



## New Member Service Delivery Model Project Proposal: **Self Care – Managing Stress**

Candidates:

### **Situation:** *(The problem)*

While college graduation rates for African American students has increased overall, the racial gap in who's graduating from college has widened since 2007. Mental health in college students is critical, and not just for their academic success. If their mental health is compromised, the effects can be damaging or even deadly. Self-care can be critical for student mental health. It ensures they are taking time to focus on their needs, ranging from staying healthy to finding time for relaxation and enjoyable activities. At California State Polytechnic University, Pomona, African-American students are making progress, just not as much progress as their peers. Less than 4.0 percent of the students at California State Polytechnic University, Pomona are African-American.

### **Priorities:**

1. Increase the awareness and importance of self-care to the African-American women attending California State Polytechnic University, Pomona.
2. To enhance the self-esteem and self-confidence in women of color.

### **Mission/Vision** *(What drives the outcome?)*

The mission of this project is to enhance and support a highly effective, proactive, mentoring program that positively impacts and enriches the lives of African-American women attending California State Polytechnic University, Pomona.

### **Inputs**

Resources

*In order to accomplish our set of activities we will need the following:*

1. Women who are role models and who are willing to invest time and resources
2. Funds to support the mentoring activities
3. Zoom account during COVID-19
4. Recruitment process to attract and involve African American women who would benefit from the mentoring program

### **Outputs**

Activities

*In order to address our problem, we will accomplish the following activities:*

1. Partner with appropriate staff at California State Polytechnic University to assist with identifying participants
2. Enlist support from members of The Claremont Area (CA) Chapter of The Links, Incorporated
3. Secure a place to hold the presentation and provide lunch
4. Present a program highlighting the following topics: Importance of Self-Care, Being Prepared for Your Future, and Confidence and Self-Worth

Participation

*We must clearly identify the groups we are serving.*

1. African American women attending California State Polytechnic University, Pomona (freshman through graduate students)

## **Outcomes**

### **Short-term**

*If accomplished, we expect these activities will lead to the following changes in 1-2 years:*

1. Consistent participation with a core group of women
2. Increase the number of participants each workshop
3. Increasing awareness of self-care and reduction in stress

### **Mid-Term**

*If accomplished, we expect these activities will lead to the following changes in 3-4 years:*

1. Increase graduation rate
2. Increase self-esteem

### **Impact/Long-Term**

*If accomplished, we expect these activities will lead to long-term societal changes:*

1. Increasing the number of black college graduates at California State Polytechnic University, Pomona
2. Increase in the number of women volunteering in their communities (pay it forward)

## **Assumptions**

1. Enrollment and graduation rate of black women needs to increase
2. The stress of college can result in the neglect of self-care
3. Many college women don't know how to address the issue of mental health

**External Factors** *(Things that might negatively impact your program – i.e. environment, community, public policy)*

1. Time demands may result in less than desired participation
2. Women who could benefit might not see the value in such a program

## **Evaluation**

*What do you want to know?*

1. How effective the mentoring program is?
2. How effective can intergenerational women work together?
3. What are the benefits of self-care techniques?
4. How effective is role modeling as provided by the members of The Links, Incorporated?

*How will you know it?*

1. Consistent participation
2. Discussion of mental health
3. Self-reporting from the participants, i.e. verbal, survey, etc.