GRIT Program Outcomes (2014-15)
75% response rate (n=24)

Why Coachees Joined GRIT?

To what extent did you meet your personal goals through coaching?
What skills did you learn during coaching sessions?

- Other: 0
- Academic skills: 7
- Feel more connected to UCLA campus: 8
- Speaking with professors/professionals: 6
- Making friends/Connecting: 7
- Decision making skills: 12
- Time management skills: 14
- Goal setting/Action Plans: 13
- Managing emotions: 10
- Positive affirmations: 12
- Gratitude practice: 3
- Relationship b/w thoughts & stress: 15
- Deep Breathing/Meditation: 11
- Communication Skills: 12

In what way did coaching impact your well-being?

- VERY POSITIVELY: 12
- POSITIVELY: 5
- NEITHER POSITIVELY NOR NEGATIVELY: 0
- NEGATIVELY: 0
- VERY NEGATIVELY: 0
In what way did coaching impact your ability to communicate more effectively?

- Very positively: 11
- Positively: 5
- Neither positively nor negatively: 1
- Negatively: 0
- Very negatively: 0

In what way did coaching impact your ability to handle challenges as they arose?

- Very positively: 15
- Positively: 1
- Neither positively nor negatively: 1
- Negatively: 0
- Very negatively: 0
All respondents said that they definitely (14) or probably (2) would recommend the GRIT program to others.

69% of respondents said that they would like to join the program again.

In what way did coaching impact your connection to UCLA campus?

- VERY POSITIVELY: 6
- POSITIVELY: 10
- NEITHER POSITIVELY NOR NEGATIVELY: 1
- NEGATIVELY: 0
- VERY NEGATIVELY: 0

In what way did coaching impact your understanding of your identity?

- VERY POSITIVELY: 11
- POSITIVELY: 3
- NEITHER POSITIVELY NOR NEGATIVELY: 3
- NEGATIVELY: 0
- VERY NEGATIVELY: 0