**Learning Outcomes**

**Personal Development**
- Articulate at least three ways that Project Wildcat assisted in their transition to Northwestern.
- Reflect on what they learned about themselves and how the Project Wildcat experience contributed to that learning.
- Describe how the wilderness setting of Project Wildcat influenced what they learned about themselves and others.

**Interpersonal Competence**
- Report increased confidence in their ability to function effectively as a member of a team, make decisions autonomously, and propose ideas to a group.
- Demonstrate the ability to work with people from different backgrounds to accomplish a common goal.

**Cognitive and Practical Skills**
- Identify at least two University resources that they learned about during Project Wildcat and describe how they utilized those resources during their first year at Northwestern.

**Program Design and Strategies**
Project Wildcat is a week-long wilderness backpacking trip for new students designed to facilitate the transition to life at Northwestern.
- Mentorship from Upperclassmen
- Wilderness
- Open Supportive Culture
- Experiential Learning

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**The Adventure-Based Learning Process**

1. Adapted from Nadler and Luckner, 1995, Processing the Adventure Experience.

**The Project Wildcat participant experiences**
- **challenges**
  - by being placed in a
  - wilderness setting
  - a cooperative team
  - while being presented with
- **unique problem-solving situations**
  - that lead to
- **feelings of accomplishment**
  - which are augmented by
  - processing the experience
  - which promotes
- **generalization and transfer**
  - to future endeavors.

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**Assessment Numbers**

<table>
<thead>
<tr>
<th>Assessment Numbers</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>Total</th>
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<tr>
<td>Participants</td>
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<td>171</td>
<td>507</td>
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<tr>
<td>Post-Trip Survey</td>
<td>165</td>
<td>165</td>
<td></td>
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<tr>
<td>6-Week Questionnaire</td>
<td>117</td>
<td>82</td>
<td>114</td>
<td>313</td>
</tr>
<tr>
<td>8-Month Focus Groups</td>
<td>14</td>
<td>14</td>
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</tbody>
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**Answers from 8-month focus groups & 6-week questionnaires**

**PERSONAL DEVELOPMENT**
As a result of participating in Project Wildcat, ...
- I am more confident in myself. 87%
- I am more likely to be open to and learn from new experiences. 77%
- I am more likely to view any failure as a rich learning opportunity. 87%

**INTERPERSONAL COMPETENCE**
As a result of participating in Project Wildcat, ...
- I am better able to evaluate ideas of others with consideration and without bias. 80%
- I better understand the importance of developing a support network. 85%
- My understanding of diverse perspectives improved. 99%
- I met people I would otherwise not have met. 100%
- I met individuals with different interests from my own. 100%

**COGNITIVE AND PRACTICAL SKILLS**
As a result of participating in Project Wildcat, ...
- I am better able to propose ideas to a group with confidence. 78%
- I am able to make decisions autonomously. 73%

**TRANSITION TO COLLEGE**
As a result of participating in Project Wildcat, I have become involved in additional campus activities.
- Project Wildcat helped ease my transition from home to college. 87%
- Project Wildcat helped me feel a part of the Northwestern community. 95%
- Project Wildcat increased my sense of excitement about being a Northwestern. 97%

**Future Research**
- Draft specific learning outcomes to match program mission – done
- Draft new questionnaires to better fit learning outcomes – in progress
- Post-trip survey
- Post-trip focus groups
- 3-month online questionnaire
- 8-month focus groups