



# CoPI Deck

Fall 2023

# Overall Data

20 people signed up to take part

20 completed

4 groups

4 groups saw the project through

2 whole group All CoPI meetings

Survey participation:

Deep List.- 25% completed the post survey  
Embodied- 42% completed the post survey  
Attachment - 100% completed the post survey  
Let's Play - 40% completed the post survey

# CoPI Diener Flourishing Scale Pre and Post

| n= 11 (pre); 11 (post)  | Pre-Average  | Post-Average | Change       |
|---|--------------|--------------|--------------|
| I lead a purposeful and meaningful life                               | 5.82         | 6.5          | 0.68         |
| My social relationships are supportive and rewarding                  | 5.45         | 6.33         | 0.88         |
| I am engaged and interested in my daily activities                    | 6.0          | 6.25         | 0.25         |
| I actively contribute to the happiness and well-being of others       | 6.18         | 6.58         | 0.4          |
| I am competent and capable in the activities that are important to me | 6.18         | 6.42         | 0.23         |
| I am a good person and live a good life                               | 5.82         | 6.17         | 0.35         |
| I am optimistic about my future                                       | 5.18         | 6.0          | 0.82         |
| People respect me   | 5.45         | 6.17         | 0.71         |
| <b>TOTAL</b>  | <b>46.09</b> | <b>50.42</b> | <b>+4.33</b> |

Possible total range score is 8-56, where a high score represents a person with many resources and strengths.

# Diener FA23 CoPI results compared to SP23 CoPI

SP23 average Pre score was 46.77 which is slightly higher than FA23 average Pre score of 46.09. SP23 overall change was +2.79, which is lower than FA23 overall change, which is +4.33.

CoPI Spring 2023 Diener

| n= 26 (pre); 16 (post)  | Pre-Average  | Post-Average | Change       |
|---|--------------|--------------|--------------|
| I lead a purposeful and meaningful life                               | 5.96         | 6.13         | 0.17         |
| My social relationships are supportive and rewarding                  | 5.81         | 6.31         | 0.5          |
| I am engaged and interested in my daily activities                    | 6.08         | 6.38         | 0.3          |
| I actively contribute to the happiness and well-being of others       | 5.92         | 6.31         | 0.39         |
| I am competent and capable in the activities that are important to me | 6.04         | 6.44         | 0.4          |
| I am a good person and live a good life                               | 5.77         | 6.19         | 0.42         |
| I am optimistic about my future                                       | 5.54         | 5.75         | 0.21         |
| People respect me   | 5.56         | 6.06         | 0.41         |
| <b>TOTAL</b>  | <b>46.77</b> | <b>49.56</b> | <b>+2.79</b> |

CoPI Fall 2023 Diener

| n= 11 (pre); 11 (post)  | Pre-Average  | Post-Average | Change       |
|---|--------------|--------------|--------------|
| I lead a purposeful and meaningful life                               | 5.82         | 6.5          | 0.68         |
| My social relationships are supportive and rewarding                  | 5.45         | 6.33         | 0.88         |
| I am engaged and interested in my daily activities                    | 6.0          | 6.25         | 0.25         |
| I actively contribute to the happiness and well-being of others       | 6.18         | 6.58         | 0.4          |
| I am competent and capable in the activities that are important to me | 6.18         | 6.42         | 0.23         |
| I am a good person and live a good life                               | 5.82         | 6.17         | 0.35         |
| I am optimistic about my future                                       | 5.18         | 6.0          | 0.82         |
| People respect me   | 5.45         | 6.17         | 0.71         |
| <b>TOTAL</b>  | <b>46.09</b> | <b>50.42</b> | <b>+4.33</b> |

# CoPI Participant POST survey

n= 10

100% would suggest CoP/I to a colleague

100% would be interested in joining or leading CoP/I in the future

Average years at Pratt: 2.8

Total meeting time for all groups: 56

Average meeting time per month: 5

# CoPI Community

100% said it was (yes/maybe) important for them to be part of a community

| n=10   | All CoP/I groups |
|--|------------------|
| I felt I was part of a community   | 4.6              |
| As a CoP/I we established trust within our community   | 4.7              |
| CoP/I community will influence colleagues, departments, curriculum or other communities at Pratt | 4.6              |

Scaler 1-5; (1- not at all and 5 - very much so)

# CoPI Community - Qualitative Responses

- Through sharing, and having the space to engage in a way that felt authentic to each of us was great.
- We built a deep connection with each other by sharing the challenges in our lives.
- The facilitator and my other colleagues ensured that my voice was heard and they held space for me to express my true feelings and emotions around teaching and wellbeing.
- Just being able to meet with others outside of the department on a regular basis was amazing
- As a result of the CoPI experience, we were able to explore new ideas and gain valuable insights. The program also created a sense of community among colleagues and created a sense of support among them.
- The information that people shared during the individual sessions clearly showed that there was trust within the community.
- Working with confidentiality, reverence and respect.
- My colleagues and the facilitator were vulnerable and opened up the conversation for sharing and vulnerability.
- My own deep understanding of the space being something that I needed in a way I didn't know that I needed it until I was there
- I am extremely exploited as a female, long-term, part time instructor so I really appreciated this positive space, being paid to improve my practice and experiencing growth. That positively impacts my relationship to the larger Pratt community.
- It allowed me the space to share my experience and gave me confidence to do so in other aspects of my professional life.
- After the group I felt more confident and reassured in my position as a faculty member.