

**Sociology, Social Work, and Family Sciences**  
**FELO Data for Family Sciences**  
**FA2019-SP2020**

**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%

**Conclusions Drawn from Data:**

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. From student self-reporting they found the project to be useful and significant in increasing their personal well-being.

Further revisions were made to the course between Spring and Summer of 2020. After meeting with Nancy Pitts, the initial developer on the on-line course, the self-care assignment was strengthened to serve as a stronger platform for the class and the vulnerability discussion was added back. COVID-19 also provided to be a mitigating experience for students, prompting a change to the mandatory immunization (& vaccines) discussion. Additionally, during and after COVID-19 about 25% of students identified the pandemic as a factor in determining their Behavior Change project. Anecdotally, many students expressed gratitude in taking the course during the pandemic and the growth experienced through its activities.

### Changes to be Made Based on Data:

With multiple faculty slated to teach the course in the future, designating opportunities for these faculty to collaborate on improvements to the learning activities of the course that will continue to be relevant and engaging to students. These collaborations can also serve as a form of faculty development, as communication lines are open to reflect on own teaching and appropriate pedagogy for the course.

### 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						
You've already rated students with this rubric. Any major changes could affect their assessment results.						
Criteria	Ratings					Pts
Strategy - Develop a practical plan for implementing a health related behavior change & choose useful resources to help with the process.	<b>15 to &gt;12.0 pts</b> <b>Distinguished</b> Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process	<b>12 to &gt;8.0 pts</b> <b>Proficient</b> Plan demonstrates thought and consideration for making a behavior change with good resources chosen.	<b>8 to &gt;4.0 pts</b> <b>Basic</b> Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process.	<b>4 to &gt;0.0 pts</b> <b>Below Expectations</b> Plan does not demonstrate thought or consideration of a realistic plan for making a behavioral change. Resources are inadequate for helping with the process.	<b>0 pts</b> <b>Non-Performance</b> 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	<b>15 pts</b> <b>Distinguished</b> Shows excellent insight into the change process	<b>12 pts</b> <b>Proficient</b> Shows good insight into the change process	<b>8 pts</b> <b>Basic</b> Shows some insight into the change process	<b>5 pts</b> <b>Below Expectations</b> Does not show insight into the change process, but makes an active attempt.	<b>0 pts</b> <b>Non-Performance</b> 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	<b>10 pts</b> <b>Distinguished</b> Shows evidence of thorough research using excellent resources. Uses at least 3 quotations.	<b>7 pts</b> <b>Proficient</b> Shows evidence of research using good resources. Uses at less than 3 quotations.	<b>5 pts</b> <b>Basic</b> Shows evidence of some research using average resources. Uses less than 2 quotations.	<b>3 pts</b> <b>Below Expectations</b> Does not show evidence of researching	<b>0 pts</b> <b>Non-Performance</b> 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

Out of a possible 25 points

SSWFS: FELO Data – Family Sci, 2019-20

Summer 2018 (N=23)

25 = 18 Students

22.5 = 4

18 = 1

Fall 2018 (N=33)

25 = 19 Students

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