



SLO Assessment Cycle for P E 53

Physical Stress Management SLO Modified: [05/23/2011]

Jeff Forman's Team Members:

Outcomes:

Outcome 1: Statement Modified: []

Evaluate what is causing personal stress and then design and implement a stress reduction program.

Assessment Cycle Records:

Outcome 1: Assessment Planning Modified: [05/24/2011]

Assessment Strategy Used:

Quarter: Fall 2010

Assessors:

Assessment Tools: Exams • Logs • Written Reports •

Papers/Essays • homework assignments

Sections being assessed: 01, 02

Outcome 1: Reflect & Enhance Modified: [05/24/2011]

Number of people involved in Phase III: 1

Changes:

After reviewing the results of students stress logs, personal stress inventories and development and implementation their personal stress reduction programs I reformatted and more clearly defined my expectations on these assignments. I also broke the assignments into smaller parts to give them progress reports and an opportunity to correct mistakes. I believe that this new strategy will help improve retention and success rates.

Methods:

Tools

1 One week Stress Log which documents patterns of stress, repeating stressors, the time of day most stressed, physical, psychological and emotional reactions to stress and coping strategies employed.

2 Completion of the Personal Stress Inventory and the development of a comprehensive stress profile.

Outcomes Assessment

A review of their personal stress reduction program and their answer to an essay question on the final exam which provides information on their progress on implementing their personal stress reduction program are used to assess learning outcomes.

Summary:

Many students did not understand the extent of the midterm assignment. Many questions and tests on the Personal Stress Inventory were not completed and many areas where they demonstrated physical and psycho-social reactions to stress were not dealt with adequately in their personal stress reduction programs. Although many students performed well on the comprehensive written final exam I was not happy with the quality of many personal stress reduction programs.

Enhancement (Part I):

The assessment of stress and development of a personal stress reduction program were given as one midterm assignment. After a thoughtful analysis of student success with this assignment I determined that results would be better if I broke it up into smaller parts and gave them feedback on each part. I have now reformatted and reworded the assignment and divided it into smaller parts. This will afford me the opportunity to provide quicker feedback on their work and give them an opportunity to correct mistakes.

Enhancement (Part II):

[Number of Outcomes for P E 53: 1]

