# Evaluation Plan for Students’ Psychological Well-being

K-12 students are most likely to become victims of stress due to different pressures and expectations. Stress plays a negative role in the maintenance of health and often in one’s academic life. An ongoing struggle with anxiety puts unnecessary pressure and undermines physical and mental health. It is crucial to identify the factors that contribute to stress and adopt adequate measures for helping to overcome stress. Psycho educational sessions are designed for addressing the issue of stress in K-12 students to improve their mental health and academic performance. The purpose of this evaluation plan is to evaluate the impact of 8 sessions of the psycho educational groups about stressors faced by 12th-grade students.

Following is an evaluation plan for the students to help them dealing with the psychological and social challenges and reducing their stress level and emotional challenges.

Table Evaluation Plan (Service, 2015)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Assessment** | **Pre-Test** | **Strategies to Improve the Psychological Well-being** | **Timeline** | **Post-Test** | **Evaluation/ Outcomes** |
| 1 | Observation of activities to evaluate the behavioral, emotional, developmental, psychological, and social challenges to the students (Soffolk, 2018). | Write an essay of 1000 words within 30minutes.  (As the task is almost impossible to be performed so the reaction will help the psychologist to reach to the behavioral level of the student) | **L**- Listen to the student  **I**- Involve in healthy activities  **S**- Share your experiences  **T- a** guide about time management  **E**-encourage self-control  **N**- Never give up or never take anything like the end | **1 week**  **1 session** | Observe the behavioral response of the student during a challenging phase. | The person is expected to show self-control during the social and psychologically challenging situations. This will also help the student to control their emotional response, and thus will reduce their stress level. |
| 2 | Physical, Nutritional, Mental, Emotional Check (Uniliver, 2018) | A form to check the routine of physical activities and preference diet | Recommend health diet intake and restrict to follow 30min workout plan in the morning | **2 weeks**  **2**  **sessions** | * Weight * Activeness * Brain Storming Test * Observation of emotional response | A person with a healthy lifestyle will show positive emotional responses, stress levels, and psychological well-being.  Physical activities improve the blood flow to the brain, and thus keeps the person active and smart. |
| 3 | Check social interaction, especially to the unknown people | Arrange a meeting with unknown and record response | * Collaborate * Involve in social activities * Encourage in communication | **2 weeks**  **2 sessions** | Engage in donation activities, in which the person will have to convince others to donate their money for better social work. | In case the student enjoys the social activity and successfully collects the donations, he is improving his collaborative skills and also will help them in tackling their stress level. |
| 4 | Counselling Approach | Conduct an interview to check the future goals and understanding with the social environment outside the college | Communicate and counsel he person about how harsh life can be and how he /she can achieve the goals successfully.  It is not always about how you perform instead it is about how you deal with the environmental challenges | **1 week**  **1 session** | Conduct an interview to evaluate the personality and psychological change | The student will come up with a mature approach and will set the accurate goals and objectives, which will be more convergent to a realistic approach. |
| 5 | Parenting Help | Arrange a counselling session with the parents and ask them what challenges do they face regarding their children behavior | * Communicate with the students * Support them * Be the student voice to highlight behavioral challenges * Be a better guide to the students | **2 week**  **2 sessions** | Conduct an interview with parents to check if there was any improvement in behavior? | This will reduce a person’s stress level and the person will start behaving better with parents and will understand his social responsibilities. |

## Group Responsibility

As per ASGW Practices (ASGW, 2018) it is the responsibility of the educational group to remain positive and unbiased. No students should feel being blamed for his/her psychological issues. The group must counsel and communicate with a positive approach and must handle all students equally. The purpose should be to bring positive change in the student and thus no unethical or immoral activity should be performed. Also as per the American Psychological Association’s Ethical Code of Conduct (APA, 2015; Psy301, 2018), the group must keep all information confidential and no information should be leaked regarding the student’s psychological well-being.

## Validity and Reliability

The findings of the assessment, pre-tests, and post-tests will be valid to all students and will be highly reliable to be accessed and used in future life. These sessions will help the students to maintain their nutritional schedule, workout schedule, develop self-control, think positive, keep a realistic approach, engage in social activities, collaborate and communicate, and never give up. This will bring great behavioral changes in the student and will help them throughout their lives. It will not only help them in their academic achievements but also will prove to be highly effective during their practical life. In short, this session will bring a positive change in the students' psychological condition, and will help them to control their stress level and to collaborate for the sake of their psychological and mental well-being.

References

APA. (2015). ETHICAL PRINCIPLES OF PSYCHOLOGISTS AND CODE OF CONDUCT. *American Psychological Association*.

ASGW. (2018). Group Work RESOURCES. *ASGW*.

Psy301. (2018). Ethical code of conducts. *Psychological Association*.

Service, P. H. (2015). Mental Health and Wellbeing Action and Evaluation Plan. *WorkWell*.

Soffolk. (2018). Mental health and wellbeing. *NHS*.

Uniliver. (2018). Improving employee health, nutrition & well-being. *Uniliver*.