



PATHWAYS TO SUCCESS PROGRAMME

Over 1,856-workshop attendee's since 2014

Student Support & Development

Student Advice Centre

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Pathways to Success Programme

Annual Report 2019/2020

THE PROGRAMME

The 'Pathways to Success programme is a four week programme that enables students to set goals, build resilience, self-confidence and create a strategy for success in their life. Students can take time for themselves and look at what they want from their life at university. Throughout the four weeks, students look at ways to create clear goals, build strategies to maintain motivation and develop the resilience and self-confidence to reach their goals. Those who attend all four weeks of the programme receive a 'Certificate of Completion', credits towards the Engagement Award and record the accomplishment of Loop Reflect.

BACKGROUND

The Pathways to Success programme began in October 2014 and has successfully run for six years. The programme ran four times per year (twice per semester) pre-incorporation and eight times per year over two campuses since 2016. The team has also grown from two qualified coaches to four including staff from the Student Advice Centre, Student Learning and Access. To develop the programme, a Loop page and a 20-page workbook were created to supplement the delivery of the programme. A Strength Clusters toolkit was purchased based on the VIA Classification of Character Strengths, which in turn is based on the research by Seligman et al. (2005) in the area of positive psychology. This has created a vibrant and interactive programme that allows the student to walk away after four weeks with a realistic plan for the future (in terms of a long-term goal) and knowledge and confidence to take action. Students get a certificate of completion once they complete the four weeks. However, the programme splits into four one-hour workshops so that if a student only attends one or two workshops, they will still increase their self-awareness. Students who miss a week or two of the programme can attend a 1:1 session with a qualified coach to complete the programme. The core learning outcomes of the programme is to increase resilience, motivation, self-esteem, self-confidence along with goal setting skills and self-awareness.



Coaches on Programme

Deirdre Moloney – Student Advice Centre

Caroline Bowe – Student Advice Centre

Karina Curley – Student Learning

Margaret Lamont – Access Service

MEASURING IMPACT

2019/2020



Figure 1.1

Students completed a survey of their experience at the end of the four-week programme. There were 61 responses and the following feedback was analysed.

- **183** students took part in workshops online due to the introduction of remote learning. **38** students completed the programme.
- Satisfaction of the programme = Average student gave the programme **8.3 out of 10**
- Satisfaction of the programme = **82%** of students rated the programme **8 or more out of 10**
- **97%** of students stated that the programme met their expectations
- **Over half of students** found out about the course via email from SS&D or their lecturer.

When asked what characteristics had improved as result of the programme, participants responded with the following: **Over 50% of respondents** recorded their motivation, self-belief, self-awareness and goal setting skills improved as result of attending the programme.



Figure 1.2

STATISTICS

Q1 - Where did you hear about the programme?

Table 1.1

Where did you hear about the programme?	COUNTA of Where did you hear about the programme?
By my fellow classmates	1
DCU Online	7
Discover DCU	1
Email	31
Engage Email	7
Friend	2
Lecturer	2
Mature student Writing Week	1
NGM Class	6
Pre-entry English course in St Patrick's	1
SS & D events page	1
The Diary Planner	1
Grand Total	61

Figure 1.3

Q2 – Did the programme meet your expectations?

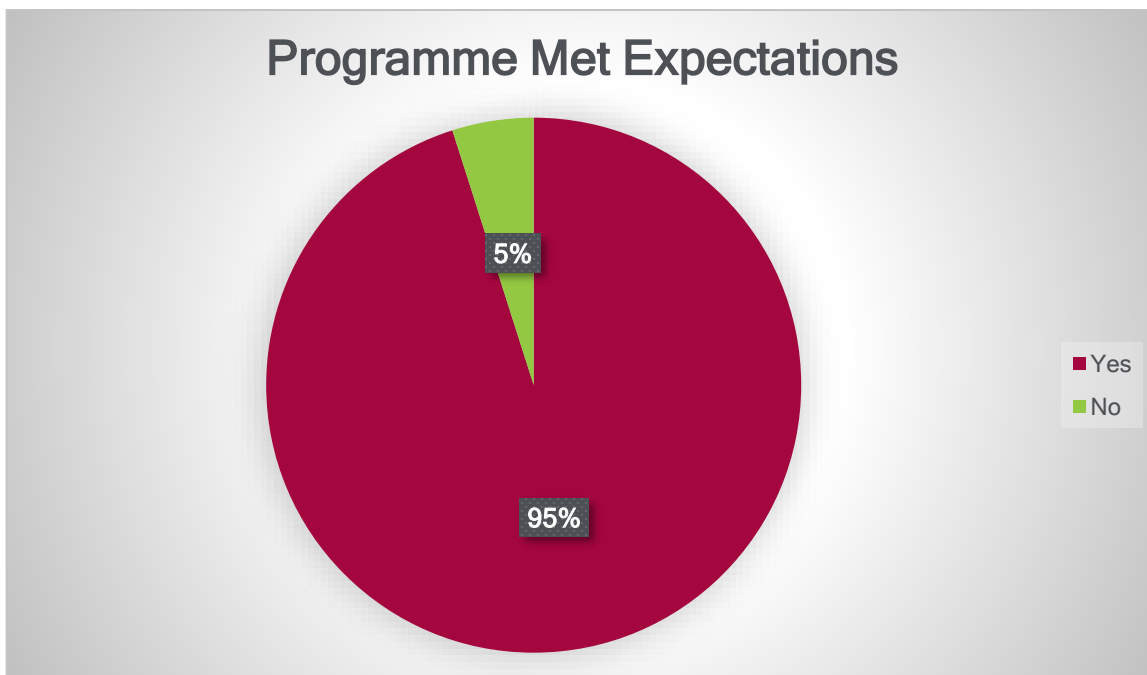


Figure 1.4

Q3 – How would you rate the overall satisfaction with the programme?

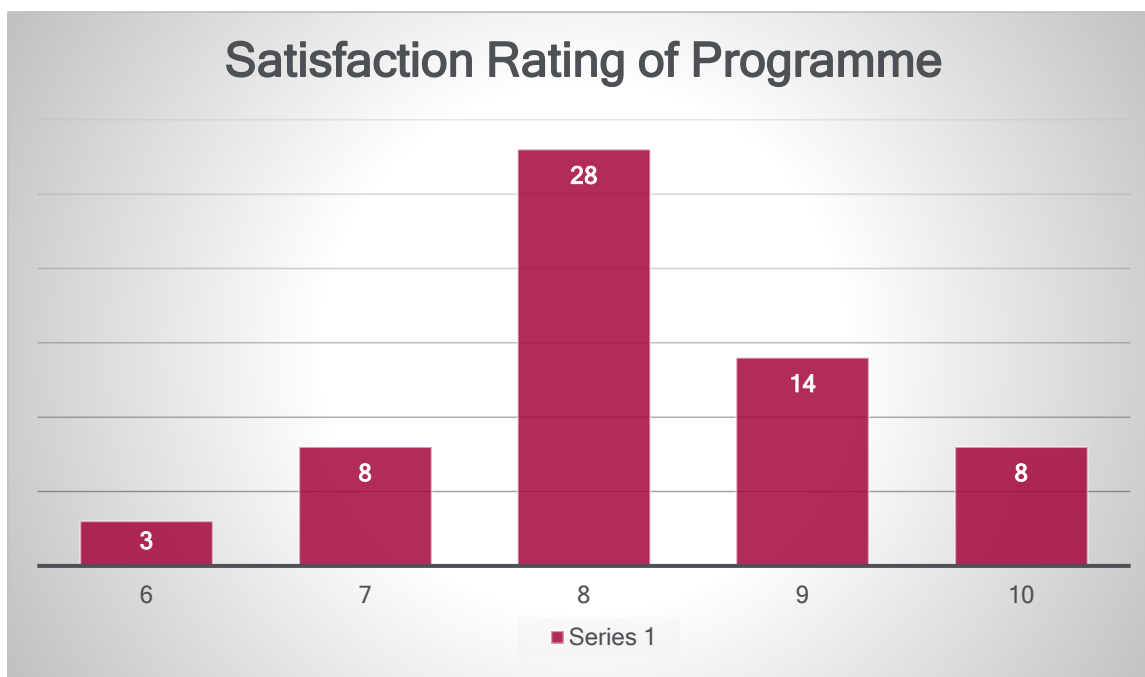


Figure 1.5

Progress in 2019/2020

We constantly focus on improving and evolving the Pathways to Success programme to meet the needs of the students. Coaching and positive psychology is at the heart of the programme enabling students from all backgrounds explore their own resilience, strength and knowledge. This allows students to improve their psychological well-being and work towards a successful experience at university. We supplement the programme with the theoretical models that underpin the aspects of human behaviour such as motivation, resilience, self-efficacy and strength, known as psychological capital. This behaviour then has an impact on skills such as goal setting, organizing, time management and overall well-being.

In March 2020 as the world quickly adapted to a virtual space, we brought the Pathways to Success programme to the online space. Using Zoom, we held each workshop online using resources such as the breakout rooms for small group discussions, video to support learning and chat function for those who do not want to speak up in large group discussions. Feedback from students was positive as they felt they needed the interaction at a time when everyone was in lockdown. It also allowed us to see if the content is relevant in an online environment. We are happy to note that it is. Next year we aim to develop an interactive workbook to replace the version given to students if they are attending on campus. Coaches and student advisers are also developing a series of podcasts that will explore in more depth the emotions and behaviours' that students experience while at university. Topics include courage, self-belief, meaning, and purpose.

Feedback from students on the programme

Thank you so much for everything. I wasn't sure what to expect from the course, but I feel I gained some excellent insights and hope to go back to my workbook in the future to refresh my learning. Top marks for the transition to working online!

Student participating online

The programme was a great opportunity to chat to and hear about other students in a safe, friendly environment.

I loved sharing and learning from others!

So impressed. Totally surpassed my expectations!

I enjoyed the work on TEFCAS and on character strengths. I also got chatting to new people from the group, some much needed interaction at this time! It's also very comforting just to see that procrastination and trouble getting motivated are not problems unique to me, or something that makes me weird - everybody has these days!

Student participating online

The breakout rooms were good to get some ideas flowing and videos when worked were a nice break.

Student participating online

Thank you for this programme! For the past few days, I have been following a routine. It feels good to get things done.



What the students expected from the programme

To be given the tools to become a more complete person

Learn how to build confidence

To learn more about goal setting and fulfilling my potential

Setting and accomplishing goals through the way of success

To have clearer road to success and what I need to get there

97% of students stated the programme met their expectations



Resilience is the 'capacity to remain flexible in our thoughts, feelings, and behaviours when faced by a life disruption, or extended periods of pressure so that we can emerge from difficulty stronger, wiser, and more capable'.