

UNK GENERAL STUDIES ASSESSMENT INSTRUMENT
Distribution Courses: Wellness Category

LEARNING OBJECTIVES:

At the conclusion of their Wellness course, students should be able to:

- 1) Articulate the relevance of the Wellness course to their general education.
- 2) Describe components of wellness.
- 3) Recognize the potential consequences of personal choices.
- 4) Analyze the roles of society in wellness promotion.
- 5) Develop an action strategy for wellness.

The purpose of this assignment is to evaluate whether or not these learning objectives have been met. The basics of this assignment are common to all the General Studies Wellness courses taught at UNK. Your professor may give you additional instructions that tailor the assignment specifically to your course, such as specifying a different length, the concept/s on which to focus, or the scholars whose work you are to discuss.

UNK Wellness Instrument

Each student will submit a 2-3 page paper that will report how the material presented throughout the semester has impacted their college experience, including thoughts about personal decisions regarding wellness and general education. Students should use specific examples to demonstrate their understanding of application.