

**Sociology, Social Work, and Family Sciences**  
**FELO Data for Family Sciences**  
**Fa2020 - Sp2021**

**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%
Fall 2020	93%
SM Spring 2021	97%
Spring 2021	96%

**Conclusions Drawn from Data:**

A trend has occurred over this year. Of the projects that target a relational aspect of well being and health, more projects than ever have identified the students' relationships to other things (not just people). Additionally, for the first time ever several students identified their relationship with technology as an aspect of wellbeing to improve.

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

Subtle revisions to the course continue to be made, especially to reflect more of a post-COVID context for well being and health. Additionally, an assignment that addresses our relationship with technology should be considered.

**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 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 Proficient</b> Plan demonstrates thought and consideration for making a behavior change with good resources chosen.	<b>8 to &gt;4.0 pts 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 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 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 Distinguished</b> Shows excellent insight into the change process	<b>12 pts Proficient</b> Shows good insight into the change process	<b>8 pts Basic</b> Shows some insight into the change process	<b>5 pts Below Expectations</b> Does not show insight into the change process, but makes an active attempt.	<b>0 pts 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 Distinguished</b> Shows evidence of thorough research using excellent resources. Uses at least 3 quotations.	<b>7 pts Proficient</b> Shows evidence of research using good resources. Uses at less than 3 quotations.	<b>5 pts Basic</b> Shows evidence of some research using average resources. Uses less than 2 quotations.	<b>3 pts Below Expectations</b> Does not show evidence of researching	<b>0 pts 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

**Fall 2020**

Spiritual - 8  
Physical - 12  
Emotional - 9  
Intellectual - 2  
Relational - 9

**SM Spring 2021**

Spiritual - 13  
Physical - 9  
Emotional - 5  
Intellectual - 3  
Relational - 9

**Spring 2021**

Spiritual - 14  
Physical - 18  
Emotional - 5  
Intellectual - 1  
Relational - 12

SSWFS: FELO Data – Family Sci, 2020-21

Out of a possible 25 points

Summer 2018 (N=23)

25 = 18  
22.5 = 4  
18 = 1

Fall 2018 (N=33)

25 = 19  
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

Fall 2020 (N=41

25 = 32 Students but 1  
24.5 = 1 no project)  
24 = 0  
23 = 1  
22.5 = 2  
20 = 3

SM Spring 2021 (N=40 Students but 1 no

25 = 38 project)  
12 = 1

Spring 2021 (N=50)

25 = 44  
22.5 = 4  
20 = 2