

**Institutionally Designated Area:
Personal and Professional Development**

Course: PSY 300- Abnormal Psychology

Students will reflect on their strengths and capitalize on opportunities for growth in their personal decision making and/or transferable professional skills.

By graduation students will:	Not Proficient <10 points	Developing Proficiency 10-12	Proficient 14-16	Exceeding Proficiency 18-20
Explain the importance of personal and/or professional development in lifelong learning.	<p>Paper is difficult to follow, either jumping around excessively or overly choppy with an overabundance of facts not blended together; no continuous theme is evident.</p> <p>Severely lacks information needed to gauge student’s overall understanding of the current need to understand impacts of mental health and how it relates to challenges in the future.</p>	<p>Paper is more of a clustering of facts than a flowing paper centered around mental health; paper is generally easy to follow but lacks transitions or a continuous theme.</p> <p>Minimal understanding of the current need to understand impacts of mental health and how it relates to challenges in the future</p>	<p>Paper is easy to follow and has some transitions but is either too choppy or rambles too much in areas; a general theme regarding mental health is evident.</p> <p>Covers sufficient information needed to gauge student’s overall conclusions, reflections, and lessons learned regarding the current need to understand impacts of mental health and how it relates to challenges in the future.</p>	<p>Paper has solid organization, easy to follow, and uses transitions that enable better flow; continuous theme and strong transitions throughout.</p> <p>Covers excellent insight and information needed to gauge student’s overall conclusions, reflections, and lessons learned regarding the current need to understand impacts of mental health and how it relates to challenges in the future.</p>
Identify goals for their own growth in a personal and/or professional area.	<p>Analysis of current life stressors, and symptoms contributing to their stress is underdeveloped and/or missing.</p> <p>Inadequately identifies coping skills to maintain or improve their mental health.</p>	<p>Analyzes current life stressors and 1-2 symptoms that are signs of their stress reaction.</p> <p>Identifies some coping skills (2 or less) to maintain or improve their mental health.</p>	<p>Thoroughly analyzes current life stressors and 3-4 symptoms that are signs of their stress reaction.</p> <p>Identifies several coping skills (3 or more) to maintain or improve their mental health.</p>	<p>Thoroughly and critically analyzes current life stressors and 3-4 symptoms that are signs of their stress reaction.</p> <p>Identifies several coping skills (4 or more) to maintain or improve their mental health</p>

<p>Create an appropriate individualized plan or decision-making process to achieve identified goals.</p>	<p>BAP does not relate to an improvement they identified in their coping skills assessment.</p> <p>BAP reflects a vague plan and lacks an explanation as to how they will make a specific, measurable, achievable, relevant, and time-sensitive plan to address these aspects of their mental health.</p>	<p>BAP relates to an improvement they want to make in the coping skills but is not directly related to the skills they identified in the assessment.</p> <p>BAP reflects minimal explanation as to how they will make a specific, measurable, achievable, relevant, and time-sensitive plan to address these aspects of their mental health. Some areas of the BAP are not fully explored.</p>	<p>BAP relates to one improvement they want to make in the coping skills they identified in the assessment.</p> <p>BAP reflects a detailed explanation as to how they will make a specific, measurable, achievable, relevant, and time-sensitive plan to address this aspect of their mental health.</p>	<p>BAP relates directly to improvements they want to make in the coping skills they identified in the assessment.</p> <p>BAP reflects a superior explanation as to how they will make a specific, measurable, achievable, relevant, and time-sensitive plan to address these aspects of their mental health.</p>
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Assignment meeting Outcome 1:

Response Paper I

Outcome: “Explain the importance of personal and/or professional development in lifelong learning by relating aspects of abnormal psychology to the National College Health Assessment (NCHA), which focuses on the mental health and well-being of college students, and Project HOPE, which focuses on the health and well-being of people and communities around the world.

Assignment meeting Outcome 2:

Response Paper II

Outcome: “Identify goals for their own growth in personal and professional areas by evaluating their current level of burnout and active coping skills through a self- assessment.”

Assignment meeting Outcome 3:

Response Paper II

Outcome: “Create an individualized Brief Action Plan (BAP) to address areas of growth in their coping skills that they identified on the assessment. This plan will explain how it will be utilized to better help them cope with stress they experience in college and beyond.”