

# GELO Assessment for FCS315

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

What follows is the project that is currently being used to assess this GELO.

## **Behavior Change Project**

Design, carry out, and evaluate a project for changing a personal health behavior (e.g. starting regular devotions, implementing a daily relaxation method, changing food habits, adding regular movement to each day). The project involves two parts.

### **Part 1 (15pts) Example in Canvas under "Files"**

Project Declaration State what you want to do and address the following:

- (a) the reason for your choice;
- (b) what you hope to learn or achieve and why;
- (c) any prior experiences that are similar;
- (d) your start and stop dates

Research Find 4 resources that provide information about your proposed behavior change project. Consult current books, magazines, the Internet, or personal advisors to determine ways to accomplish your goal. Give a list of the 4 resources you will be using and why you think they will be helpful.

Project Plan Develop and describe a plan for carrying out your change project and explain the way that you will determine your progress. Refer to the Transtheoretical Model for change (page 17 of text) and describe what your process of change might look like using that model.

### **Part 2 (25pts - due at the Final)**

Project Activity Carry out your project for three weeks. Keep a daily journal of your activity (at least 2 paragraphs) and what you experience in carrying out your project, including obstacles that get in the way of progress. Your journal can be written or typed and turned in as soon as it's completed or on the day of the Final Exam. Your journal will be kept private by being briefly accessed, in your presence, by the professor to check for daily substantive entries.

Assessment During the Final Exam you will write an evaluation of your experience by:

- (a) summarizing your project plan and the health principles it represented;
- (b) describing the experience of trying to accomplish your goal;
- (c) briefly stating 3 things you learned from your research on the topic;
- (d) explaining what doing the project helped you learn about yourself;
- (e) describing what you learned about how to change a health behavior and how you could use that to help someone else;
- (f) stating whether the project was worthwhile and why. If it was not worthwhile, explaining what you could have done to make it work better for you.

Rubric for Behavioral Change Project				
CRITERIA	Excellent	Good	Average	Below Average
<b>Part 1</b> <i>Develop a practical plan for implementing a health related behavior change &amp; choose useful resources to help with the process.</i>  15pts	Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process (15-13pts)	Plan demonstrates thought and consideration for making a behavior change with good resources chosen.  (12-9pts)	Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process.  (8-5pts)	Plan does not demonstrate thought or consideration of a realistic plan for making a behavioral change. Resources are inadequate for helping with the process (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 last 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)
<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>  15pts	Evaluation of the experience shows in depth personal insights as well as an excellent understanding of the change process.  (15-13pts)	Evaluation shows good personal insights as well as a good understanding of how change occurs.  (12-9pts)	Evaluation shows some personal insight and a basic understanding of the change process.  (8-5pts)	Evaluation does not show personal insight or an understanding of how change occurs.  (4-1pts)

Fulfills FCS Department Learning Outcome:

#2. Students will identify appropriate resources to use in application for problem solving.

Fulfills FCS315 Student Learning Outcome:

- # 1. Analyze various aspects of personal health for meaningful self-discovery.
- # 2. Identify individual responsibilities in life style choices.
- # 10. Identify community and personal health care services and resources.