Sociology, Social Work, and Family Sciences
GELO Data for Family Sciences
Su2023 - Sp2024

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%
Summer 2021	100%
Fall 2021	90%
Spring 2022	96%
Summer 2022	100%
Fall 2022	97%
Spring 2023	99%
Summer 2023	100%
Fall 2023	100%
Spring 2024	97.5%

Conclusions Drawn from Data:

Physical wellness is more popular as an area of improvement than ever before (since data has been collected). Historically physical and spiritual were about even.

Changes to be Made Based on Data:

Intuitive eating is a growing area of student interest and ideally should be incorporated into the course. With that said, working with Technology Services in fall of 2023, several assignments were removed or condensed to better fit the holidays that occur early in Quad 1 and 2 of the fall semester. These changes will be made for the summer course to keep the content and load similar.

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.	15 to >12.0 pts **Distinguished** Plan demonstrates a well-considered and realistic plan for making a behavior change & the choice of excellent resources for helping with the process	12 to >8.0 pts **Proficient** Plan demonstrates thought and consideration for making a behavior change with good resources chosen.	8 to >4.0 pts **Basic** Plan demonstrates some thought about implementing a behavior change with adequate resources to help with the process.	4 to >0.0 pts **Below Expectations** Plan does not demonstrate thought or consideration of a realistic plan for making a behavioral change. Resources are inadequate for helping with the process.	0 pts **Non-Performance** 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	15 pts **Distinguished** Shows excellent insight into the change process	12 pts **Proficient** Shows good insight into the change process	8 pts **Basic** Shows some insight into the change process	5 pts **Below Expectations** Does not show insight into the change process, but makes an active attempt.	0 pts **Non-Performance** 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	10 pts **Distinguished** Shows evidence of thorough research using excellent resources. Uses at least 3 quotations.	7 pts **Proficient** Shows evidence of research using good resources. Uses at less than 3 quotations.	5 pts **Basic** Shows evidence of some research using average resources. Uses less than 2 quotations.	3 pts **Below Expectations** Does not show evidence of researching	0 pts **Non-Performance** 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

Summer 2021
Spiritual - 2
Physical - 3
Emotional - 2
Intellectual - 0
Relational - 1

Fall 2021
Spiritual - 18
Physical - 11
Emotional - 10
Intellectual - 2
Relational - 10

Spring 2022
Spiritual - 12
Physical - 13
Emotional - 9
Intellectual - 3
Relational - 11

Summer 2022
Spiritual - 1
Physical - 2
Emotional - 1
Intellectual - 1
Relational - 1

Fall 2022
Spiritual - 15
Physical - 28
Emotional - 12
Intellectual - 6
Relational - 10
Environmental - 2

Spring 2023
Spiritual - 16
Physical - 23
Emotional - 18
Intellectual - 5
Relational - 9
Environmental - 1

Summer 2023
Physical - 2
Emotional - 1

Fall 2023
Spiritual - 13
Physical - 38
Emotional - 11
Intellectual - 5
Relational - 3
Environmental - 3

Spring 2024
Spiritual - 17
Physical - 27
Emotional - 16
Intellectual - 8
Relational - 11
Environmental - 1

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

Summer 2021 (N=9)
25   = 7 Students
22.5 = 1   but 1 no
               project)

Fall 2021 (N=53)
25 = 42
24 = 2
23 = 1
22.5 = 1
20   = 1
18.3 = 1
15   = 3
Two students no
project

Spring 2022 (N=48)
25   = 37
24   = 8
22.5 = 1
18   = 2

Summer 2022 (N=6)
25   = 6

Fall 2022 (N=75
25   = 44 Students
24.5 = 4 but 1 no
24   = 5 project)
23   = 1
22.5 = 13

Spring 2023
25 = 70 (N = 78 but six students did
24 = 1   not do the project)
15 = 1

Summer 2023 (N=5)
25 = 2
23 = 1
Two students no
project

Fall 2023 (N=74)
25   = 57
24 = 5
23   = 8
22.5= 3
One student no
project

Spring 2024 (N=81)
25   = 68
24   = 1
22.5 = 9
20   = 1
         18   = 1
One student no project