

Appendix A9: Sample Wellness Rubric

Rubric for Reflection on Personal Plan for Well-Being			
	8-10 pts	5-7 pts	0-4 pts
Reflection on commitment to personal plan for well-being	<p>Thoroughly understands the process for making behavior changes and cultivating new habits (plan, implement, reflect); all components addressed in great detail and examples provided.</p> <ul style="list-style-type: none"> -Goal/habit to be cultivated -Action plan & implementation -Stage of change -Effort and motivation -Self-management skills -Overcoming barriers -Monitoring effort & progress -Overall success 	<p>Demonstrates an adequate to good understanding of behavior change process and cultivating new habits (plan, implement, reflect); most components addressed, but some not thoroughly</p> <ul style="list-style-type: none"> -Goal/habit to be cultivated -Action plan & implementation -Stage of change -Effort and motivation -Self-management skills -Overcoming barriers -Monitoring effort & progress -Overall success 	<p>Demonstrates minimal understanding of the behavior change process and cultivating new habits (plan, implement, reflect); some components not addressed.</p> <ul style="list-style-type: none"> -Goal/habit to be cultivated -Action plan & implementation -Stage of change -Effort and motivation -Self-management skills -Overcoming barriers -Monitoring effort & progress -Overall success
	4-5 pts	2-3 pts	0-1 pts
Monitoring effort and progress	<p>-Includes artifact/evidence of tracking/monitoring effort and progress demonstrating careful tracking throughout process</p>	<p>Includes artifact/evidence of tracking/monitoring effort and progress demonstrating average tracking throughout process</p>	<p>Includes artifact/evidence of tracking/monitoring effort and progress demonstrating lack of effort in tracking throughout process OR does not include evidence</p>
Connection reflection	<p>Connects to personal experience/learning; Comments on changes and/or growth in thinking and understanding</p>	<p>Makes some connection to personal experience/ learning; Changes/Growth in thinking/ understanding</p>	<p>Makes little connection to personal experience/ learning; Changes/Growth in thinking/ understanding</p>