

## 2022-23 Campus Quality Fee Accountability Report

**Project Title:**    **THRIVE: Enhancing Social Support and Personal Growth for Student Success through Adventure-Challenge Learning**

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**Brief description of project, including purpose and goals:**

**The heart of this project:**

- **Create a sense of connection and belonging among their peers from many sectors of our campus which is a key factor in student success.**
- **Enhance the perception of self-empowerment to succeed academically at CSUN**
- **Increase the practical skills in teamwork (a mandatory 21st century professional skill).**

**During which year(s) has this project received CQF Funding?** (Place X at left of correct answer)

<input type="checkbox"/> 2008/09	<input type="checkbox"/> 2011/12	<input type="checkbox"/> 2014/15	<input type="checkbox"/> 2017/18	<input type="checkbox"/> 2020/21
<input type="checkbox"/> 2009/10	<input type="checkbox"/> 2012/13	<input type="checkbox"/> 2015/16	<input type="checkbox"/> 2018/19	<input checked="" type="checkbox"/> 2021/22
<input type="checkbox"/> 2010/11	<input type="checkbox"/> 2013/14	<input type="checkbox"/> 2016/17	<input type="checkbox"/> 2019/20	<input checked="" type="checkbox"/> 2022/23

**Amount of CQF funds awarded 2022-2023:**    \$    48,461

**Cost Incurred through June 30<sup>th</sup>:**

1. Student Salaries	\$ 3,271.00
2. Other Salaries	\$24,620.00
3. Other benefit costs	\$ 357.00
4. Software costs	\$0
5. Equipment Costs	\$53,875.00
6. Other operating costs	\$

Total Expenditures: \$82,123.72

**Projected balance of unexpended funds after June 30<sup>th</sup>:** \$37,045.00

**Reason for unexpended funds:** as noted in the CQF spreadsheet report –

The CQF for 2021-22 was intended to install the new high teams course on campus. The amount of \$70,603 was an approved carry forward due to construction delays outlined in the 2021-22 accountability report. The carry forward amount was combined with the 2022-23 grant which focused on student success programs run at the new ropes course facility. During the 2022-23 FY the construction was completed and the vast majority of the carry-forward funds were expensed for the construction purpose (the minor residual carry forward remained

in the CQF grant fund for this FY). The reason that such a large balance remains at the end of FY 2022-23 (\$37,045) is a consequence of the previous year's delay. Because the construction continued into the Fall of 2022, the student success programs at the ropes course were not able to be rolled out until Spring semester 2023. Since the 2022-23 grant was geared primarily to staff costs to deliver the programs throughout the AY; we did not hit our planned budget expenses for a full year of programs. We expect the majority of current balances to be swept but are excited about the grant allocated for 2023-24 which will be fully utilized for costs related to delivery of the student success programs during this coming year.

**Descriptive summary of activities, work, or tasks completed or services provided:**

Summer 2022 and Fall 2023 the continued expansion and installation of the new high ropes team course was completed. Training of student staff was also conducted in the Fall.

Spring semester 2023 was the launch of the Project THRIVE programs for student groups on campus to achieve the student success program outcomes identified at the top of this report. Student groups were scheduled at different times/dates depending on their schedule availability. Most programs were scheduled for 3-4 hours. Student began the session with some team development exercises conducted at ground level in small groups of 8 fellow students. The introductory activities were followed by instruction on safety protocols to participate in team exercises in the high course. A staff guide works with the small groups as they take on the challenges in the high teams course. Reflections and debriefing complete the day which include an evaluation form about the day's experience.

**Provide the number of students served, number of additional hours of service provided, or other quantifiable measures of the impact of this project on students. Be specific.**

- 17 different student groups were served from January to June
- 220 individual students represented in those groups
- 79 student facilitator staff days (student staff trained as group facilitators who work directly with the student groups)

**What assessment/evaluation was undertaken to determine whether the project purposes and goals were achieved?**

A formalized group discussion is held several times during the program to reflect on how the team is working together. At the end of the program the teams share key insights and successes at a personal level and as a total team. At the end of the final debrief students are invited to complete a short written questionnaire to record some of their key insights. These written evaluations are reported in the next section.

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**Summarize the findings and conclusions reached based on the above described assessment/evaluation or based on other documented input.**

The survey data below lists student responses (N= 117) to three quantified questions and a long list of open comments I've attached as an appendix. I debated whether to list all the open comments in Appendix 1 or just selected ones, but did not want to be viewed as cherry picking only the best comments. Next year we can consolidate open comments according to common themes and categories.

**Student Responses to Team Building Program - Project THRIVE – 2022-23 AY**

**Q: How would you describe your personal feelings of overcoming today's challenges?** (place X on line)

10.....5.....1

10= definitely overcame  
the challenges

1= I felt little to no sense of success  
overcoming the challenges

**The average student response was 8.3 with a standard deviation of 2.3.**

**Q: Rate how you agree or disagree with the following statements**

*"I made positive connections with my fellow team members today at the ropes course"*

10 .....5.....1

10 = highly agree

1 = little or no agreement

**The average student response was 9.5 with a standard deviation of 1.2.**

*"I understand something more about how teams work after today's experience"*

10 .....5.....1

10 = highly agree

1 = little or no agreement

**The average student response was 9.4 with a standard deviation of 1.2**

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**Perceived benefit/value of continuing this project/service:**

Students are clearly gaining personal insights about their self-empowerment or confidence as well as team function insights including a strong sense of connection with their fellow students. As reported in the grant proposal these program outcomes (confidence, connection,

& teamwork skills) are clearly identified in the research literature as part of the student success formula.

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**Email of Submitter:** alan.wright@csun.edu

**Date Submitted:** 7/27/23

Please email your completed report to: [robin.ferguson@csun.edu](mailto:robin.ferguson@csun.edu) by August 1, 2023

Please note Appendix I below which includes all student comments to the open-ended questions of their participant survey.

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**Q: What are your key "takeaways" today (things I've learned that I can use in the future)?**

Comments provided for the open ended question.

- communication is key
- believe in your own abilities
- communication makes teamwork easier
- ask for help
- teamwork is the key
- communication & planning
- teamwork makes the dream work
- communication is key
- that I don't have to do things myself. I have a hard time as a leader relying on others; and I have support around me
- be patient with one another

- trust
  - I realized the more nervous I got, the less excited I felt and I had to keep encouraging myself mentally
  - communication
  - communication
  - that you can overcome fear even if it seems impossible
  - people are willing to be a part of your support system, it's up to you to accept
  - communication of task but also how you feel is important
- 
- to always lean on those near you & collaboration is always needed.
  - its hard to get through obstacles alone so it is okay to rely on others.
  - learned to be open to ideas from others
  - I usually tend to say that no one has your back like yourself, but after today feel like it is okay & needed to put trust in others
  - everything
  - how important communication and being supportive towards others is
  - don't be afraid to just take a leap & go.
  - communication & cooperation is what makes a team
- 
- what I learned most was about communication and teamwork
  - communication and how important teamwork is working together
  - communication is key
  - teamwork is the dreamwork
  - communication is key
  - I need better core strength LOL
  - seeking discomfort is the main reason I participated in this challenge. I thought I knew teamwork but this shines more light on teamwork.
- 
- working together is a powerful tool
  - I can accomplish whatever I put my mind to do
  - when we work together we are able to accomplish anything
  - learned communication and honesty builds a strong team
  - things are more fun together
  - friendship through trust
  - once you start just proceed to the finish line
  - its okay to ask for help
  - you can overcome anything
  - that I should trust my instinct
- 
- that the ropes course is a thrilling experience and great way for a team to bond. I would highly recommend the experience to other organizations on campus.
- 
- supporting your teammates when you are scared distracts you from your fear

- even when you are really freaked out, helping someone else who is also freaked out will not only help them but help you be less freaked out as well.
- it is okay to feel nervous
- working with a team works well
- although could not participate I learned the importance of supporting your teammates
- I can do things no matter how terrifying they are.
- no matter the situation, someone will be there for you.
- I loved it
- communication is key
- how to work in a team
- that its ok to branch out of your comfort time
- pushing myself out of my comfort zone
- I learned to lean on my sisters
- to focus and breath
- trusting in myself and others
- try and take risks; get out of your comfort zone
- how to overcome and face my fears
- that there are people we can trust
- you are capable of more than you think
- mind over matter
- communication is very key.
- when working in a team, patience is always great characteristic to have
- I learned how to work collaboratively & efficiently with my team members.
- I've learned how to strategize with other people.
- I can get through difficult or uncomfortable situations and my team will support me along the way.
- communication
- self-awareness
- trusting one another and really being available for your teammates
- I trusted my teammates and learned new things
- working together and trusting each other
- I learned that it's okay to depend on your teammates and in order to succeed you must work together
- to be patient and how to work with others that don't necessarily think like I do
- support each other
- trust goes a long way in overcoming challenges
- depending and trusting your teammates
- fear is easy to overcome when you have people helping you by your side

- that my teammates are there for me and I'm capable of achieving things that others find 'fearful'
  - communication
  - teamwork can be so powerful
  - fun to take risks
  - teamwork is important
  - have more patience
  - sometimes you need to take a risk.
  - teamwork
  - teamwork
  - the value of teamwork
  - importance of cooperation with each other
  - be more courageous for anything
- 
- communication and patience is key
  - good communication can go a long way
  - good communication
  - team mental strength - always being patient and encouraging all the members
  - I learned to trust my team
  - I've learned to don't get frustrated and keep helping and communicate
  - to stay positive
  - to trust who I am working with
  - to be patience & positive
- 
- to communicate with my team earlier vs later
  - team work makes the dream work
  - good communication
  - to trust the people around me
  - be patient and encouraging when working in high stress situations
  - communication and patience
  - teammates make scary things easier
  - slower communication and patience with my team
  - communication
- 
- have learned that verbal communication is key
  - communication is key.
  - teamwork will always be better than working alone
  - that communication really matters
  - teamwork makes the dreamwork
- 
- compromise is necessary
  - know your limits and when to push them
  - communicate with each other



- trust
  - teamwork works
  - trust your group
  - I learned to put trust in others
- 
- fear should not freeze you
  - important to take a deep breath
  - communication & listening
  - ability to push and be gentle with myself
  - teamwork and communication
  - if you work together you can figure it out/ overcome/achieve
  - teamwork & perseverance
  - being able to take a step back mentally, breath and help guide a teammate
- 
- patience
  - group work makes the teamwork
  - depending on someone is and can be great & helpful
  - teamwork really is better than by yourself sometimes
  - voice
  - I was not scared of todays activity but some people are scared but I can help them even though I'm not confident with my English.
  - teamwork
  - support for my team
  - its okay to fail or make mistakes as a team you just have to move forward together
  - I'm kind of afraid of heights I need to tell people what my limits are