

## Davenport University Reduces Anxiety and Increases Persistence with EduGuide

The Health Information Technology (HIT) program at Davenport University is among the top-ranked programs of its kind. But facing lower retention and higher rates of student anxiety and depression, Davenport began studying strategies to increase student success. The University chose EduGuide because it was easy to plug into any course and provided a powerful way to identify students who might need extra academic or emotional support, while also increasing persistence and resilience for all students.

### How it Works

At the college level, a link to EduGuide activities is simply added to the syllabi of some or all courses. As part of the participation grade, students complete 5 to 10 activities online per semester. Completing the activities in one course satisfies the requirement for all their courses that semester.

As students do the activities, professors, support staff and selected employer mentors can follow their progress and join in online coaching conversations with them that increase belonging. In addition, Davenport used EduGuide to efficiently assess student needs and direct them towards campus counseling and academic resources for additional support.

“EDUGUIDE HAS HELPED ME DEAL WITH FAILURE. IT HAS TAUGHT ME THAT I CAN FAIL AT SOMETHING BUT THAT DOES NOT MEAN I SHOULD GIVE UP OR BE DISCOURAGED. IT HAS GIVEN ME MORE HOPE TO KEEP TRYING FOR WHAT I WANT.”

- PAT, STUDENT

“EDUGUIDE HAS HELPED ME REMEMBER WHY I CONTINUE WITH MY SCHOOLING. AT TIMES, I HAVE BEGUN TO FEEL BURNT OUT, BUT EDUGUIDE HAS INSPIRED ME TO CONTINUE ON.”

- JULIA, STUDENT

### Results

Associate Dean Kelly McCarron analyzed two primary outcomes from EduGuide: **lower rates of anxiety and depression, and increased persistence and resilience.** McCarron reported that students in emotional or academic distress were identified faster, received help faster, and were able to rebound faster, even after just one semester of the program.

In an end-of-semester survey, **68% of participating students reported they were able to deal with stress and anxiety better because of EduGuide.** “Sometimes personal issues can alter your thought process and it’s hard to get yourself back into the groove,” explained one student. “However, these activities really helped me refocus and concentrate on what I do have.”

The support proved crucial for students in crisis. “We had a student who was in trouble over a winter break...I went in [to EduGuide] and saw that she was actively speaking to me and that she was really in despair...we actually got this young lady into counseling and treatment ASAP, and it was just something that she may not have necessarily written an email about, but she felt comfortable enough [on EduGuide] to reach out to me and ask for assistance.”

As a result, **95% of students reported that EduGuide helped them to build self-motivation, and 91% said the program made them more confident of being able to achieve their degree.**

“The first semester that we used EduGuide,” McCarron reported, “**our rate of entry into the following semester increased from somewhere around 67 percent to about 82 percent.** More students actually persisted and went through to the next term, and the next term...and a lot of those students just graduated this past April.”