

Sociology, Social Work, and Family Sciences
FELO Data for Family Sciences
Su2025 - Sp2026

FE Learning Outcome 2a:

Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure:

Course SWF 3015, Health and Well Being - Required for Dietetics, Nutrition, Child and Adolescent Development, Sociology, and Social Work majors and open to all other majors. 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):

90% of the students will score at 22.5 points or above out of a possible 25 points.

Longitudinal Data:

Term	Percentage of students scoring 22.5 or above.
Summer 2017	95%
Fall 2017	92%
Spring 2018	100%
Summer 2018	95%
Fall 2018	94%
Spring 2019	96%
Summer 2019	100%
Fall 2019	88%
Spring 2020	96%
Summer 2020	96%
Fall 2020	93%
SM Spring 2021	97%
Spring 2021	96%

Summer 2021 100%
 Fall 2021 90%
 Spring 2022 96%
 Summer 2022 100%
 Fall 2022 97%
 Spring 2023 99%
 Summer 2023 100%
 Fall 2023 100%
 Spring 2024 97.5%
 Summer 2024 100%
 Spring 2024 100%
 Summer 2025 100%
 Fall 2025 96%
 Spring 2026 90%

Conclusions Drawn from Data:

Assessment of student work in SWF 3015 over the past academic year highlights several positive trends and areas for continued improvement. The culminating Behavior Change Project remains an effective measure of student learning, providing insight into students’ wellness goals, values, and personal growth.

A notable trend was increased student interest in environmental stewardship, with several students focusing on behaviors such as water conservation and reducing plastic use. Students also frequently identified positivity, optimism, and intentional mindset development as important contributors to personal well-being.

A particularly encouraging finding was students’ willingness to revise and resubmit their Behavior Change Projects. These revisions frequently demonstrated stronger use of scholarly sources, deeper self-reflection, and more sophisticated insights into personal well-being. The revision process appears to enhance student learning by encouraging meaningful reflection, growth, and engagement with long-term wellness goals.

Changes to be Made Based on Data:




Assessment results suggest a continued need to strengthen information literacy skills, particularly in helping students distinguish scholarly sources from non-peer-reviewed materials. Additionally, student projects often revealed connections across multiple dimensions of wellness, indicating that future assessment methods should better capture these interrelated experiences.

Rubric Used

The Behavior Change signature assignment has two parts that includes an initial project proposal of which the rubric follows.

Rubric for Behavioral Change Project 🔍 🗑️						
<small>You've already rated students with this rubric. Any major changes could affect their assessment results.</small>						
Criteria	Ratings					Pts
Strategy - Develop a practical plan for implementing a health related behavior change & choose useful resources to help with the process.	15 to >12.0 pts Distinguished Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process	12 to >8.0 pts Proficient Plan demonstrates thought and consideration for making a behavior change with good resources chosen.	8 to >4.0 pts Basic Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process.	4 to >0.0 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.	0 pts Non-Performance Student does not turn assignment in, or the submission is lacking substantially.	15 pts
Total Points: 15						

The assessment for the final submission of the Behavior Change project follows.

Behavioral Change - Part 2							  	
Criteria	Ratings					Pts		
Depth of Insight - Demonstrate insight into the change process	15 pts Distinguished Shows excellent insight into the change process	12 pts Proficient Shows good insight into the change process	8 pts Basic Shows some insight into the change process	5 pts Below Expectations Does not show insight into the change process, but makes an active attempt.	0 pts Non-Performance Student does not turn assignment in, or the submission is lacking substantially.	15 pts		
Quality of Research - Demonstrate quality research through use of relevant quotations	10 pts Distinguished Shows evidence of thorough research using excellent resources. Uses at least 3 quotations.	7 pts Proficient Shows evidence of research using good resources. Uses at less than 3 quotations.	5 pts Basic Shows evidence of some research using average resources. Uses less than 2 quotations.	3 pts Below Expectations Does not show evidence of researching	0 pts Non-Performance Student does not turn assignment in, or the submission is lacking substantially.	10 pts		
Total Points: 25								

RAW DATA

Students chose the following domains of wellness to work on improving:

Summer 2017

Spiritual – 9
Physical – 5
Emotional – 1
Intellectual – 1
Relational – 3

Fall 2017

Spiritual - 9
Physical - 9
Emotional - 2
Intellectual - 2
Relational - 2

Spring 2018

Spiritual – 8
Physical – 11
Emotional – 6
Intellectual – 1
Relational – 4

Summer 2018

Spiritual - 9
Physical - 8
Emotional - 4
Intellectual - 1
Relational – 1

Fall 2018

Spiritual – 4
Physical – 10
Emotional – 9
Intellectual – 2
Relational – 8

Spring 2019

Spiritual - 8
Physical - 6
Emotional - 5
Intellectual - 1
Relational – 3

Summer 2019

Spiritual – 15
Physical – 6
Emotional – 3
Intellectual – 0
Relational – 1

Fall 2019

Spiritual - 18
Physical - 17
Emotional - 3
Intellectual - 3
Relational – 2

Spring 2020

Spiritual - 19
Physical - 27
Emotional - 11
Intellectual - 12
Relational - 5

Summer 2020

Spiritual - 6
Physical - 6
Emotional - 4
Intellectual - 2
Relational - 5

Fall 2020

Spiritual - 8
Physical - 12
Emotional - 9
Intellectual - 2
Relational - 9

SM Spring 2021

Spiritual - 13
Physical - 9
Emotional - 5
Intellectual - 3
Relational - 9

Spring 2021

Spiritual - 14
Physical - 18
Emotional - 5
Intellectual - 1
Relational - 12

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Summer 2021

Spiritual - 2
Physical - 3
Emotional - 2
Intellectual - 0
Relational - 1

Fall 2021

Spiritual - 18
Physical - 11
Emotional - 10
Intellectual - 2
Relational - 10

Spring 2022

Spiritual - 12
Physical - 13
Emotional - 9
Intellectual - 3
Relational - 11

Summer 2022

Spiritual - 1
Physical - 2
Emotional - 1
Intellectual - 1
Relational - 1

Fall 2022

Spiritual - 15
Physical - 28
Emotional - 12
Intellectual - 6
Relational - 10
Environmental - 2

Spring 2023

Spiritual - 16
Physical - 23
Emotional - 18
Intellectual - 5
Relational - 9
Environmental - 1

Summer 2023

Physical - 2
Emotional - 1

Fall 2023

Spiritual - 13
Physical - 38
Emotional - 11
Intellectual - 5
Relational - 3
Environmental - 3

Spring 2024

Spiritual - 17
Physical - 27
Emotional - 16
Intellectual - 8
Relational - 11
Environmental - 1

Summer 2024

Spiritual - 4
Physical - 1
Relational - 1

Spring 2025

Spiritual - 27
Physical - 15
Emotional - 16
Intellectual - 6
Relational - 13

Summer 2025

Spiritual - 2
Physical - 1
Emotional - 3

Fall 2025

Spiritual - 20
Physical - 21
Emotional - 12
Intellectual - 8
Relational - 16
Environmental - 1

Spring 2026

Spiritual - 25
Physical - 17
Emotional - 13
Intellectual - 10
Relational - 14
Environment - 2

Out of a possible 25 points

Summer 2018 (N=23)

25 = 18
22.5 = 4
18 = 1

Fall 2018 (N=33)

25 = 19
24 = 7
23 = 2
22.5 = 3
20 = 1
18 = 1

Spring 2019 (N=24, but 1 no project)

25 = 10
24 = 5
23.5 = 1
23 = 1
22.5 = 5
20 = 1

Summer 2019 (N=25)

25 = 12
24.5 = 8
24 = 2
23.5 = 0
23 = 3
22.5 = 1

Fall 2019 (N=47,

25 = 28 Students but 4
24.5 = 1 no project)
24 = 0
23.5 = 0
23 = 5
22.5 = 4
20 = 5

Spring 2020 (N=76,

25 = 57 Students but 2
24.5 = 5 no project)
24 = 7
23.5 = 0
23 = 0
22.5 = 2
22 = 0
20 = 1
19 = 2

Summer 2020 (N=23)

25 = 12
24.5 = 0
24 = 0
23.5 = 0
23 = 7
22.5 = 3
22 = 1

Fall 2020 (N=41

25 = 32 Students but 1
24.5 = 1 no project)
24 = 0
23 = 1
22.5 = 2
20 = 3

SM Spring 2021 (N=40 Students but 1 no

25 = 38 project)
12 = 1

Spring 2021 (N=50)

25 = 44
22.5 = 4
20 = 2

Summer 2021 (N=9)

25 = 7 Students
22.5 = 1 but 1 no
project)

Fall 2021 (N=53)

25 = 42
24 = 2
23 = 1
22.5 = 1
20 = 1
18.3 = 1
15 = 3

Spring 2022 (N=48)

25 = 37
24 = 8
22.5 = 1
18 = 2

Two students no
project

Summer 2022 (N=6)

25 = 6

Fall 2022 (N=75

25 = 44 Students
24.5 = 4 but 1 no
24 = 5 project)

Spring 2023

25 = 70 (N = 78 but six students did
24 = 1 not do the project)
15 = 1

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23 = 1
22.5 = 13

Summer 2023 (N=5)

25 = 2
23 = 1
Two students no
project

Fall 2023 (N=74)

25 = 57
24 = 5
23 = 8
22.5 = 3
One student no
project

Spring 2024 (N=81)

25 = 68
24 = 1
22.5 = 9
20 = 1
18 = 1
One student no project

Summer 2024 (N=6)

25 = 6

Spring 2025 (N=79)

25 = 70
24 = 1
23 = 5
22.5 = 1
Two students no project

Summer 2025 (N=6)

25 = 6

Fall 2025 (N = 78, Students but 1 no project)

25 = 67
24 = 1
23 = 3
22.5 = 4
18 = 1
15 = 2

Spring 2026 (N=81)

25 = 72
20 = 2
18 = 2
15 = 1