

## Assessment Data FCS315 (Spring 2018)

### Learning Outcome:

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

### Outcome Measure:

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.

### Longitudinal Data:

Term	Percentage of students scoring 22.5 or above.
Spring 2015	97%
Fall 2015	97%
Spring 2016	95%
Fall 2016	75%
Spring 2017	93%
Summer 2017	95%
Fall 2017	92%
Spring 2018	100%

Note that the assessment process was modified in Spring 2017.

### Conclusions Drawn from Data:

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

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.

### Changes to be Made Based on Data:

The behavioral change project continues to be a significant learning experience and practical application of wellness practices. The following changes to the project have been made to yield the desired outcomes. Criteria revised (see below).

Criteria	Ratings						Pts
Depth of Insight - Demonstrate insight into the change process	15.0 pts Distinguished - Shows excellent insight into the change process	12.0 pts Proficient - Shows good insight into the change process	8.0 pts Basic - Shows some insight into the change process	5.0 pts Below Expectations - Does not show insight into the change process, but makes an active attempt.		0.0 pts Non-Performance - Student does not turn assignment in, or the submission is lacking substantially.	15.0 pts
Quality of Research - Demonstrate quality research through use of relevant quotations	10.0 pts Distinguished - Shows evidence of thorough research using excellent resources. Uses at least 3 quotations.	7.0 pts Proficient - Shows evidence of research using good resources. Uses at less than 3 quotations.	5.0 pts Basic - Shows evidence of some research using average resources. Uses less than 2 quotations.		3.0 pts Below Expectations - Does not show evidence of researching	0.0 pts Non-Performance - Student does not turn assignment in, or the submission is lacking substantially.	10.0 pts
Total Points: 25.0							