

Report of Counseling Services Provided at Texas Lutheran University
From the 2012-13 Academic Year through the 2015-16 Academic Year

From 2012-2013 through 2015-2016, TLU's Director of Counseling Services provided direct counseling services to 323 students. That figure was derived by counting each student who attended one or more sessions in one or more semesters once; thus, the student count reflects an unduplicated count of the number of students served over the last four years. As can be seen in Table 1 below, the majority of students (67%) attended one or more counseling sessions for one semester. Table 1 shows a breakdown of the number of students who attended one or more counseling sessions for the eight semesters in this timespan.

Table 1. Unduplicated Head Count of Students Who Attended Counseling: 2012-13 Through 2015-16		
# of Semesters	Students Who Attended One or More Counseling Sessions	
	#	%
1	217	67%
2	71	22%
3	21	7%
4	4	1%
5	8	3%
6	1	0%
7	0	0%
8	1	0%
Total of 8 Semesters	323	100%

Table 2 shows the count of students served each year for the last four years. While students who attended counseling in both semesters of a year are counted once, students who attended counseling in two or more years are reflected in the count for each year in which counseling service was provided.

Table 2: Number of Students Who Received Counseling Service in Each Academic Year: 2012-3 Through 2015-16 (Unduplicated count for the year)	
Total 2012-2013	98
Total 2013-2014	91
Total 2014-2015	114
Total 2015-2016	106

A review of the demographics of the 323 students who received counseling services from Fall, 2012 through Spring, 2016 shows that 262 students were first-time freshmen at TLU and 61 were transfer students. Additionally, two times as many females received counseling services as males. While the TLU student population as a whole is comprised of more females than males, a proportionately greater percentage of females were served in counseling than is seen in the general TLU student population as noted in Table 3 below.

Table 3. Students Receiving Counseling Services Shown by Gender: 2012-13 Through 2015-16								
	Males				Females			
	Rec'd. Counseling		At TLU		Rec'd. Counseling		At TLU	
	#	%	#	%	#	%	#	%
2012-13	31	32%	623	47%	67	68%	695	53%
2013-14	29	42%	651	49%	40	58%	690	51%
2014-15	28	35%	628	48%	53	65%	692	52%
2015-16	20	27%	670	49%	55	73%	706	51%
2012-13 through 2015-16	108	33%			215	67%		

A disaggregation of the data by ethnicity shows that the population who received counseling services over the last four years on average, as well as for each of the years, more closely mirrors the TLU student population as a whole. Additionally, the percentage of students by ethnicity served each year varies little from year to year. This information can be seen in Table 4.

	Students Receiving Counseling				TLU Student Population			
	Black/Af. Am.	Hispanic	White	Other	Black/Af. Am.	Hispanic	White	Other
2012-13	10%	33%	49%	8%	9%	29%	57%	5%
2013-14	9%	35%	54%	6%	8%	30%	57%	5%
2014-15	7%	30%	57%	6%	8%	31%	55%	7%
2015-16	7%	27%	59%	8%	8%	32%	55%	5%
2012-13 through 2015-16	8%	31%	54%	7%	8%	30%	56%	6%

Students were seen for counseling based on the Director of Counseling receiving an *Alert* from the Dean of Student's Office; by referral from faculty, staff, friend, or parent/family; through a *judicial* referral resulting from an infraction on campus, or by self-referral. For each of the last four years, data for the 323 students who received counseling services indicate that student self-referral has been the most prevalent way that counseling services are initiated, averaging 40% of the referrals, as shown in Table 5 below.

	# Alert [%]	# Faculty [%]	# Friend [%]	# Judicial [%]	#Parent/Family [%]	# Self [%]	#Staff [%]
2012-13	4 [4%]	19 [19%]	7 [7%]	4 [4%]	8 [8%]	46 [47%]	10 [10%]
2013-14	4 [6%]	19 [28%]	9 [13%]	4 [6%]	3 [4%]	19 [28%]	11 [16%]
2014-15	2 [2%]	13 [16%]	8 [10%]	3 [4%]	6 [7%]	34 [42%]	15 [19%]
2015-16	11 [15%]	3 [4%]	10 [13%]	2 [3%]	9 [12%]	30 [40%]	10 [13%]
4 - Year Average	21 [6.5%]	54 [17%]	34 [11%]	13 [4%]	26 [8%]	129 [40%]	46 [14%]

As noted in Table 6 below, on average, approximately 89% of the 323 students who received counseling services maintained good academic standing (as reported in Jenzabar), while, on average, 8% were placed on Academic Probation, 2% were suspended, and 1% had academic probation continued from the previous semester.

	Good Standing	Academic Probation	Probation Continued from Previous Semester	Suspension
2012-13	87%	8%	2%	3%
2013-14	85%	13%	0%	1%
2014-15	94%	6%	0%	0%
2015-16	88%	7%	3%	3%
Average Percentage	89%	8%	1%	2%

Roughly 8% of the TLU student population received counseling services at TLU. The figure has remained relatively constant over the last four year period as shown in Table 7 below.

	# of Full-Time Degree-Seeking Students as of Fall Census Date	# of Students Receiving Counseling Services in the Academic Year	% of TLU Population Receiving Counseling Services
2012	1252	98	8%
2013	1268	91	7%
2014	1241	114	9%
2015	1289	106	8%

Records indicate that counseling services were provided to students who had reported having counseling prior to engaging in counseling services at TLU, and that some of the students presented with diagnoses and were taking prescription medication. Table 8 shows the reported percentages of students with prior counseling as well as the percentages of students who were taking prescription medication. However, it should be noted that the records were incomplete in these two areas, with no indication of prior counseling or prescribed medication for over 40 of the 323 students. Thus, caution should be taken in drawing conclusions from the data.

	Engaged in Prior Counseling	On Prescription Medication for Mental Disorder
2012-13	62%	24%
2013-14	36%	17%
2014-15	21%	20%
2015-16	24%	12%

Over the last four-year time period, a total of 2,566 counseling sessions were conducted, with each session generally ranging from 45 minutes to one hour in length. Table 9 shows the number of counseling sessions conducted by semester and by year and provides a count of students who received service. The count of the number of students served in scheduled appointments is a duplicated count, as it reflects each time a student attended a scheduled session. The data show that over the last two-year period, the number of students receiving counseling services has increased over the prior two-year period; however, it is too early to determine if this is a trend that would negatively impact the current staff's ability to provide adequate counseling services.

	# Counseling Sessions Conducted	# Students Served in Scheduled Appointments (Duplicated Count for the Year)	Average Number of Counseling Sessions Per Student
Fall 2012	302	62	5.13
Spring 2013	298	55	
Total 2012-2013	600	117	
Fall 2013	358	59	6.17
Spring 2014	321	51	
Total 2013-2014	679	110	
Fall 2014	330	77	4.54
Spring 2015	305	63	
Total 2014-2015	635	140	
Fall 2015	339	66	5.09
Spring 2016	313	62	
Total 2015-2016	652	128	
Total 2012-13 through 2013-14	2,566	495	5.18

Data collected on the students seen in scheduled appointments indicate that, on average, senior students are seen most often in scheduled appointments though the classification group varies among the four years. Table 10 shows the classification of students seen in scheduled appointments, as reported by the Director of Counseling.

Table 10. Classification of Students Seen in Scheduled Appointments														
Classification	F12	S13	2012-2013	F13	S14	2013-2014	F14	S15	2014-2015	F15	S16	2015-2016	Total Number	Percent
Freshman	18	14	32	18	9	27	15	10	25	16	15	31	115	23.4%
Sophomore	15	12	27	14	12	26	19	19	38	11	14	25	116	23.5%
Junior	16	11	27	11	11	22	12	10	22	23	18	41	112	23%
Senior	13	18	31	16	19	35	31	24	55	13	15	28	149	30.3%
Total With Scheduled Appointments	62	55	117	59	51	110	77	63	140	63	62	125	492	100%

Participation in counseling services appears to have a marginal impact on GPA, though caution is urged in drawing any conclusions from the data. Table 11, shown below, compares the GPA of the 323 students upon their entry into counseling with their most recent GPA.

Table 11. Comparison of GPA Upon Entry Into Counseling Services With GPA On File As Of Spring 2016			
	GPA At Counseling Entry-Point	GPA As Of Spring 2016	Percent Difference
2012-13	2.9	2.88	-.69%
2013-14	2.81	2.77	-.01%
2014-15	3.0	3.0	0
2015-16	3.01	3.01	0

Counseling services provided on campus appear to have a positive impact on student retention. For the seven-semester period from Fall 2012 through Fall 2015, the percent of students who attended counseling in one semester and who retained to the next term is shown in Table 12 (students who attended counseling in spring 2016 were excluded from this measure as their retention to the next semester is undetermined at this time). At this time, there is no institutional data to utilize for comparison purposes.

Table 12. Percent of Couseled Students Who Retained to the Next Semester	
Semester of Counseling Attendance	Percent Retained to the Next Semester
Fall 2012	76%
Spring 2013	80%
Fall 2013	83%
Spring 2014	73%
Fall 2014	88%
Spring 2015	67%
Fall 2015	86%

TLU calculates the Fall-to-Fall retention rate of freshmen by entering cohort group. When comparing the retention rates for the cohort groups from Fall 2012, Fall 2013, and Fall 2014 with the retention rates of the freshmen who attended counseling from each of those cohort groups, the Fall-to-Fall retention rate of the students who attended counseling was greater than their peers in each of the three years examined. This data is shown in Table 13 below.

Table 13. Comparison of Freshmen Who Attended Counseling With the Retention Rate of Their Cohort Group

Cohort Group	# Freshmen In Counseling	# Freshmen in Counseling Retained to Next Year	% Freshmen in Counseling Retained to Next Year	% Retention Rate of Freshman Cohort Group	Difference
Fall 2012	26	20	77%	70%	+7%
Fall 2013	21	15	71%	70%	+1%
Fall 2014	26	23	88%	73%	+15%

Additionally, though caution should be taken in drawing any conclusions from the data, over 75% of the students who have attended counseling over the last four years have graduated or are still enrolled, as shown here in Table 14.

Table 14. Percent of Students Who Attended Counseling Services and Who Are Either Still Enrolled in the Spring of 2016 or Who Have Graduated

Year of Counseling Attendance	Percent Students Still Enrolled in the Spring 2016 or Who Have Graduated
2012-13	69%
2013-14	59%
2014-15	79%
2015-16	93%

Student retention and graduation rates are considered measures of student and institutional success. When considering that almost 90% percent of the students who have attended counseling remained in good academic standing, that almost 80% of the students who have attended counseling retained to the next semester, that the subset of students who attended counseling had a higher fall-to-fall retention rate than the other students in their entering freshman cohorts, and that 75% of those who attended counseling over the last four years have either graduated or were still enrolled in TLU in the Spring of 2016, a review of the data points to the successful nature of the counseling services offered at TLU over the last four year period.