



Psychology Department General Education Learning Outcome

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

PSY 1001 (Psychology of Personal Development)
Autobiography Rubric

PSY 1003 (General Psychology)
Psychology and You: Three Concepts Rubric

GELO Data, FA2025-SP2026

GE Learning Outcome 2a:

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

Outcome Measures:

PSY1001 (Psychology of Personal Development) Autobiography Paper Rubric

PSY1001 Freshmen Self-Report of Personal Development

PSY1003 (General Psychology) Psychology and You: Three Concepts Paper Rubric

Criteria for Success:

PSY1001: 80% of our students will score a 3 or higher on the PSY1001 Autobiography Rubric (see Table 1).

PSY1001: 70% of our students will agree overall on a self-report measure of personal development (see Table 2).

PSY1003: 80% of our students will score a 3 or higher on the PSY1003 Psychology and You: Three Concepts Rubric (see Table 3).

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 PSY1001 Students who Score 3 or Higher on the Autobiography Rubric:
Summary Criteria for Success is 80%*

Rubric	2021-22 (n = 194)	2022-23 (n = 349)	2023-24 (n = 344)	2024-25 (n = 377)	2025-26 (n = 302)
Students Enrolled	649	701	623	585	619
% Students Assessed	30%	49.8%	55.2%	64.44%	48.79%
Understanding of Story	95.9% (186)	91.1% (318)	98.3% (338)	99.73% (376)	100% (302)
Exhibits accurate perceptions of situations to facilitate wellbeing	90.2% (175)	88.0% (307)	97.7% (336)	98.94% (373)	99.01% (299)

Articulates an understanding of healthy and satisfying relationships	93.8% (182)	88.5% (309)	97.4% (335)	97.61% (368)	97.35% (294)
<u>Summary</u>	<u>93.3%</u>	<u>89.2%</u>	<u>97.8%</u>	<u>98.76%</u>	<u>98.79%</u>

Table 2

Percentage of PSY1001 Students Who Agreed or Strongly Agreed with this Self-Report Measure of Personal Development: Summary Criteria for Success is 70%

Self-Report Item	2021-22 (n = 545)	2022-23 (n = 598)	2023-24 (n = 600)	2024-25 (n = 465)	2025-26 (n = 275)
Students Enrolled	649	701	623	585	619
% Students Assessed	84.0%	85.3%	96.3%	79.49%	44.43%
I understand my story better	84.8% (462)	83.4% (499)	83.8% (503)	83.66% (389)	87.27% (240)
I feel that this course allowed me to contribute to my personal growth and development	89.9% (490)	88.0% (526)	89.7% (538)	88.60% (412)	90.18% (248)
I have developed alternative ways of thinking about myself	85.3% (465)	84.8% (507)	87.2% (523)	84.73% (394)	85.45% (235)
This course has allowed me to reflect on my spiritual journey	88.4% (482)	89.5% (535)	87.2% (523)	87.74% (408)	92.73% (255)
Summary	<u>87.1%</u>	<u>86.4%</u>	<u>86.98%</u>	<u>86.18%</u>	<u>88.91%</u>

Table 3

Percentage of PSY 1003 Students Who Score 3 or Higher on the Psychology and You Rubric: Summary Criteria for Success is 80%

Rubric	2021-22 (n = 97)	2022-23 (n = 105)	2023-24 (n = 132)	2024-25 (n = 104)	2025-26 (n = 144)
Students Enrolled	160	159	165	188	194
% Students Assessed	60.6%	66.0%	80.0%	55.32%	74.22%
1a: Why these?	99% (96)	96.2% (153)	93.9% (124)	98.08% (102)	99.3% (143)
1b: Thriving	100% (97)	96.2% (153)	93.9% (124)	99.04% (103)	99.3% (143)
<u>Summary</u>	<u>99.5%</u>	<u>96.2%</u>	<u>93.9%</u>	<u>98.56%</u>	<u>99.3%</u>

Conclusions Drawn from Data:

- The criteria for success were met for both PSY1001 and PSY1003.
- Note the students' self-report questions data was collected in the fall but not the spring quarter. The data is consistent with previous years' results.
- It is notable that in evaluating the university's learning objective "to develop an understanding of self that fosters well-being" nearly half of the entire first-year entering class are evaluated using both direct (faculty evaluation) and indirect (student evaluation) measures and successfully pass. *See Table 1 and Table 2.*

Changes to be Made Based on Data:

None at this time.

Rubrics Used:

PSY1001 GE Autobiography Rubric

GELO 2.a. Students will develop an understanding of self that fosters personal wellbeing				
	<u>Capstone</u>	<u>Milestones</u>		<u>Benchmark</u>
	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.

PSY1003

Final Essay: Psychology and You: Three Concepts

Objective

- Demonstrate an understanding of self that fosters personal well-being

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 well-being. Include examples of how this course gave you 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?	● 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 point)	____/4
1b: Thriving	● Provides clear picture of how course content fosters personal well-being 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 point)	____/4
Total		____/8