



# Psychology Department

## General Education

### Learning Outcome

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

PSY 101 (Psychology of Personal Development)  
Autobiography Rubric

PSY 103 (General Psychology)  
Psychology and You: Three Concepts Rubric

## Assessment Data General Education Outcome 2.a.

### Learning Outcome:

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

### Outcome Measures:

PSY101 (Psychology of Personal Development) Autobiography Rubric

PSY103 (General Psychology) Psychology and You: Three Concepts Rubric

### Criteria for Success:

PSY101: 80% of our students will score a 3 or higher on the PSY101 Autobiography Rubric.

PSY103: 80% of our students will score a 3 or higher on the PSY103 Psychology and You: Three Concepts Rubric.

### 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:** This is the second academic year that we have collected data since the General Education Learning Outcomes were finalized in late 2014.

Table 1

*Percentage of PSY101 Students who Score 3 or Higher on the Autobiography Rubric*

| Rubric   | 2014-15 | 2015-16 |
|--|---------|---------|
| N  | 278     | 328     |
| Students Enrolled  | 570     | 583     |
| % Students Assessed  | 49%     | 56%     |
| Understanding of Story   | 92%     | 87%     |
| Exhibits accurate perceptions of situations to facilitate wellbeing  | 89%     | 84%     |
| Articulates an understanding of healthy and satisfying relationships | 93%     | 87%     |
| Average  | 86%     | 81%     |

Table 2  
 Percentage of PSY103 Students who Score 3 or Higher on the Psychology and You Rubric

| Rubric              | 2014-15 | 2015-16 |
|---------------------|---------|---------|
| <i>n</i>            | 70      | 151     |
| Students Enrolled   | 88      | 171     |
| % Students Assessed | 80%     | 88%     |
| Why these?          | 96%     | 99%     |
| Thriving            | 96%     | 99%     |
| Average             | 94%     | 99%     |

**Conclusions Drawn from Data:**

- The criteria for success was attained for both PSY101 and PSY103.
- Astonishingly, 99% of students scored a 3 or above average on the Psychology and You rubric.

**Changes to be Made Based on Data:**

None at this time.

**Rubrics Used:**

| PSY101 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   |
| <b>Understanding of <u>story</u></b>   | 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.   |
| <b>Exhibits <u>accurate perceptions of situations to facilitate wellbeing</u></b>        | 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.   |
| <b>Articulates an <u>understanding of healthy and satisfying relationships</u></b>       | 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. |

**Final Essay**  
**Psychology and You: Three Concepts**  
**PSY103**  
**8 points**

Objective

- Demonstrate an understanding of self that fosters personal wellbeing

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 wellbeing. Include examples of how this course gave your 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? | <ul style="list-style-type: none"> <li>● Clear/concise; relates three concepts to own life (4 points)</li> <li>● Somewhat clear/concise; relates at least two concepts to own life (3 points)</li> <li>● Clarity needs work <u>and</u> relates one or fewer concepts to own life (2 points)</li> <li>● Off topic (1 points)</li> </ul>   | ____/4 |
| 1b: Thriving   | <ul style="list-style-type: none"> <li>● Provides clear picture of how course content fosters personal wellbeing and uses at least one personal example per concept (4 points)</li> <li>● Somewhat clear picture or fewer than one personal example per concept (3 points)</li> <li>● Pictures needs work <u>and</u> examples not used (2 points)</li> <li>● Off topic (1 points)</li> </ul> | ____/4 |
| Total          |  | ____/8 |