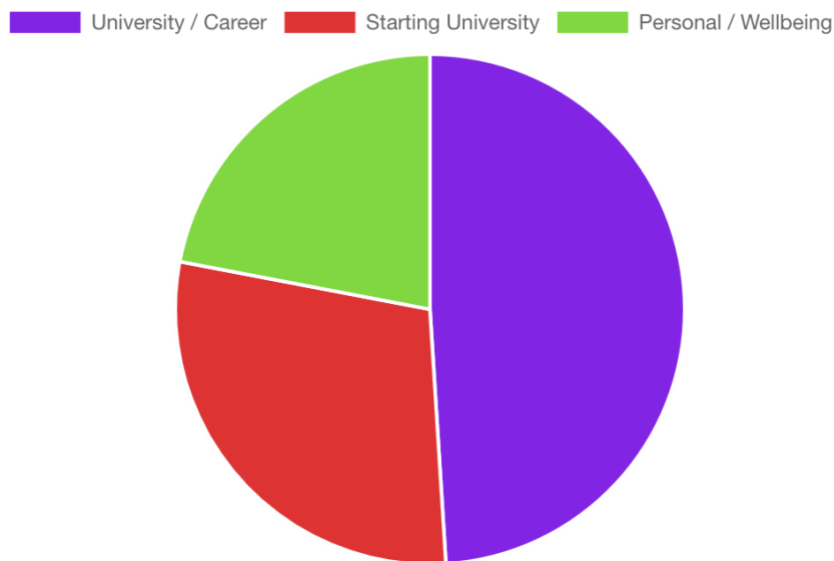


Main Research Study: Results

The research was conducted as a bigger scale (400+ students) project in 2020 to investigate the impact of the SEJ for all Level 3 Foundation Year students in SEC and Pharmacy. The attendance to the SEJ training was mandatory but participation for this research study was optional. Over a two-year period, data was collected to prove the effectiveness of the SEJ Process, enabling students to reach their full potential, show resilience, and become self empowered.

The pie chart below shows the feedback from the most recent cohort indicating the 3 greatest areas of concern for students which the SEJ gave 100% improvement in.



The research data shows a **100% success** rate in improving students' experiences of student life. Addressing successfully stressful thoughts and areas of concern after learning and practicing the SEJ Process, shown as a pie chart below. This is based upon students who fully partook in the survey.

