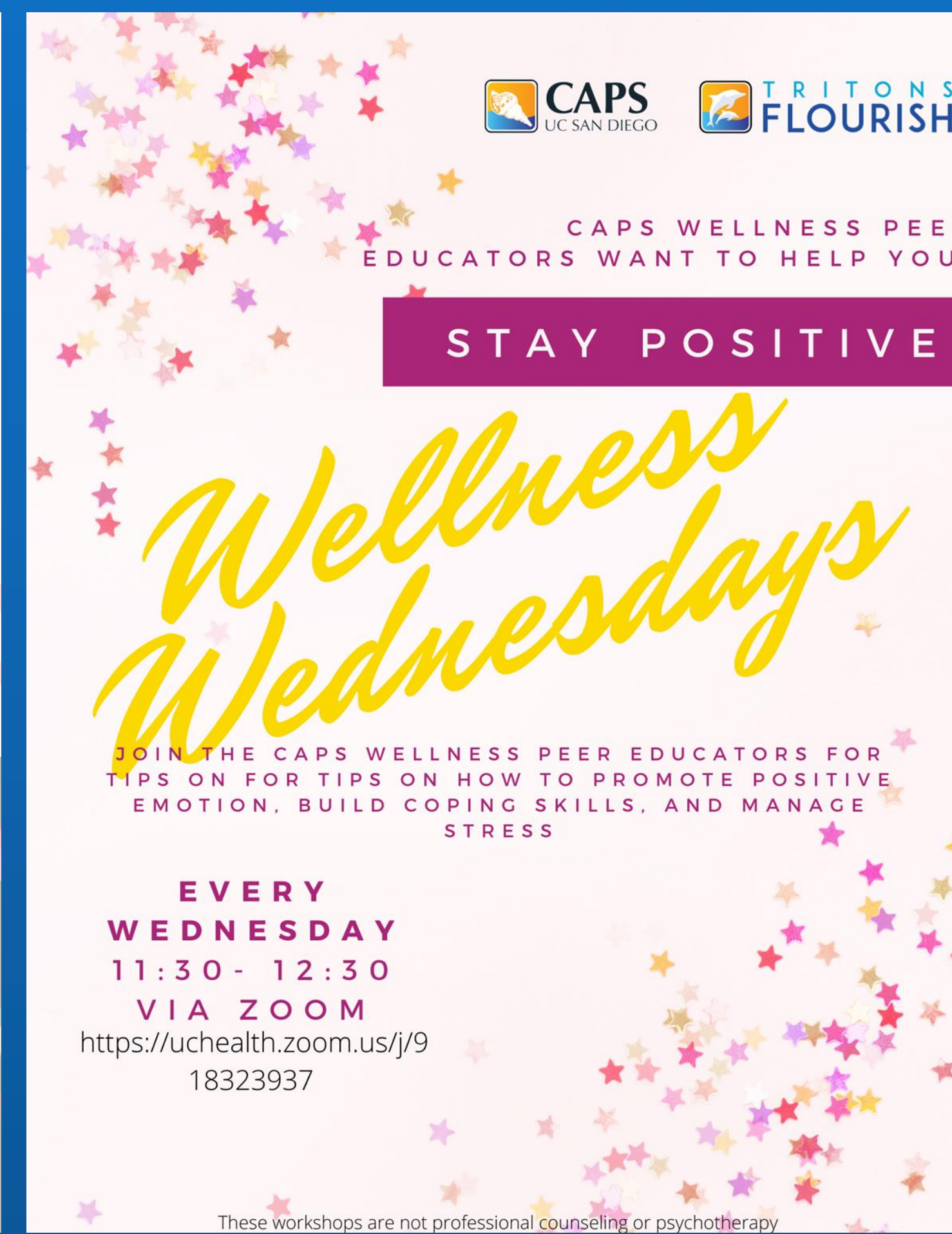
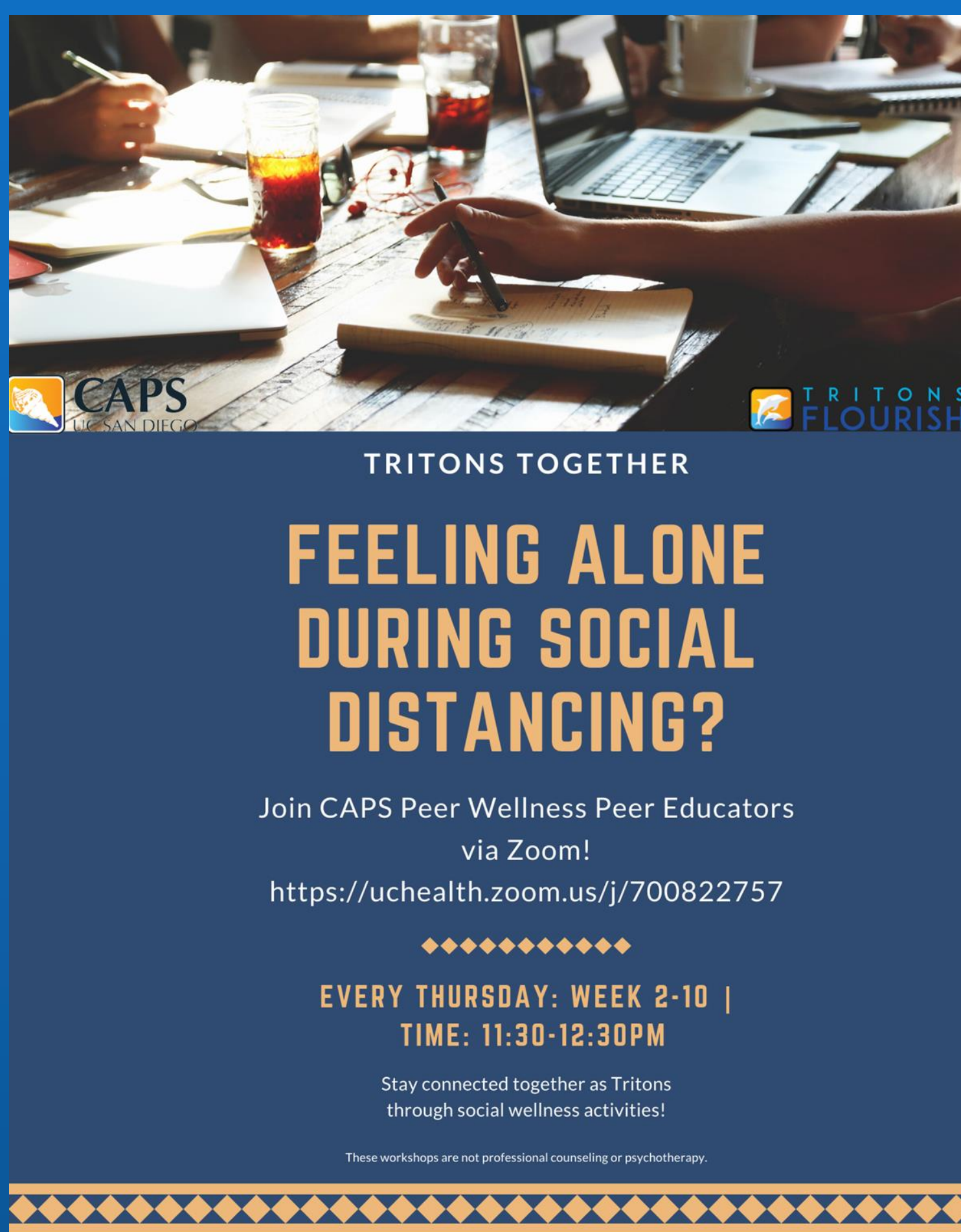


# Tritons Flourish:

## Objective: Promote Program Attendance for Online Workshops

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## Introduction

- Tritons Flourish is a resource under UCSD's Counseling and Psychological Services
- Tritons Flourish hosts workshops/forums focused on helping students cope with stress, learn relaxation techniques and create community bonding
- Flourish is under-utilized and has low attendance which is why the objective is to promote this resource to UCSD student organizations and through social media

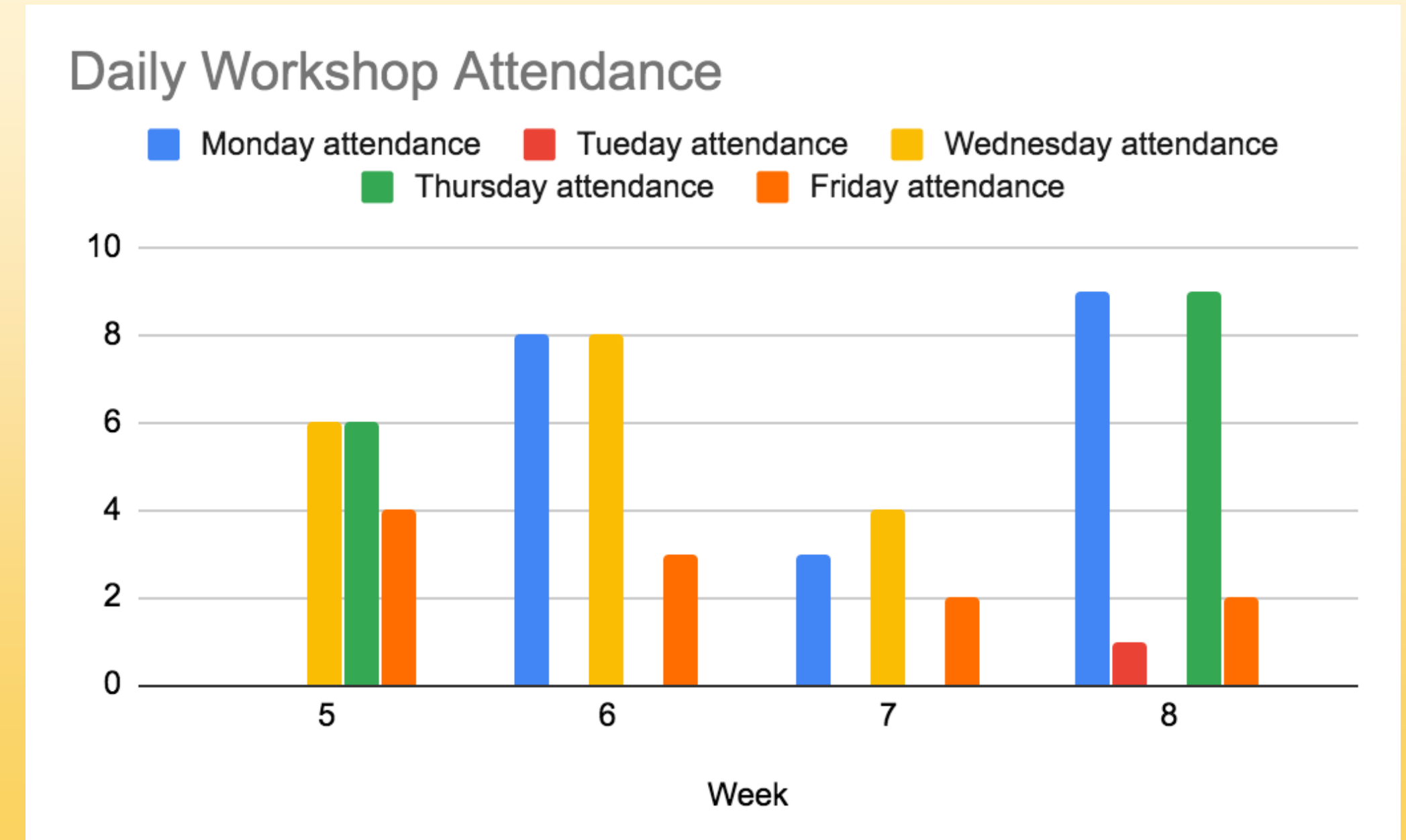
## Methods

- Created flyers to provide students with a general understanding of the different workshops provided by Tritons Flourish
- Shared flyers on social media and contacted student organization leaders via email to promote attendance
- Monitored and polled attendance anonymously
- Recorded student organizations' contact information for future use

## Results

### UCSD Student Attendance Polling Results

- ~50%: CAPS Staff referrals/website
- ~25%: The Zone advertisements/website
- ~17%: Peer Wellness Educators social media & Friends/Word of Mouth
- ~8%: Other



## Conclusion

- Overall student attendance increased in daily workshops/forums
- Polling results indicated CAPS Staff & Social Media were most effective for increasing attendance

## Implications

- Online workshops preferred due to greater accessibility & less stigma
  - UCSD should continue online workshops permanently as part of CAPS
- In addition to referring Tritons Flourish during counseling, CAPS faculty could promote the program during Freshman Orientation
- Student organization outreach can be more successful in-person
  - encouraging attendance during club meetings & by tabling

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