

PLNU Honors Program

Learning Outcome:

FELO2a: Students will develop an understanding of the self that fosters personal wellbeing.

Outcome Measure:

HON3050

Humanities Honors Portfolio and Integrative Essay

Portfolio: Select 7-12 written assignments in Humanities Honors Courses that represent your best work and provide the basis for your integrative essay.

Integrative Essay: Write a 5-7 page essay that integrates various strands of insight into your personal, spiritual, and intellectual growth.

Criteria for Success:

70% of students completing the Humanities Honors Program will reach Level 3 or higher as directed in the PSY101 GE Autobiography Rubric.

Longitudinal Data:

	Number of Students	% Scoring 3 and Above	Criteria Met?
Spring 2025	16	96	Yes
Spring 2024	20	93	Yes
Spring 2023	4	90	Yes
Spring 2022	16	91	Yes
Spring 2021	22	80	Yes

Conclusions Drawn from Data:

It appears that the Program has met the criteria for success.

Changes to Be Made Based on Data:

No change suggested at this time.

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</u> of situations to facilitate wellbeing	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.