

GE Learning Outcome 2a Assessment Data FCS315

Learning Outcome:

2a. Students will develop an understanding of self that fosters personal well-being.

Outcome Measure:

FCS 315 Personal, Family, and Community Health (Sections 1 & 2). This is an essay on the final exam that is an evaluation of and reflection on the student's 4-week project (which is changing a behavior of their choosing). Their choice is to be connected to physical, spiritual, mental, emotional, relational, or environmental health.

Criteria for Success (how do you judge if the students have met your standards):

80% of the students will score at 16 points or above on the assignment.

Changes for Spring 2017: 80% of students will score 20 points or above on the assignment (points were changed to a total of 25 for their final submission)

Longitudinal Data:

Term	Percentage of students scoring at or above threshold
Spring 2015	97%
Fall 2015	97%
Spring 2016	95%
Summer 2016	75%
Fall 2016	80%
Spring 2017	93%

Conclusions Drawn from Data:

From student self-reporting they found the project to be useful and significant in increasing their personal well-being. Students chose the following areas of wellness to work on improving:

Fall 2015 Spiritual – 13 Physical – 11 Emotional – 6 Mental – Relational – 1	Spring 2016 Physical – 6 Spiritual - 5 Physical & Spiritual - 2 Mental - 5 Relational - 1	Summer 2016 Spiritual – 8 Physical – 8 Emotional – 4 Intellectual – 2 Relational - 1
Fall 2016 _S1 Physical – 13 Spiritual – 9 Emotional – 1 Intellectual -1 Relational – 2	Fall 2016 _S2 Physical – 10 Spiritual – 11 Emotional – 1 Intellectual -1 Relational – 2	Fall 2017 Physical – 5 Spiritual – 8 Intellectual – 1 Emotional – 2 Physical & Spiritual – 8 Emotional & Spiritual - 3

They learned about the process of changing a behavior which included setting realistic goals, researching information to guide them, being accountable, adjusting their plans if needed, being consistent, and processing their progress through daily journaling.

Changes to be Made Based on Data:

The behavioral change project continues to be a significant learning experience and practical application of wellness practices. The following changes to the project have been made to yield the desired outcomes.

Summer 2016 Online Class: Changed the journal submission that was normally due at the final to requiring that it be submitted on a weekly basis. Instead of the Behavioral Change Project being a 3-week process, it was changed to 4 weeks. The rubric was also rewritten to reflect the change from 25 total points possible to 30 points.

Spring 2017 – 25 out of 27 students reported a positive outcome from doing the project. Of the other two, one student did not turn in her assignment and the other student found her chosen project useful but strongly objected to being required to journal.

Being specific in the updated rubric about needing 3 quotations from cited resources made for more substantial submissions.

By changing the submission date from being included in the Final to being due at the end of their 4 week project, the quality of the students' reports was improved.

Rubric Used Summer 2016:

Part 2 – Final Exam <i>As part of the Final you will write a thoughtful evaluation of the change process (see details on page 6).</i> 20pts	Evaluation of the experience shows in depth personal insights as well as an excellent understanding of the change process. (20-17pts)	Evaluation shows good personal insights as well as a good understanding of how change occurs. (16-11pts)	Evaluation shows some personal insight and a basic understanding of the change process. (10-5pts)	Evaluation does not show personal insight or an understanding of how change occurs. (4-1pts)
Part 2 -Journal <i>Keep a <u>daily</u> journal of your personal experience with your change project for 3 weeks (at least 2 paragraphs daily)</i> 10pts	Journal demonstrates substantive, thoughtful processing on a daily basis for 3 weeks (at least 2 paragraphs) (10-9pts)	Journal demonstrates thoughtful processing on a daily basis for 3 weeks (at least 1 paragraph per day) (8-6pts)	Journal demonstrates some thoughtful consideration and entries on most days. (5-4pts)	Journal is general and vague with few entries. (3-1pts)

Rubric Used Fall 2016

Rubric for Behavioral Change Project						
Criteria	Ratings					Pts
Part 1 - Develop a practical plan for implementing a health related behavior change & choose useful resources to help with the process. 15pts	Excellent - Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process (15-13pts) 15.0 pts	Good - Plan demonstrates thought and consideration for making a behavior change with good resources chosen. (12-9pts) 12.0 pts	Average- Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process. (8-5pts) 8.0 pts	Below Average - Plan does not demonstrate thought or consideration of a realistic plan for making a behavioral change. Resources are inadequate for helping with the process (4-1pts) 4.0 pts	No Marks 0.0 pts	15.0 pts
Total Points: 15.0						

Changes to Rubrics and Points Awarded: Instead of being worth 10 points total, weekly journal submissions were worth 5 points each week for 4 weeks for a total of 20 points. Below is the rubric for the weekly submissions:

Weekly Journal Submission					
Criteria	Ratings				Pts
Write 2 substantial paragraphs (at least 5 sentences per paragraph) per day for one week	Student submitted 2 full paragraphs per day for 7 days 5.0 pts	Student submitted two short paragraphs (less than 3 sentences each) for 7 days 3.0 pts	Student submitted less paragraphs than required 2.0 pts	Student did not submit 2 paragraphs per day for 7 days 0.0 pts	5.0 pts
Total Points: 5.0					

Change:

Added specifics about research expectations in Part 2 which was part of the Final Exam.

Behavioral Change - Part 2					
Criteria	Ratings				Pts
Demonstrate insight into the change process	Shows excellent insight into the change process 12.0 pts	Shows good insight into the change process 9.0 pts	Shows some insight into the change process 6.0 pts	Does not show insight into the change process 2.0 pts	12.0 pts
Demonstrate evidence of thorough research using valid resources	Shows evidence of thorough research using excellent resources 8.0 pts	Shows evidence of research using good resources 6.0 pts	Shows evidence of some research using average resources 4.0 pts	Does not show evidence of researching 1.0 pts	8.0 pts
Total Points: 20.0					

Rubrics Used for Spring 2017

Behavioral Change Project - Part 1

Criteria	Ratings					Pts
Strategy - Develop a practical plan for implementing a health related behavior change & choose useful resources to help with the process.	Distinguished - Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process (15-13pts) 15.0 pts	Proficient - Plan demonstrates thought and consideration for making a behavior change with good resources chosen. (12-9pts) 12.0 pts	Basic - Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process. (8-5pts) 8.0 pts	Below Expectations - Plan does not demonstrate thought or consideration of a realistic plan for making a behavioral change. Resources are inadequate for helping with the process (4-1pts) 4.0 pts	Non-Performance - Student does not turn assignment in, or the submission is lacking substantially. 0.0 pts	15.0 pts
Total Points: 15.0						

Behavioral Change Project – Part 2

Criteria	Ratings					Pts
Depth of Insight - Demonstrate insight into the change process	Distinguished - Shows excellent insight into the change process 15.0 pts	Proficient - Shows good insight into the change process 12.0 pts	Basic - Shows some insight into the change process 8.0 pts	Below Expectations - Does not show insight into the change process, but makes an active attempt. 5.0 pts	Non-Performance - Student does not turn assignment in, or the submission is lacking substantially. 0.0 pts	15.0 pts
Quality of Research - Demonstrate quality research through use of relevant quotations	Distinguished - Shows evidence of thorough research using excellent resources. Uses at least 3 quotations. 10.0 pts	Proficient - Shows evidence of research using good resources. Uses at less than 3 quotations. 7.0 pts	Basic - Shows evidence of some research using average resources. Uses less than 2 quotations. 5.0 pts	Below Expectations - Does not show evidence of researching 3.0 pts	Non-Performance - Student does not turn assignment in, or the submission is lacking substantially. 0.0 pts	10.0 pts
Total Points: 25.0						

Journal Rubric remained the same.