

Psychology
Foundational Explorations (FELO) Assessment
FA2020-SP2021

Learning Outcome:

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

Outcome Measures:

PSY1001 (Psychology of Personal Development) Autobiography Paper Rubric

PSY1001 Freshmen Self-Report of Personal Development

PSY1003 (General Psychology) Psychology and You: Three Concepts Paper Rubric

Criteria for Success:

PSY1001: 80% of our students will score a 3 or higher on the PSY1001 Autobiography Rubric (see Table 1)

PSY1001: 70% of our students will agree overall on a self-report measure of personal development (see Table 2)

PSY1003: 80% of our students will score a 3 or higher on the PSY1003 Psychology and You: Three Concepts Rubric (see Table 3)

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:

Table 1

Percentage of PSY1001 Students who Score 3 or Higher on the Autobiography Rubric: Summary Criteria for Success is 80%

| Rubric | 2015-16 (n = 328) | 2016-17 (n = 361) | 2017-18 (n = 295) | 2018-19 (n = 253) | 2019-20 (n = 158) | 2020-21 (n = 271) |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Students Enrolled | 583 | 583 | 607 | 635 | 315 | 558 |
| % Students Assessed | 56.3% | 61.9% | 48.6% | 40% | 50.2% | 48.6% |
| Understanding of Story | 86.5% (284) | 84.2% (304) | 92.5% (273) | 92.5% (234) | 88% (139) | 94.8% (257) |
| Exhibits accurate perceptions of situations to | 84.1% (276) | 83.8% (303) | 94.6% (279) | 91.3% (231) | 91.1% (144) | 92.3% (250) |

| | | | | | | |
|--|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| facilitate wellbeing | | | | | | |
| Articulates an understanding of healthy and satisfying relationships | 87.2% (286) | 87.3% (315) | 93.6% (276) | 92.5% (234) | 94.9% (150) | 91.1% (247) |
| <u>Summary</u> | <u>85.9%</u> | <u>85.1%</u> | <u>93.6%</u> | <u>92.1%</u> | <u>91.3%</u> | <u>92.7%</u> |

Table 2

Percentage of PSY1001 Students Who Agreed or Strongly Agreed with this Self-Report Measure of Personal Development: Summary Criteria for Success is 70%

| Self-Report Item | 2016-17 (n = 493) | 2017-18 (n = 256) | 2018-2019 (n = 550) | 2019-20* (n = 262) | 2020-21 (n = 486) |
|--|----------------------|----------------------|------------------------|-----------------------|----------------------|
| Students Enrolled | 583 | 607 | 635 | 315 | 558 |
| % Students Assessed | 84.6% | 42% | 87% | 83.2% | 87.1% |
| I understand my story better | 78.7% (388) | 79.7% (204) | 85.4% (465) | 83.2% (218) | 88.9% (432) |
| I feel that this course allowed me to contribute to my personal growth and development | 86.4% (426) | 82.0% (210) | 90.4% (497) | 92.75% (243) | 90.9% (442) |
| I have developed alternative ways of thinking about myself | 85.4% (421) | 75.0% (197) | 87.1% (479) | 88.17% (231) | 87.4% (425) |
| This course has allowed me to reflect on my spiritual journey | 87.6% (432) | 84.0% (215) | 91.5% (503) | 90.84% (238) | 91.8% (446) |
| Summary | <u>84.5%</u> | <u>80.2%</u> | <u>88.4%</u> | <u>88.7%</u> | <u>89.8%</u> |

Table 3

Percentage of PSY 1003 Students Who Score 3 or Higher on the Psychology and You Rubric: Summary Criteria for Success is 80%

| Rubric | 2015-16 (n = 151) | 2016-17 (n = 146) | 2017-18 (n = 127) | 2018-19 (n = 134) | 2019-20 (n = 88) | 2020-21 (n = 143) |
|-----------------------|----------------------|----------------------|----------------------|----------------------|---------------------|----------------------|
| Students Enrolled | 171 | 154 | 163 | 172 | 88 | 181 |
| % Students Assessed | 88.3% | 94.8% | 77.9% | 77.9% | 100% | 79% |
| 1a: Why these? | 98.7% (149) | 97.3% (142) | 96.1% (123) | 98.5% (132) | 98.9% (87) | 98.6% (141) |
| 1b: Thriving | 98.7% (149) | 95.9% (140) | 95.3% (122) | 96.3% (129) | 100% (88) | 90.9% (130) |
| <u>Summary</u> | <u>98.7%</u> | <u>96.5%</u> | <u>96.6%</u> | <u>97.4%</u> | <u>99.4%</u> | <u>94.75%</u> |

Conclusions Drawn from Data:

- The criteria for success was met for both PSY1001 and PSY1003.
- It is notable that in evaluating the university’s learning objective “to develop an understanding of self that fosters well-being” over half of the first year entering class are evaluated using both direct (faculty evaluation) and indirect (student evaluation) measures and successfully pass. *See Table 1 and Table 2.*

Changes to be Made Based on Data:

None at this time.

Rubrics Used:

PSY1001 GE Autobiography Rubric

| GELO 2.a. Students will develop an understanding of self that fosters personal wellbeing | | | | |
|--|---|---|---|---|
| | Capstone | Milestones | | Benchmark |
| | 4 | 3 | 2 | 1 |
| Understanding of story | 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. |
| Exhibits accurate perceptions of situations to facilitate wellbeing | 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. |
| Articulates an understanding of healthy and satisfying relationships | 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. |

PSY1003

Final Essay: Psychology and You: Three Concepts

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