



PATHWAYS TO SUCCESS @ UNIVERSITY PROGRAMME

Over 1,400 workshop attendance since 2014

Student Support & Development

Student Advice Centre

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Pathways to Success @ University Programme

Annual Report 2018/2019

THE PROGRAMME

The 'Pathways to Success @ University' 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 build the resilience and self-confidence to reach their goals. Those who attend all four weeks of the programme are presented with a 'Certificate of Completion'.

BACKGROUND

The Pathways to Success @ University programme began in October 2014 and has successfully run for five 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). 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 was split 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 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 and self-awareness.



Coaches on Programme

Deirdre Moloney – Student Advice Centre

Caroline Bowe – Student Advice Centre

Karina Curley – Student Learning

Margaret Lamont – Access Service

IMPACT

2018/2019 (S1):



Students were given a survey at the beginning of the week 4 workshop. 88 responses were received and the following feedback was collated.

Figure 1.1

- Satisfaction of the programme = Average student gave the programme **9 out of 10**
- Satisfaction of the programme = **88%** of students rated the programme **8 or more out of 10**
- **97%** of students stated that the programme met their expectations
- **65 out of 88 students** found out about the course via email from SS&D

When asked what characteristics had improved as result of the programme, the following responses were recorded.

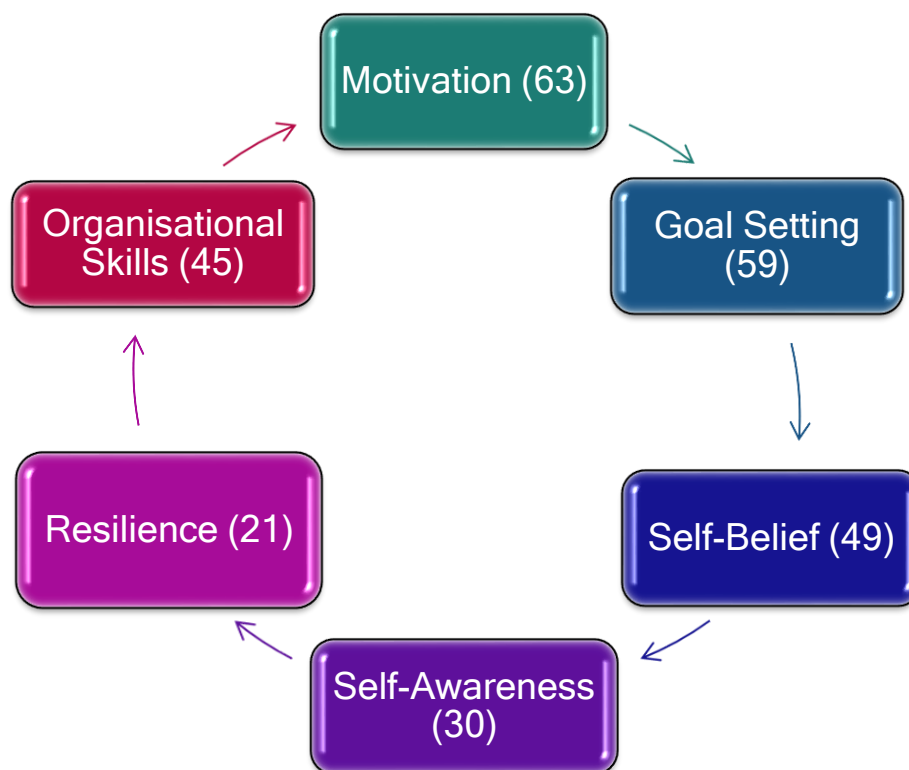


Figure 1.2

STATISTICS

Q1 - Where did you hear about the programme?

Table 1.1

Careers Service	2
DCU website/Pre-Entry	1
Email from Director of SS&D (Email Marketing)	65
Email/Friend	2
Engagement Award/Posters	1
Engagement Award	3
Friend	1
Guidance Counsellor in college	1
Head Start Mature Week	2
Loop	2
SS&D Website	4
Student Advice Centre	3
Via next generational management module	1
Grand Total	88

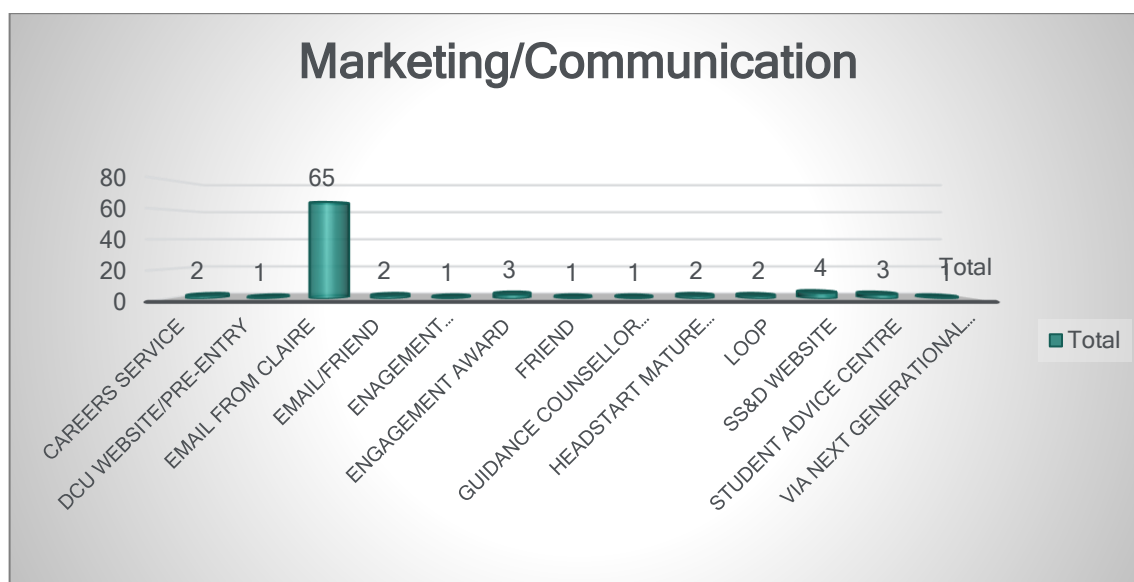


Figure 1.3

Q2 – Did the programme meet your expectations?

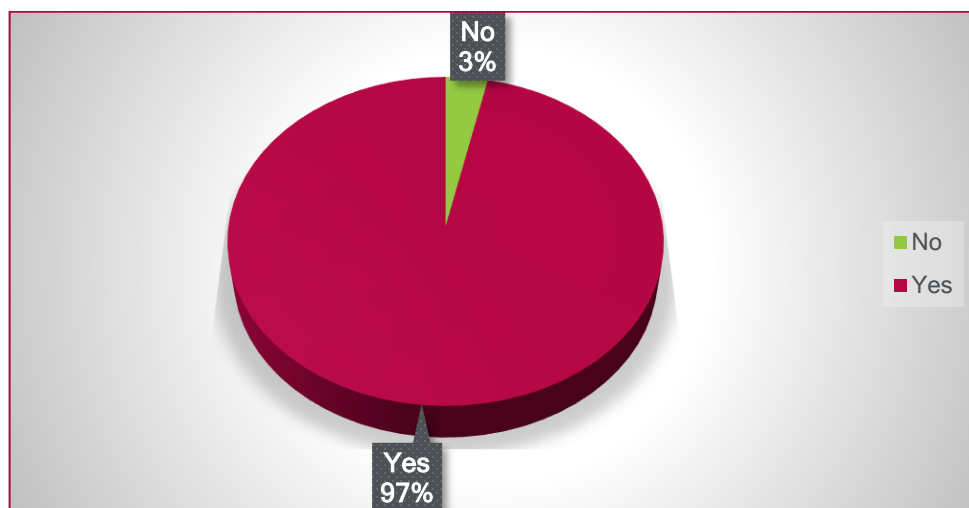


Figure 1.4

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



Figure 1.5

Rating	Total Number
5	1
6	1
7	6
8	23
8.5	1
9	17
9.5	1
10	18
Grand Total	68

Table 1.3

Feedback from students on the programme

Excellent course, really well set up and run.

The programme is worthwhile taking the time out to develop yourself personally. Very good programme.

I am very satisfied with the programme, as many things have improved since attending the programme.

I found it to be a very encouraging and welcoming environment with a friendly atmosphere.

So impressed. Totally surpassed my expectations!

Very good - I now feel like I am on the right path



What the students enjoyed the most

'Analysing my strengths and how I can use them to improve my weaknesses'

How engaging it was and different to what was taught in my old school (this was more effective)

'Hearing and learning from other people who have similar goals'

'Coming up with goals and planning lists, and how to be successful'

Week 3 - when we learnt about being more positive and having self-belief



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'.