



Psychology Department

General Education

Learning Outcome

GELO 2.a. "Students will develop an understanding of self that fosters personal wellbeing"

PSY 101 (Psychology of Personal Development)
Autobiography Rubric

PSY 103 (General Psychology)
Psychology and You: Three Concepts Rubric

Assessment Data General Education Outcome 2.a.

Learning Outcome:

Students will develop an understanding of self that fosters personal wellbeing.

Outcome Measures:

PSY101 (Psychology of Personal Development) Autobiography Rubric

PSY101 Freshmen Self-Report of the Learning Outcome

PSY103 (General Psychology) Psychology and You: Three Concepts Rubric

Criteria for Success:

PSY101: 80% of our students will score a 3 or higher on the PSY101 Autobiography Rubric.

PSY101: 70% of our students will agree or strongly agree with items related to the learning outcomes.

PSY103: 80% of our students will score a 3 or higher on the PSY103 Psychology and You: Three Concepts Rubric.

Aligned with DQP Learning Areas:

1. Specialized Knowledge
2. Broad Integrative Knowledge
3. Intellectual Skills/Core Competencies
4. **Applied and Collaborative Learning**
5. Civic and Global Learning

Longitudinal Data:

Table 1

Percentage of PSY101 Students who Score 3 or Higher on the Autobiography Rubric: Criteria for Success is 80%

Rubric	2014-15 (N= 278)	2015-16 (N= 328)	2016-17 (N= 361)	2017-18 (N= 295)	2018-19 (N= 253)
Students Enrolled	570	583	583	607	635
% Students Assessed	48.8%	56.3%	61.9%	48.6%	40%
Understanding of Story	92.4% (257)	86.5% (284)	84.2% (304)	92.5% (273)	92.5% (234)
Exhibits accurate perceptions of situations to facilitate wellbeing	88.8% (247)	84.1% (276)	83.8% (303)	94.6% (279)	91.3% (231)
Articulates an understanding of healthy and satisfying relationships	93.2% (259)	87.2% (286)	87.3% (315)	93.6% (276)	92.5% (234)
Summary	<u>91.5%</u>	<u>85.9%</u>	<u>85.1%</u>	<u>93.6%</u>	<u>92.1%</u>

Table 2

Percentage of PSY101 Students Who Agreed or Strongly Agreed with the Self-Report Items:
Criteria for Success is 70%

Self-Report Item	2016-17 (N= 493)	2017-18 (N= 256)	2018-2019 (N= 550)
Students Enrolled	583	607	635
% Students Assessed	84.6%	42%	87%
I understand my story better	78.7% (388)	79.7% (204)	85.4% (465)
I feel that this course allowed me to contribute to my personal growth and development	86.4% (426)	82.0% (210)	90.4% (497)
I have developed alternative ways of thinking about myself	85.4% (421)	75.0% (197)	87.1% (479)
This course has allowed me to reflect on my spiritual journey	87.6% (432)	84.0% (215)	91.5% (503)
Summary	<u>84.5%</u>	<u>80.2%</u>	<u>88.4%</u>

Table 3

Percentage of PSY 103 Students Who Score 3 or Higher on the Psychology and You Rubric:
Criteria for Success is 80%

Rubric	2014-15 (N= 70)	2015-16 (N= 151)	2016-17 (N= 146)	2017-18 (N= 127)	2018-19 (N= 134)
Students Enrolled	88	171	154	163	172
% Students Assessed	79.5%	88.3%	94.8%	77.9%	77.9%
1a: Why these?	95.7% (67)	98.7% (149)	97.3% (142)	96.1% (123)	98.5% (132)
1b: Thriving	95.7% (67)	98.7% (149)	95.9% (140)	95.3% (122)	96.3% (129)
Summary	<u>95.7%</u>	<u>98.7%</u>	<u>96.5%</u>	<u>96.6%</u>	<u>97.4%</u>

Conclusions Drawn from Data:

The criteria for success was met for both PSY101 and PSY103.

Changes to be Made Based on Data:

None at this time.

Rubrics Used:

PSY101 GE Autobiography Rubric				
GELO 2.a. Students will develop an understanding of self that fosters personal wellbeing				
	Capstone	Milestones		Benchmark
	4	3	2	1
Understanding of <u>story</u>	Student has made dramatic increases in the understanding of their story.	Student has made significant increases in the understanding of their story.	Student has made some increases in the understanding of their story.	Student has made minimal to no increases in the understanding of their story.
Exhibits <u>accurate perceptions of situations to facilitate wellbeing</u>	Independently and quickly implements strategies for correcting thought distortions.	Learns and implements strategies for correcting thought distortions.	Recognizes one's own tendencies toward thought distortions and situations in which they occur but has difficulty implementing strategies for correcting thought distortions.	Begins to understand that we create our own feelings through our perceptions.
Articulates an understanding of <u>healthy and satisfying relationships</u>	Student consistently creates positive methods of developing and maintaining healthy/satisfying relationships.	Student has demonstrated flexible behavior in order to maintain healthy/satisfying relationships.	Student recognizes one's own self-defeating patterns of interaction but has not yet began implementing appropriate behavior changes to maintain healthy/satisfying relationships.	Student begins to understand the components of self-defeating patterns of interaction that prohibit maintaining healthy/satisfying relationships.

Final Essay
Psychology and You: Three Concepts
PSY103
8 points

Objective

- Demonstrate an understanding of self that fosters personal wellbeing

Instructions

1. Write an essay explaining how insights from psychology can tell you more about yourself, other people, or your relationships. In your essay, be sure to...
 - a. Choose three concepts from this course that involve you or your life in some way (e.g., depression, stress, cognition, etc.). Define them in your own words. Explain why you chose to include each of those three concepts. Be sure to discuss how each concept affects you/your life on a personal level.
 - b. Describe how learning about these concepts can help you thrive and achieve personal wellbeing. Include examples of how this course gave your insight on how to better thrive on a personal level.
2. Be sure to write approximately 500 words.
3. Turn your assignment in electronically on Canvas

	Criteria	Score
1a: Why these?	<ul style="list-style-type: none"> ● Clear/concise; relates three concepts to own life (4 points) ● Somewhat clear/concise; relates at least two concepts to own life (3 points) ● Clarity needs work <u>and</u> relates one or fewer concepts to own life (2 points) ● Off topic (1 points) 	____/4
1b: Thriving	<ul style="list-style-type: none"> ● Provides clear picture of how course content fosters personal wellbeing and uses at least one personal example per concept (4 points) ● Somewhat clear picture or fewer than one personal example per concept (3 points) ● Pictures needs work <u>and</u> examples not used (2 points) ● Off topic (1 points) 	____/4
Total		____/8