**ABSTRACT**

The **Purpose** of this semester-long pilot study was to assess the impact of Motivational Interviewing via Co-Active Life Coaching (MI-via-CALC) on the stress management experiences of 30 full-time, English-speaking students aged 17-24 years. **Methods**: Participants’ experiences were assessed quantitatively using the previously validated Perceived Stress Scale and Hospital Anxiety and Depression Scale (which is divided into Anxiety and Depression scales) at pre-, mid-, and post-intervention. **Findings**: Three one-way, repeated-measures ANOVAs were completed for each scale and statistically significant differences (p < .05) in stress reduction were found for all scales between pre-intervention to mid-intervention, and between pre-intervention to post-intervention; no statistically significant differences occurred between mid-intervention to post-intervention. **Conclusion**: MI-via-CALC is a promising approach for university students struggling with stress and additional research on a larger sample is warranted.

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**METHODS & DATA ANALYSIS**

- **Data was collected at 3 time points (pre-, mid-, and post-intervention):**
  - **Quantitative**: Semi-structured interviews used to gather first-hand experiences from participants. Themes compiled using inductive content analysis.
  - **Quantitative**: The Perceived Stress Scale (PSS) and the Hospital Anxiety Depression Scale (HADS) were used. Three one-way repeated measures ANOVAs determined changes.

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**REFERENCES**