

Student Success Innovators Program/Initiative Description

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Program Name: Life Trac – Grossmont College

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Primary Recipients

(Check all that apply) Employee Professional Development Grossmont Students Cuyamaca Students High School Students

Number of students/faculty (approx.) served this year: 100 (200 for each of last two years)

Brief Description:

- 100-150 words or less
- Identify major project components

Vision:

The vision of Life Trac – Grossmont College is to help every at-risk student dare to dream and ultimately to reach higher and achieve more than at first imagined possible.

Mission Statement:

We transform student lives by turning personal passion into goals, goals into action and dreams into reality.

Description:

Life Trac is funded through private donations and guided by an Executive Advisory Board. Students meet weekly on campus for one semester with a trained life coach who helps at-risk students set clear goals, break negative belief patterns, access available resources, and act more decisively. Meetings are confidential, caring, positive and action-driven. There is no cost to the student. Past results have proven that students take and complete more courses, earn higher grades and are more likely to complete degrees. They also build upon successes that transform their lives!

Objective/Goals:

At-risk students that are more likely to fail college qualify for the Life Trac program. This includes former foster, returning veterans, African/Hispanic/Native Americans, students with disabilities—especially those with learning differences, mood disorders such as depression, anxiety, bi-polar, AD/HD, and students enrolled into basic skills level math and English courses. Goals for the Life Trac board and the program are: 1) expand from serving 100 students a year to 2,000 a year; 2) broaden the discussion and focus of intervention strategies at Grossmont College beyond those that have already been executed at the K-12 level and other institutions of higher education; 3) receive direction and funding assistance from program’s Executive Advisory Board; 4) transfer fiscal over-site and budgets to the Grossmont Cuyamaca Foundation; 5) develop materials, documents and additional website for community marketing and outreach; 6) seek grant funding.

Funding Source(s):

For the last four years, the Life Coach Program, now called Life Trac – Grossmont College, has been funded by Basic Skills and general funds for special projects. Additional funds have been received from private donations. As higher education has continued to experience shrinking budgets, resulting in ever more needs that need to be met with fewer dollars, the Life Trac program is in transition to becoming entirely funded through grants and private donations.

Evidence of Success:

Life Trac is in its 8th semester of operation. Students are given pre/post assessments to measure gains in areas such as: sleep, nutrition, use of a planner, using study strategies, managing a budget, creating and using weekly schedule, and so on. Averages are consistently higher on a five point scale for each area. In addition, outcomes such as GPA, course success and persistence rates are measured and compared to the general student population. In all areas at-risk participating students surpass the general student population. This is especially true with persistence rates that are 25% or higher than the general student population. Last semester 100% of participating students continued the next semester!

Next Steps to Program Improvement:

- 1) Rebrand. Change name, broaden mission, create new marketing website and materials.
- 2) Submit multiple grant applications.
- 3) Establish regular funding stream.
- 4) Work with campus community and administration to inform staff, faculty and students about expanded opportunities.
- 5) Increase funding and work hours for program clerk.
- 6) Transfer all fiscal components to district foundation.
- 7) Obtain administrative support.