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The effect of leadership development on first-year college students reported self-regulation and self-efficacy

Common objectives among universities' leadership development programs include development of effective communication skills, identifying personal values, and respecting diversity, which all relate to increased self-regulation and self-efficacy. Thus, this research investigation seeks to determine the effect of involvement in leadership development programs on first year college students' perceived self-regulation and self-efficacy. The research design prompts a comparison of first year students who identified themselves as involved or uninvolved in campus leadership development programs.