



# 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
TOTAL	46.09	50.42	+4.33

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
TOTAL	46.77	49.56	+2.79

## 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
TOTAL	46.09	50.42	+4.33

# 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.