

 <b>Skyline College</b>	<p>Fall 2022</p> <p><b>LIFELONG WELLNESS ISLO AND RUBRIC</b></p> <p>Office of Planning, Research, and Institutional Effectiveness</p>	
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**STUDENTS WILL BE ABLE TO EMPLOY PRACTICES THAT FOSTER OVERALL WELL-BEING AND PERSONAL DEVELOPMENT.**

Lifelong wellness includes the ability to:

- **UNDERSTANDING PHYSICAL, MENTAL, AND/OR EMOTIONAL HEALTH:** demonstrate an understanding of how physical, mental and/or emotional health relate to lifelong wellness.
- **VALUING CREATIVE EXPRESSION:** demonstrate an understanding of how creative expression and artistic practice relate to self-discovery, personal development, self-advocacy, and emotional well-being.
- **EXHIBITING PERSONAL RESPONSIBILITY:** exhibit personal responsibility for identifying needs, determining resources, and accessing appropriate services to improve physical, mental and emotional health, and by extension, academic performance.
- **EMPLOYING A GROWTH MINDSET:** employ the growth mindset by embracing effort and acknowledging setbacks as a step toward proficiency, seeking out support, and negotiating challenges to gain experience and confidence.
- **PRACTICING INTELLECTUAL HABITS OF MIND:** practice intellectual habits of mind such as initiative, flexibility, intellectual curiosity, and an openness to diverse perspectives.

**SKYLINE COLLEGE LIFELONG WELLNESS ISLO RUBRIC**

Indicator	Exceeding	Meeting	Progressing	Emerging
<p align="center"><b>UNDERSTANDING PHYSICAL, MENTAL, AND/OR EMOTIONAL HEALTH</b></p>	<p>Student demonstrates a comprehensive understanding of how physical, mental, and/or emotional health impacts their well-being.</p>	<p>Student demonstrates understanding of how physical, mental, and/or emotional health impacts their well-being.</p>	<p>Student demonstrates a developing understanding of how physical, mental, and/or emotional health impacts their well-being.</p>	<p>Student demonstrates little to no understanding of how physical, mental, and/or emotional health impacts their well-being.</p>
<p align="center"><b>VALUING CREATIVE EXPRESSION</b></p>	<p>Student demonstrates a comprehensive understanding of how creative expression and artistic practice relate to self-discovery, personal development, self-advocacy, and/or emotional well-being.</p>	<p>Student demonstrates understanding of how creative expression and artistic practice relate to self-discovery, personal development, self-advocacy, and/or emotional well-being.</p>	<p>Student demonstrates a developing understanding of how creative expression and artistic practice relate to self-discovery, personal development, self-advocacy, and/or emotional well-being.</p>	<p>Student demonstrates little to no understanding of how creative expression and artistic practice relate to self-discovery, personal development, self-advocacy, and/or emotional well-being.</p>

<p><b>EXHIBITING PERSONAL RESPONSIBILITY</b></p>	<p>Student has a complex understanding of their own needs and utilizes the appropriate resources to foster physical, emotional, and/or mental wellness.</p>	<p>Student is mindful of their needs and is empowered to address those needs by utilizing the necessary resources, but may require some guidance or encouragement.</p>	<p>Student demonstrates a developing awareness of their needs and begins to demonstrate agency in addressing those needs.</p>	<p>Student lacks agency to address, or to develop awareness about, of their needs, and as a result, is unable to effectively address them.</p>
<p><b>EMPLOYING A GROWTH MINDSET</b></p>	<p>Student employs a growth mindset in pursuit of goals and negotiating challenges, while also demonstrating significant self-awareness about these strategies in practice.</p>	<p>Student employs a growth mindset in pursuit of goals and negotiating challenges.</p>	<p>Student recognizes the value of a growth mindset; however, demonstrations of such practices are inconsistent.</p>	<p>Student recognizes the value of a growth mindset, but there is little to no demonstration of these strategies in practice.</p>
<p><b>PRACTICING INTELLECTUAL HABITS OF MIND</b></p>	<p>Student clearly and consistently demonstrates habits of mind such as initiative, flexibility, intellectual curiosity, and openness to diverse perspectives.</p>	<p>Student demonstrates habits of mind such as initiative, flexibility, intellectual curiosity and openness to diverse perspectives.</p>	<p>Student recognizes the value of utilizing habits of mind; however, demonstrations of such practices are inconsistent.</p>	<p>Student recognizes the value of utilizing habits of mind, but there is little to no demonstration of these strategies in practice.</p>

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Last updated on March 14, 2023