

## GE Learning Outcome 2a Assessment Data FCS315

### Learning Outcome:

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

### Outcome Measure:

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 25 points or above.

### Longitudinal Data:

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

### 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	Spring 2016	Summer 2016
Spiritual – 13	Physical – 6	Spiritual – 8
Physical – 11	Spiritual - 5	Physical – 8
Emotional – 6	Physical & Spiritual - 2	Emotional – 4
Mental –	Mental - 5	Intellectual – 2
Relational – 1	Relational - 1	Relational - 1

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.

**Rubric Used:**

<b>Part 2 – Final Exam</b> <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)
<b>Part 2 -Journal</b> <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)