



***Giving Students the Tools Necessary to be Responsible,
Action Oriented and Successful...and overall awesome***

Rockstar Leadership Program

- 2 day leadership retreat
- 16 students
- Fully experiential curriculum

The included information is a collection of our measured results.

About Evaluation

Survey Method

TBC implemented a pre/post three week survey for all participants within the program.

Measurables

This survey measured 125 data points in addition to written feedback on personal results among participants that correlate with two main goals of TBC services to students:

- Professional Development (teamwork, professional preparedness, public speaking, goal setting, academic success, effective communication)
- Personal Development (emotional management, self-confidence, sense of belonging, self-awareness, self-motivation, alcohol and drug prevention)
- In addition, we assess our effectiveness as an organization and program in working with the students and the campus we partner with

Glossary

- Competency: Students purposefully advanced a specific skill/character set
- Prepared: Students have a greater sense of confidence and knowledge in regards to future opportunities
- Awareness: Students are more conscious of themselves and more responsive (responsible, educated, purposeful decision making) versus reactive (not thought through, hasty, habitual decision making) to life

Response Rates

We gained a 62% response rate among program participants

***** Testimonials are direct quotes from surveys. Surveys are taken anonymously.***

Professional Development

The ultimate goal of any college is to better prepare people for success, personally and professionally. The goal of Take Back college is to ensure students have the tools, strategies and confidence to be more, be ready and give more to their professional goals. The following addresses some of the professional applications students gain through TBC.

Professional Preparedness

100% of students reported feeling more confident in how they presented themselves within future opportunities

100% of students surveyed said that TBC played a significant role in their professional readiness for post-college experiences

Team Work

85% of participants reported being able to more effectively communicate with others in a team setting

83% reported being able to more effectively address and handle conflict among members of a group

Public Speaking

96% of students graduated from TBC feeling more confident about their public speaking skills.

100% of students said TBC gave them tools to advance their competency within public speaking

Goal Setting

100% of students said that TBC advanced their ability to properly use goal setting techniques towards their success

Academic Success

96% of students reported being more motivated and focused academically due to their experience with TBC

We measured a 47% increase in students who regularly participated in classes through asking questions or offering their opinions

88% of students created better relationships with their campus and student organizations due to their participation with TBC

“Ryan taught me that I am the only person who will make my dreams happen. I think a lot of graduating students feel that opportunities will just fall in their laps, but I know that I need to be in charge of my future. This gives me an advantage because I am more focused and driven than other graduating students in my career field.”

“Ryan helped with my classes, my teachers, my relationships and family. I have been asked by several students in my classes to tutor them for upcoming tests and this happened because I wasn't afraid to speak out in class and let people know I get what is going on and am willing to help. It's bettering me and my community.”

“After this training, I felt more motivated and confident to move forward with applying for internships and jobs, which can be challenging with the way things are; but ‘NO’ no longer defines me. I also felt confident in my abilities to manage my time and thus made room to start

Personal Development

Through our research and experience, we've found that personal awareness and attitude are fundamental building blocks to success; yet most students do not purposefully develop these 'soft-skills' as they do their academics. The following indicators reflect the inner character and personal growth experienced as a result of Take Back College.

Emotional Management

90% of students stated that their experience with TBC better prepared them to overcome or manage negative feelings

Prior to the training, 47% of students said they were able to appropriately manage emotionally charged situations; this amount grew to 60% after the training

100% of students said that TBC gave them the tools to be more effective communicators

88% of students indicate that TBC better prepared them to manage peer pressure

65% of students applied what they learned to building better peer relationships

55% of students applied what they learned to building better family relationships

Self-Confidence

Before TBC, only 42% of students considered themselves a leader in any capacity; after, 97% of students report identifying themselves as a leader

28% of our students surveyed said that they did not feel like they mattered as an individual before completing TBC; after TBC, 100% of students report feeling a sense of worth and that they mattered

100% of students indicate that TBC positively impacted their levels of self-acceptance in both their physical and social lives

Sense of Belonging

Only 59% of students report having a sense of community belonging to their campus prior to the training; after 96% of students report a greater sense of community and feeling of belonging

"I went to the job fair in Minneapolis and set up seven interviews. I received a job offer from the company of my choice! I have been turning down companies the last week and am able to focus on finishing my collegiate career strong! Everyone is complimenting me for my presence and confidence!"

"I feel confident when I talk to people and look them straight in the eye and use conviction so they take me seriously. I don't allow myself to not put my best foot forward in opportunities or even in confrontational settings."

"I instantly began putting more energy into my efforts and naturally I started getting more results. Ryan worked with me to help me differentiate myself in applying for jobs and, you guessed it, I've been nailing interviews."

"I am at a point in my life that I need to focus and prepare for my future and Ryan helped teach me constructive ways to structure my future goals and then gave me the tools to achieve greatness."

94% of students indicate that TBC helped create a better social network of support after their training experience

Self-Awareness

90% of respondents said TBC better prepared them to accept ownership for their actions

98% of students said that TBC increased their sense of responsibility for their results in life

88% leave TBC with a better sense of their personal strengths and weaknesses

100% of students said that TBC helped them advance their competency in self-discipline

91% of students said that TBC helped them advance their competency in self-awareness

Self-Motivation

96% of students reported that their TBC experience better prepared their abilities to self-motivate

98% of students graduated from the TBC program with an overall better attitude

Prior to the trainings, 42% of participants found it difficult to motivate themselves; after, only 5% find it difficult to motivate themselves

100% of students said that TBC helped them advance their competency in self-motivation

Alcohol and Drug Prevention

70% of students said TBC prepared them to resist abusing alcohol or using drugs

70% of students felt more confident about refusing the use of drugs/alcohol when in social environments

"I am now contacting by phone or in person a minimum of 2 companies per week. Within 2 months I had MULTIPLE JOB OFFERS in an economy where job opportunities seemed impossible! What you taught me is that if I continue to "go through the motions" I will never get more than what I've already got, but that through commitment and passion I can attract anything in my life that I truly desire."

"I personally think that every student should have the opportunity to take advantage of this program. Ryan needs to be a larger part of this campus, the value would be incredible. We spend 94 hours in class each semester and I strongly believe that these 24 hours with the continued guidance of Ryan have impacted my life more than most classes have."

TBC Effectiveness

Over the course of the program year, TBC measured multiple indicators including enrollment, participation, student follow through, and student satisfaction so that we may gauge the awareness, effectiveness, publicity and perceived value by students and a campus.

Satisfaction

100% of all students reported TBC providing an opportunity 'far beyond' their expectations.

95% of students indicated that they were very satisfied with the available resources TBC provided post training

88% of students rated TBC as either a 9 or 10 on a scale of 1-10 indicating the impact of their experience as far better than other leadership development opportunities they've attended

Follow Through

89% of all students completed the TBC Ten Day Challenge, a challenge to commit 15 minutes a day or more for ten consecutive days after their training experience to reading a specific personal/professional development book assigned within the training.

97% of students responded 8- 10 on a scale of 1 to 10 in regards to their ability to transfer curriculum from training to life

100% of students are participating more in purposeful personal and professional development after the training measured in hours committed to developmental activities:

26% spend 1-2 hours/wk

18% spend 2-4 hours/wk

18 % spend 4-5 hours/wk

12% spend 5-6 hours/wk

26% spend more than 6 hours/wk

"Ryan encouraged me to better my life. I have a new sense of empowerment and each day I am feeling more and more in complete control of my life. Instead of procrastinating like I have in my past, I am taking initiative and getting things done. You have inspired me to eat healthier, stop my use of tobacco products, take responsibility for my life and most of all, live a happier more fulfilling life. Thank you, Ryan!"

"I have learned to see the glass as half full, and others have known it too. My supervisor said that I have "come out of my shell" at work. I now participate in class discussions, and am more open to trying new things. This leadership course has also helped me at Toastmasters. I even gave a speech on my experience from leadership and I'm kicking butt as the 'New' Amy!"



Thank you for considering Take Back College for your student leadership development needs. Our commitment to excellence in programming and a student first approach is demonstrated through both our results and the results of the students we work with.

We are 100% student driven, ensuring that students are at the center of our educational opportunities. We utilize experiential learning techniques and provide ongoing support to students to ensure curriculum and content is remembered, implemented, and continually developed beyond just our time in a training room.

Contact me with questions! Let's make something amazing!!

Ryan Penneau
Founder, Take Back College

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"I have joined two student organizations so far, working on a third. I am starting to volunteer in the community, and I now speak out in class (something I have never felt comfortable doing before). Ryan made me feel like I connected with this campus and like I found my place (and it is a GREAT place!!)"

"I feel as though I have a stronger relationship with professors and I'm participating in class more than before. I make it a personal goal to offer an opinion, ask a question, or contribute in some way in each class meeting."

"I am finally becoming the leader and motivator that I wish to be for my friends, family, and community members. I have been challenged to think about my role in society and be the example of change that I want to see happen."

