0          | 0.08                           |

\*See separate page for definition of terms used in this table.

+As part of the UCS Practicum experience, students are required to implement a program as part of their training. Seven programs were offered for fall semester.

**Table II**  
**SINGLE-SESSION OUTREACH PROGRAMS: RESOURCE UTILIZATION**  
**July - December, 2006**

**Total Number of Presentations: 122**

| <b>1. Requesting Units</b>                                   | <b>Number Presented</b> |
|--|-------------------------|
| AGEP (Alliance for Graduate Education and the Professoriate) | 1                       |
| African-American Council                                     | 2                       |
| Campus Ministers, Assoc. of                                  | 1                       |
| Christian Medical Association                                | 2                       |
| Christian Nursing Association                                | 1                       |
| Counseling Psych. Program                                    | 6                       |
| Cultural Houses  | 11                      |
| Dentistry, College of  | 1                       |
| Education, College of  | 3                       |
| Equal Opportunity and Diversity, Office of                   | 1                       |
| First Nation's Program                                       | 2                       |
| Fraternity/Sorority  | 1                       |
| GLBTAU/LGBT-SFA  | 4                       |
| Graduate College   | 1                       |
| Health Sciences Learning Community                           | 1                       |
| Information Technology Services                              | 3                       |
| Iowa Edge  | 1                       |
| Iowa Intensive English Program                               | 1                       |
| Law, College of  | 2                       |
| Liberal Arts, College of                                     | 1                       |
| Medicine, College of   | 1                       |
| MBA Program  | 2                       |
| Muslim Student Association                                   | 1                       |
| Nursing, College of  | 3                       |
| OISS   | 10                      |
| Orientation  | 9                       |
| Radiology Dept.  | 2                       |
| Residence Services   | 10                      |
| State of Iowa  | 4                       |
| Student Disability Services                                  | 9                       |
| Student Services   | 3                       |
| Taiwanese Student Assoc.                                     | 1                       |
| Women's/Men's Athletics                                      | 8                       |
| UAAC   | 4                       |
| WRAC   | 9                       |
| <b>TOTAL</b>   | <b>122</b>              |

| <b>2. Topics Presented</b>             | <b>Number of Times</b> |
|--|------------------------|
| Academic Skills                        | 10                     |
| Assertive Communication                | 1                      |
| Care for the Caregiver                 | 1                      |
| Clinical Practice Issues/Psychotherapy | 2                      |
| Communication Skills                   | 1                      |
| Cultural Diversity Concerns            | 8                      |
| Dealing with Difficult People          | 3                      |
| Dream Interpretation                   | 1                      |
| Emotional Development                  | 1                      |
| Financial/Money Management             | 1                      |
| GLBT Issues                            | 6                      |
| MBTI Workshop/Personality Assessment   | 2                      |
| Performance Anxiety Management         | 3                      |
| Professional Identity Devel.           | 3                      |
| Safety Issues                          | 3                      |
| Suicide Prevention                     | 1                      |
| Relationship Issues                    | 3                      |
| Religious/Spiritual Issues             | 4                      |
| Responsible Coaching                   | 1                      |
| Trauma/Crisis/Grief                    | 5                      |
| UCS Information                        | 62                     |
| <b>TOTAL</b>                           | <b>122</b>             |

| <b>3. UCS Staff</b> | <b>*Number of</b> |
|---------------------|-------------------|
| Bahrack             | 2                 |
| Brady               | 11                |
| Cochran             | 6                 |
| Corkery             | 4                 |
| Enekwechi           | 11                |
| Harris              | 4                 |
| Keeton              | 26                |
| Kettmann            | 7                 |
| Kinderman           | 7                 |
| Liu                 | 9                 |
| Moel                | 6                 |
| Schoen              | 6                 |
| Staley              | 25                |
| Willson             | 7                 |

**\*Total number of staff presentations differs from total number of topics due to co-facilitations for some presentations.**

| <b>4. Month of Presentation</b> | <b>Number</b> |
|---------------------------------|---------------|
| July                            | 19            |
| August                          | 38            |
| September                       | 14            |
| October                         | 25            |
| November                        | 21            |
| December                        | 5             |

**5. Program Preparation Time:**

Total preparation time = 78.00 hours  
Mean preparation time = 1.56 hours  
Range = 0-5 hours

**6. Program Implementation Time:**

Total implementation time = 195.00 hours  
Mean implementation time = 0.63 hours  
Range = 0.5 to 7.50 hours

**7. Number of Program Participants** = 4,067

**8. Total Participant Hours** = 5,449.5

**9. Staff Hours per Participant Hours** = 0.05

**Table III\***  
**CONSULTATION SERVICES**  
**July - December, 2006**

| Campus Units                               | Total # of Participants | Total Hours Program Run | Total Participant Hours | Total Staff Hours |                | Staff Hours/ Participant Hours |
|--|-------------------------|-------------------------|-------------------------|-------------------|----------------|--------------------------------|
|  |                         |                         |                         | Preparation       | Implementation |                                |
| Athletics, Student Services (N = 2)        | 27                      | 2.0                     | 27.0                    | 0.0               | 2.0            | 0.07                           |
| Campus Life, Office of                     | 2                       | 3.0                     | 6.0                     | 0.0               | 3.0            | 0.50                           |
| Campus Ministers (N = 2)                   | 2                       | 1.0                     | 1.0                     | 0.0               | 1.0            | 1.00                           |
| Daily Iowan                                | 1                       | 0.5                     | 0.5                     | 0.0               | 0.5            | 1.00                           |
| Geneva Campus Ministry                     | 1                       | 1.0                     | 1.0                     | 0.0               | 1.0            | 1.00                           |
| Health Iowa                                | 1                       | 1.0                     | 1.0                     | 1.0               | 1.0            | 2.00                           |
| Human Resources – Family Services (N = 2)  | 2                       | 1.5                     | 1.5                     | 0.5               | 1.5            | 1.33                           |
| Johnson County Department of Public Health | 12                      | 1.5                     | 18.0                    | 0.0               | 1.5            | 0.08                           |
| Law, College of                            | 1                       | 1.0                     | 1.0                     | 0.0               | 1.0            | 1.00                           |
| LGBT Resource Center (N = 2)               | 2                       | 2.0                     | 2.0                     | 0.0               | 2.0            | 1.00                           |
| Library, UI Main                           | 8                       | 3.0                     | 15.0                    | 1.5               | 3.0            | 0.30                           |
| Newman Center (Journeys in Faith Forum)    | 1                       | 2.5                     | 2.5                     | 20.0              | 2.5            | 9.00                           |
| Newman Center (N = 3)                      | 1                       | 3.0                     | 3.0                     | 0.0               | 3.0            | 1.00                           |
| OISS (N = 3)                               | 1                       | 2.5                     | 2.5                     | 0.0               | 2.5            | 1.00                           |
| Orientation (N = 3)                        | 30                      | 7.5                     | 49.5                    | 0.0               | 7.5            | 0.15                           |
| Rehab Counseling Program (N = 2)           | 2                       | 2.0                     | 2.0                     | 0.0               | 2.0            | 1.00                           |
| Rhetoric, Dept. of                         | 1                       | 0.5                     | 0.5                     | 1.0               | 0.5            | 3.00                           |
| Residence Services (N = 4)                 | 94                      | 4.0                     | 146.5                   | 2.5               | 4.0            | 0.04                           |
| SDS (N = 2)                                | 2                       | 1.5                     | 1.5                     | 0.5               | 1.5            | 1.33                           |
| Student Services, Office of                | 6                       | 2.0                     | 12.0                    | 0.0               | 2.0            | 0.17                           |
| WRAC                                       | 1                       | 0.5                     | 0.5                     | 1.0               | 0.5            | 3.00                           |
| <b>TOTAL</b>                               | <b>198</b>              | <b>43.5</b>             | <b>293.5</b>            | <b>28.0</b>       | <b>43.5</b>    | <b>0.24</b>                    |

\*See separate page for definition of terms used in this table.

**Table IV\***  
**UCS PROGRAM OFFERINGS: RESOURCE UTILIZATION**  
**January - June, 2007**

| Program Offerings                                      | Total # of Participants | Total Hours Program Run | Total Participant Hours | Total Staff Hours |                | Staff Hours/ Participant Hours |
|--|-------------------------|-------------------------|-------------------------|-------------------|----------------|--------------------------------|
|  |                         |                         |                         | Preparation       | Implementation |                                |
| <b>ACADEMIC PROGRAMS</b>                               |                         |                         |                         |                   |                |                                |
| Dissertation Support Group                             | 9                       | 34.0                    | 86.0                    | 1.5               | 34.0           | .41                            |
| <b>INTERPERSONAL PROGRAMS</b>                          |                         |                         |                         |                   |                |                                |
| Journeys in Faith Group                                | 95                      | 24.5                    | 315.0                   | 20.0              | 24.5           | .14                            |
| Graduate Student Support Group                         | 8                       | 18.0                    | 72.0                    | 0                 | 18.0           | .25                            |
| Lesbian/Bisexual Support Group                         | 6                       | 9.0                     | 26.0                    | 0                 | 9.0            | .35                            |
| International Student Support Group II                 | 5                       | 10.5                    | 52.5                    | 3.5               | 10.5           | .27                            |
| Women and Self-Esteem                                  | 6                       | 11.0                    | 33.0                    | 5.0               | 11.0           | .48                            |
| Subtotal (of above 2 areas)                            | 129                     | 107.0                   | 584.5                   | 30.5              | 107.0          | .24                            |
| <b>Practicum Students Programs (N = 9)<sup>+</sup></b> | 174                     |                         |                         |                   |                |                                |
| <b>CONSULTATION</b>                                    | 160                     | 47.0                    | 219.5                   | 21.0              | 47.0           | .31                            |
| <b>OUTREACH</b>  | 4,854                   | 162.0                   | 4,455.0                 | 78.5              | 162.0          | .05                            |
| <b>TOTAL</b>   | 5,317                   | 316.0                   | 5,259.0                 | 130.0             | 316.0          | .08                            |

\*See separate page for definition of terms used in this table.

<sup>+</sup>As part of the UCS Practicum experience, students are required to implement a program as part of their training. Nine programs were offered for spring semester.

**Table V**  
**SINGLE-SESSION OUTREACH PROGRAMS: RESOURCE UTILIZATION**  
**January - June, 2007**

**Total Number of Presentations: 104**

**\*Total number of staff presentations differs from total number of topics due to co-facilitations for some presentations.**

| <b>1. Requesting Units</b>    | <b>Number Presented</b> |
|-------------------------------|-------------------------|
| Admissions, Office of         | 1                       |
| AGEP                          | 1                       |
| African-American Council      | 1                       |
| Counseling Psychology Program | 4                       |
| Cultural Center(s)            | 3                       |
| Daily Iowan                   | 1                       |
| Dentistry, College of         | 1                       |
| Education, College of         | 1                       |
| Family Services               | 2                       |
| Graduate College              | 1                       |
| Health Iowa                   | 5                       |
| IEP                           | 1                       |
| Journalism, School of         | 2                       |
| LAOAP                         | 1                       |
| Law, College of               | 1                       |
| Liberal Arts, College of      | 1                       |
| Medicine, College of          | 3                       |
| Nursing, College of           | 2                       |
| OISS                          | 17                      |
| Orientation                   | 19                      |
| Paramedic Program             | 1                       |
| Pharmacy, College of          | 1                       |
| President, Office of          | 2                       |
| Provost, Office of            | 1                       |
| Rehab Counseling, Division of | 2                       |
| Residence Services            | 8                       |
| RVAP                          | 2                       |
| State Of Iowa Program         | 2                       |
| Student Disability Services   | 6                       |
| Student Life, Office of       | 1                       |
| UAAC                          | 9                       |
| Upward Bound Program          | 1                       |
| <b>TOTAL</b>                  | <b>104</b>              |

| <b>2. Topics Presented</b> | <b>Number of Times</b> |
|----------------------------|------------------------|
| Academic Skills            | 14                     |
| Adjustment to UI           | 2                      |
| Assertive Communication    | 1                      |
| Career Issues              | 1                      |
| Diversity Issues           | 13                     |
| Eating Disorders           | 2                      |
| GLBT Issues                | 2                      |
| Grief/Loss                 | 1                      |
| Health Issues              | 11                     |
| LD/ADHD Issues             | 1                      |
| Parenting Styles           | 1                      |
| Personality Assessment     | 1                      |
| Psychological Issues       | 7                      |
| Sexual Assault             | 3                      |
| Stress Management          | 2                      |
| Therapy Skills             | 3                      |
| Transitions                | 2                      |
| UCS Information            | 33                     |
| Violence/Trauma/Crisis     | 4                      |
| <b>TOTAL</b>               | <b>104</b>             |

| <b>4. Month of Presentation</b> | <b>Number</b> |
|---------------------------------|---------------|
| January                         | 10            |
| February                        | 33            |
| March                           | 13            |
| April                           | 18            |
| May                             | 8             |
| June                            | 22            |

| <b>3. UCS Staff</b> | <b>Number of Presentations*</b> |
|---------------------|---------------------------------|
| Bahrck              | 6                               |
| Brady               | 5                               |
| Cochran             | 10                              |
| Corkery             | 4                               |
| Enekwechi           | 4                               |
| Harris              | 1                               |
| Keeton              | 21                              |
| Kettmann            | 9                               |
| Kindermann          | 5                               |
| Liu                 | 8                               |
| Moel                | 6                               |
| Schoen              | 6                               |
| Staley              | 25                              |
| Willson             | 7                               |

**5. Program Preparation Time:**

Total preparation time = 78.5 hours  
Mean preparation time = .67 hours  
Range = 0-6 hours

**6. Program Implementation Time:**

Total implementation time = 162.0 hours  
Mean implementation time = 1.4 hours  
Range = .5 to 6.0 hours

**7. Number of Program Participants** = 4,854

**8. Total Participant Hours** = 4,455.0

**9. Staff Hours per Participant Hours** = .05

**Table VI\***  
**CONSULTATION SERVICES**  
**January – June, 2007**

| Consultee<br>or<br>Campus Units          | Total #<br>of<br>Partici-<br>pants | Total<br>Hours<br>Program<br>Run | Total<br>Partici-<br>pant<br>Hours | Total Staff Hours |                     | Staff Hours/<br>Participant<br>Hours |
|--|------------------------------------|----------------------------------|------------------------------------|-------------------|---------------------|--------------------------------------|
|  |                                    |                                  |                                    | Prepar-<br>ation  | Implemen-<br>tation |                                      |
| Athletic Student Services                | 5                                  | 2.0                              | 10.0                               | 0.0               | 2.0                 | 0.20                                 |
| Assoc. of High School<br>Counselors      | 10                                 | 1.0                              | 10.0                               | 0.0               | 1.0                 | 0.10                                 |
| Campus Ministers (n = 4)                 | 24                                 | 6.0                              | 36.0                               | 0.0               | 6.0                 | 0.17                                 |
| Career Services                          | 1                                  | 0.5                              | 0.5                                | 0.0               | 0.5                 | 1.00                                 |
| Counseling Psychology Prog.<br>(N = 2)   | 11                                 | 2.0                              | 3.0                                | 1.0               | 2.0                 | 1.00                                 |
| Family Services (N = 2)                  | 7                                  | 3.0                              | 8.0                                | 3.0               | 3.0                 | 0.75                                 |
| Graduate College                         | 4                                  | 1.0                              | 4.0                                | 1.0               | 1.0                 | 0.50                                 |
| Health Iowa                              | 4                                  | 1.0                              | 4.0                                | 1.0               | 1.0                 | 0.50                                 |
| Johnson Co Dept. of Public<br>Health     | 12                                 | 1.0                              | 24.0                               | 0.0               | 2.0                 | 0.08                                 |
| Journalism, School of                    | 1                                  | 1.0                              | 1.0                                | 0.0               | 1.0                 | 1.00                                 |
| Nursing, College of                      | 6                                  | 2.0                              | 12.0                               | 0.0               | 2.0                 | 0.17                                 |
| OISS (N = 4)                             | 17                                 | 5.0                              | 22.0                               | 15.0              | 5.0                 | 0.91                                 |
| Orientation                              | 7                                  | 1.0                              | 7.0                                | 0.0               | 1.0                 | 0.14                                 |
| Psychiatry, Dept. of                     | 1                                  | 1.5                              | 1.5                                | 0.0               | 1.5                 | 1.00                                 |
| Residence Services<br>(N = 3)            | 13                                 | 4.0                              | 10.0                               | 0.0               | 4.0                 | 0.40                                 |
| Student Health Services                  | 1                                  | 1.0                              | 1.0                                | 0.0               | 1.0                 | 1.00                                 |
| Student Life, Office of                  | 8                                  | 1.0                              | 8.0                                | 0.0               | 1.0                 | 0.13                                 |
| Student Services                         | 18                                 | 1.5                              | 22.0                               | 0.0               | 1.5                 | 0.07                                 |
| Study Abroad Program                     | 1                                  | 1.0                              | 1.0                                | 0.0               | 1.0                 | 1.00                                 |
| Taiwanese Student<br>Association (N = 2) | 6                                  | 7.0                              | 31.0                               | 0.0               | 7.0                 | 0.23                                 |
| UIHC                                     | 1                                  | 1.0                              | 1.0                                | 0.0               | 1.0                 | 1.00                                 |
| University of Des Moines                 | 1                                  | 1.0                              | 1.0                                | 0.0               | 1.0                 | 1.00                                 |
| WRAC                                     | 1                                  | 1.5                              | 1.5                                | 0.0               | 1.5                 | 1.00                                 |
| <b>TOTAL</b>                             | 160                                | 47.0                             | 219.5                              | 21.0              | 47.0                | .31                                  |

\*See separate page for definition of terms used in this table.

**Table VII**  
**UCS Program User Characteristics:**  
**Fall 2006 - Spring, 2007**

**Total N = 185**

| <b>Characteristic</b>     | <b>N</b> | <b>%</b>    |
|---------------------------|----------|-------------|
| <b>Age</b>                |          |             |
| 15-22                     | 130      | 73.9%       |
| 23-29                     | 27       | 15.3%       |
| 30-40                     | 8        | 4.5%        |
| 41-60                     | 11       | 6.3%        |
| <b>Totals</b>             | 176      | (9 missing) |
| <b>Gender</b>             |          |             |
| Male                      | 58       | 31.7%       |
| Female                    | 125      | 68.3%       |
| Transgender               | 0        | 0.0%        |
| <b>Totals</b>             | 183      | (2 missing) |
| <b>University Status</b>  |          |             |
| First Year                | 14       | 7.6%        |
| Sophomore                 | 53       | 28.8%       |
| Junior                    | 37       | 20.1%       |
| Senior                    | 49       | 26.6%       |
| Graduate/Professional     | 11       | 6.0%        |
| Special Student           | 2        | 1.1%        |
| Employee                  | 7        | 3.8%        |
| Other                     | 11       | 6.0%        |
| <b>Totals</b>             | 184      | (1 missing) |
| <b>Disability</b>         |          |             |
| Yes                       | 6        | 3.3%        |
| No                        | 177      | 96.7%       |
| <b>Totals</b>             | 183      | (2 missing) |
| <b>Type of Disability</b> |          |             |
| Learning                  | 2        | 1.1%        |
| Mental                    | 1        | 0.5%        |
| Physical                  | 3        | 1.6%        |
| <b>Totals</b>             | 6        | (2 missing) |

| <b>Characteristic</b>                    | <b>N</b> | <b>%</b>    |
|--|----------|-------------|
| <b>Ethnic/Racial Background</b>          |          |             |
| African American                         | 10       | 5.4%        |
| Asian or Pacific Islander                | 8        | 4.3%        |
| Latino or Hispanic                       | 4        | 2.2%        |
| American Indian or Alaskan               | 1        | 0.5%        |
| Caucasian or White                       | 158      | 85.9%       |
| Other                                    | 3        | 1.6%        |
| <b>Totals</b>                            | 184      | (1 missing) |
| <b>Are You an International Student?</b> |          |             |
| No                                       | 178      | 96.7%       |
| Yes                                      | 6        | 3.3%        |
| <b>Totals</b>                            | 184      | (1 missing) |
| <b>Sexual Identity</b>                   |          |             |
| Heterosexual                             | 162      | 90.0%       |
| Bisexual                                 | 5        | 2.8%        |
| Lesbian                                  | 9        | 5.0%        |
| Gay                                      | 4        | 2.2%        |
| <b>Totals</b>                            | 180      | (5 missing) |
| <b>Where Do You Live?</b>                |          |             |
| Residence Hall                           | 45       | 24.7%       |
| Sorority/Fraternity                      | 8        | 4.1%        |
| Off Campus                               | 129      | 70.9%       |
| <b>Totals</b>                            | 182      | (3 missing) |

| <b>Characteristic</b>        | <b>N</b>        | <b>%</b> |
|------------------------------|-----------------|----------|
| <b>Quality of Program</b>    |                 |          |
| poor                         | 0               | 0.0%     |
| average                      | 5               | 2.7%     |
| good                         | 57              | 30.8%    |
| excellent                    | 123             | 66.5%    |
| <b>Totals</b>                | 185             |          |
| <b>Evaluation of Speaker</b> |                 |          |
| poor                         | 0               | 0.0%     |
| average                      | 2               | 1.1%     |
| good                         | 37              | 20.1%    |
| excellent                    | 145             | 78.8%    |
| <b>Totals</b>                | 184 (1 missing) |          |