

Personal and Social Responsibility – Area Three (PSR 3) – Individual Well-Being

Description:

“Students will explore and practice healthy behaviors that foster emotional, physical, intellectual, interpersonal, spiritual, and environmental balance and individual well-being.”

Intended learning outcomes:

A. Well-Being

Students will demonstrate:

1. The exploration and practice of healthy behaviors.

Course Guidelines:

1. The course must provide students with an assignment that requires students’ exploration and practice of activities to improve personal well-being.
2. The course must provide students with an assignment that assesses the student’s understanding of the importance of activities related to the improvement of personal well-being.

Application for Inclusion in the General Education Curriculum

Area: PSR3 Individual Well-Being

Course:

Contact Person:

Proposing Department:

Attach to the form the following:

1. Syllabus.
2. Narrative that explains how the proposed course addresses the description, learning outcomes and course guidelines.
3. Description of a specific student work product / assignment *common to all sections of the proposed course* that can be evaluated to determine a student's mastery of the essential objectives.

Area specific details:

PSR3 requires that students will exercise individual well-being by exploring and practicing healthy behaviors.

Assessment Rubrics forPSR3:

| Wellness Skill | Advanced (4) | Sufficient (3) | Basic (2) | Insufficient (1) |
|---|--|--|--|---|
| <p>Individual well-being (students will explore and practice healthy behaviors)</p> | <p>Student explores and practices activities to improve personal well-being and reflects on the value of those experiences</p> | <p>Student explores and practices activities to improve personal well-being and recognizes the important of the activity</p> | <p>Student explores and practices activities intended to improve personal well-being</p> | <p>Student fails to explore and practice activities intended to improve personal well-being</p> |

General Education Approval Tracking Form

As of 26 January 2014

Course Subject and Number: _____ Number of Credits: _____

Course Title: _____

Check only one of the topic areas below. If a course is going to meet more than one topic area below please use a separate form for each topic area.

Required Core

- ENGL 110
- ENGL 120
- COMM 110
- MATH _____
- INT 110/310

Critical Capacities (CCS) Skills

- CCS1 Problem Solving
- CCS2 Information Literacy
- CCS3 Critical Reading
- CCS4 Quantitative Literacy
- CCS5 Oral/Written Communications
- CCS6 Collaboration

Foundational Content

- FC1 Arts & Humanities
- FC2 Lab Science
- FC3 Social Science
- FC3 History

Personal and Social Responsibility (PSR)

- PSR1 Relationships and Value Systems
- PSR2 Responding to Community Needs
- PSR3 Individual Well-Being

Interconnecting Perspectives (IP)

- IP1 Knowledge
- IP2 Experience

Form Submitter: _____

General Education Chair Signature and Date

Faculty Senate Secretary Signature and Date

Vice President of Academic Affairs Signature and Date