

2023 – 2024

Life Coaching Program Results



Social Engagement

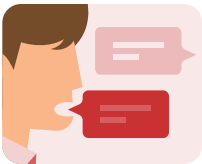
All (100%) of respondents at pre and post-test value their friendships.



Financial Literacy

All (100%) of respondents at pre and post-test think it's important to save money for my education and my future.

All (100%) of respondents at pre and post-test think it is important to save money for things I really want to buy or have.



Session Feedback

All (100%) of respondents rated the staff and volunteers, length of the sessions, quality of the lunch, the training room and the facilitators/teachers as either Good or Excellent.

Youth

The analysis revealed that students made the biggest gains, at post-test, in the areas of decision making, critical thinking & self-sabotage, self-discovery, conflict resolution, social engagement, employability skills, choosing a college, choosing a major, financial aid, and financial literacy. In these areas, there was an

8% - 83% increase from pre-test analysis.



Rating of Sessions

All (100%) of respondents rated Your True Self, Major Decisions, Other Career Options, Accountability & Employability Skills, and Critical Thinking & Self Sabotage sessions as Good or Excellent.

Collegiate

Ranking in knowledge after the sessions

8% - 29%



% Increase in Knowledge of Topics after Session



Resume Writing and Peer Pressure

8% increase



Mental Health Segment

10% increase



I Don't Think I Like My Major & Employability Skills

16% increase



Accountability

17% increase



Time Management

20% increase



FAFSA & Other Scholarships

26% increase



Financial Literacy

29% increase

"It makes me more comfortable sharing experiences because it feels like we are all on the journey together."

Quote from SWM Collegiate Student: ● ● ● Prepared by: PC Eval Consulting, LLC

