

ILO #5 Personal and Professional Development: Students will develop their knowledge, skills and abilities for personal and/or professional growth, health and well-being.

- If course SLOs don't quite match any of the other ILOs, they may fit this ILO
- Choose ONE or more rows below, based on the best fit for your course/assignment
- Use the rubric to evaluate your students' work (some parts of the rubric may not apply to your particular course/assignment), enter the number of students in each category
- Enter data in Meta as usual (Assessment Coordinators and/or your LAC representative can help with mapping outcomes and next steps)

	Accomplished Meets all or nearly all criteria	Satisfactory Meets some criteria	Unsatisfactory Does not meet criteria	N/A not applicable to assignment
<p>Develop knowledge/information base related to personal growth, professional growth, and/or health & well-being</p> <ul style="list-style-type: none"> • Explain and illustrate specific content knowledge movement/improvement/increased awareness/focus • Participate and contribute to class in a way that demonstrates awareness of concepts related to personal and/or professional growth • Identify goals as related to some dimension of the ILO <p>Example assignments: papers, exams, short answer essays, in-class assignments or discussions</p>				
<p>Develop attitudes or values related to personal growth, professional growth, and/or health & well-being</p> <ul style="list-style-type: none"> • Explain and illustrate awareness of an attitude, behavior, value, or ethic in some dimension of the ILO • Demonstrate motivation, focus, collaboration and/or compromise in some dimension of the ILO • Clearly state/act upon reflection, goal setting, decision making • Recognize, and thoroughly examine internal/external areas, that we need/want to improve or develop <p>Example assignments: journaling exercises, reflection papers, pre and post surveys about attitudes/values</p>				
<p>Exhibit a range of skills and abilities related to personal growth, professional growth, and/or health & well-being</p> <ul style="list-style-type: none"> • Recognize the responsibilities that are needed in a field/for health & well-being • Synthesize knowledge and skills to support personal growth, professional growth, and/or health & well-being • Improve in some dimension of the ILO (personal/professional development, health/well-being) • Improve in physical skills and/or abilities <p>Example assignments: pre and post-tests, student skill demonstration</p>				