

Research Week 2017 Proposal

Title – Academic Resilience and Retention of At-Risk Undergraduate Students

Program of Study – Psychology

Presentation Type – PowerPoint

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Category – Applied

Abstract: The purpose of this research is to study academic retention within a university setting through the newly created Mentoring 101 course and by measuring resilience as it pertains to academic goals using the High Capacity Model of Well-being and Resilience Scale (H-CAP Scale) and the Hogan Personality Inventory (Prudence Scale). The MENT 101 course is designed to assist students in their academic adjustment to college. There is a focus on learning and application of study strategies and self-management skills. In addition, emphasis is placed on community and accountability which provide the foundation for academic success. The course is designed to provide instruction in study strategies and life skills basic to the successful transition to the university. Within a small group setting, instructors will mentor students in their understanding and application of these concepts. Classes will be limited to small groups and an instructor will provide mentoring and accountability to help students survive their first semester and achieve their best grades. It is a one-hour elective credit which will count towards any major. It is believed that the difference between student success (retention) and drop out is the state of mind one has about leaning. The hypotheses to be addressed is that students with a higher capacity for resilience as identified by H-CAP Scale scores and higher scores on the Prudence Scale as measured by the HPI will have greater retention, higher incoming GPA, and

SAT scores, and higher end of semester college GPA than those with lower H-CAP Scale scores. The High Capacity Model of Well-being and Resilience Scale (H-CAP) is a 21 item assessment that measures traits of well-being and resilience being Hope, Commitment, Accountability, and Passion. The HPI is a 206 item inventory that measures aspects of personality. Our focus will be on the Prudence Scale. In an effort to evaluate the outcomes of MENT101 and academic retention through participation in MENT101, these traits will be assessed at the beginning of the mentoring process and reevaluated at the completion of the program at the end of the semester. This information will allow us further evaluate the usefulness of the H-CAP scale in academic settings and allow the creation of programs using targeted interventions to help students attain their academic goals.