

**Course Assessment Report
Washtenaw Community College**

Discipline	Course Number	Title
Yoga (new)	100	YOG 100 05/13/2024-De-stressing with Meditation
College	Division	Department
Health Sciences	Health Sciences	Health Science
Faculty Preparer		Mary Smyth
Date of Last Filed Assessment Report		

I. Review previous assessment reports submitted for this course and provide the following information.

1. Was this course previously assessed and if so, when?

No

2. Briefly describe the results of previous assessment report(s).

3.

4. Briefly describe the Action Plan/Intended Changes from the previous report(s), when and how changes were implemented.

5.

II. Assessment Results per Student Learning Outcome

Outcome 1: Identify and define introductory concepts of mindfulness, meditation, and breathing techniques for stress management.

- Assessment Plan
 - Assessment Tool: Outcome related-exam questions
 - Assessment Date: Winter 2027
 - Course section(s)/other population: All
 - Number students to be assessed: All
 - How the assessment will be scored: Answer key

- Standard of success to be used for this assessment: 70% of students will score 70% or higher on the outcome-related questions.
- Who will score and analyze the data: Departmental faculty

1. Indicate the Semester(s) and year(s) assessment data were collected for this report.

Fall (indicate years below)	Winter (indicate years below)	SP/SU (indicate years below)
	2024	

2. Provide assessment sample size data in the table below.

# of students enrolled	# of students assessed
43	35

3. If the number of students assessed differs from the number of students enrolled, please explain why all enrolled students were not assessed, e.g. absence, withdrawal, or did not complete activity.

One user listed in grade center is actually myself/instructor, listed as instructor/preview user, therefore this user is not included in the assessment. Seven students were non-participants (zeros) in the assessment tool.

4. Describe how students from all populations (day students on campus, DL, MM, evening, extension center sites, etc.) were included in the assessment based on your selection criteria.

All populations were included in this assessment, three sections total, two of which are virtual, one of which is on-campus. Two of the sections were late start (one virtual & one on-campus).

5. Describe the process used to assess this outcome. Include a brief description of this tool and how it was scored.

This assessment is a 10-question test (with multiple choice, short answer, and matching questions). The process for assessing this outcome was done through Blackboard's "create report" function found under Grade Center > tests > Create Report to create reports of student's test scores. I then listed the grades in Excel/Google Sheets (changed last name to student 1, 2, 3, etc) and added totals. There are sheets for each one of the sections as well as a combined sheet of all students assessed. Counted all students whose assignment totals were 70% or higher and divided against the total number of students assessed.

6. Briefly describe assessment results based on data collected for this outcome and tool during the course assessment. Discuss the extent to which students achieved this

learning outcome and indicate whether the standard of success was met for this outcome and tool.

Met Standard of Success: <u>Yes</u>
94.3% of students scored 70% or higher. The standard of success was met for this outcome.

7. Based on your interpretation of the assessment results, describe the areas of strength in student achievement of this learning outcome.

The areas of strength for this learning outcome in terms of student achievement were in identifying, defining, and demonstrating an understanding of standalone concepts related to the course topics: Mindfulness, Meditation, Yoga, and Nervous System Regulation. Beyond the scope of the assessment, 76% of students (including the zeros/non-participants) scored 80% or higher, so the learning outcome was met.
--

8. Based on your analysis of student performance, discuss the areas in which student achievement of this learning outcome could be improved. If student met standard of success, you may wish to identify your plans for continuous improvement.

The standard of success was met, however based on test & assessment results an improvement could still be made. Even in higher performing students' test results, there were a few select test questions that tended to be answered incorrectly more frequently than other questions. Improvement could be made by editing these questions (details in action plan).
--

Outcome 2: Practice mindfulness, meditation, and gentle yoga techniques at the beginner level and document experiences related to stress management and nervous system regulation.

- Assessment Plan
 - Assessment Tool: Outcome-related journal entries
 - Assessment Date: Winter 2027
 - Course section(s)/other population: All
 - Number students to be assessed: All
 - How the assessment will be scored: Departmentally-developed rubrics
 - Standard of success to be used for this assessment: 70% of students will score 75% or higher.
 - Who will score and analyze the data: Departmental faculty

1. Indicate the Semester(s) and year(s) assessment data were collected for this report.

Fall (indicate years below)	Winter (indicate years below)	SP/SU (indicate years below)
	2024	

2. Provide assessment sample size data in the table below.

# of students enrolled	# of students assessed
43	39

3. If the number of students assessed differs from the number of students enrolled, please explain why all enrolled students were not assessed, e.g. absence, withdrawal, or did not complete activity.

One person in grade center is me, listed as instructor/preview user. Three students were non-participants (zeros) and were removed.

4. Describe how students from all populations (day students on campus, DL, MM, evening, extension center sites, etc.) were included in the assessment based on your selection criteria.

Three sections were assessed, two virtual evening sections (one of which is a late start) and one daytime on campus section (also late start).

5. Describe the process used to assess this outcome. Include a brief description of this tool and how it was scored.

This assessment is a weekly journal reflecting on the practices of yoga, mindfulness, meditation. Used Blackboard "create report" function found under Grade Center > Assignments > Create Report to create reports of students' list of journal entries & their respective grades. I then listed the grades in Excel/Google Sheets (changed last name to student 1, 2, 3, etc) and added totals. There are sheets for each section as well as a combined sheet of all students assessed. Note: two sections were late-start sections and therefore only had five assignments totaling 100 points, whereas the full length 15-week section had 10 assignments totaling 100 points. Counted all students whose assignment totals were 75% or higher and divided against the total number of students assessed.

6. Briefly describe assessment results based on data collected for this outcome and tool during the course assessment. Discuss the extent to which students achieved this learning outcome and indicate whether the standard of success was met for this outcome and tool.

Met Standard of Success: Yes
84.6% of students scored 75% or higher; the standard of success was met.

7. Based on your interpretation of the assessment results, describe the areas of strength in student achievement of this learning outcome.

Areas of strength in student achievement for this learning outcome is seen in the consistency of students who completed the weekly practice and reflection assignments. Beyond the scope of the assessment, 76% of students (including the zeros/non-participants) scored 100% on the total practice and reflect assignments related to this learning outcome.

8. Based on your analysis of student performance, discuss the areas in which student achievement of this learning outcome could be improved. If student met standard of success, you may wish to identify your plans for continuous improvement.

This learning outcome could be improved by both improving/editing some of the reflection prompts as well as adding a few more reflection prompts (details in action plan).

III. Course Summary and Intended Changes Based on Assessment Results

1. Based on the previous report's Intended Change(s) identified in Section I above, please discuss how effective the changes were in improving student learning.

N/A.

2. Describe your overall impression of how this course is meeting the needs of students. Did the assessment process bring to light anything about student achievement of learning outcomes that surprised you?

This course is meeting the needs of students. I can see first-hand from student responses and feedback on both the test, assignments and surveys that this course is helping students learn about themselves and build their resiliency towards stress management. Officially speaking, the standard of success was met for both learning outcomes. I was surprised that those percentages were so low, however I have found that students who participate in the course in general as well as the assessment tools tend to score 80% or higher, while students who score lower are more likely to be non-participants, which affects the overall assessment results.

3. Describe when and how this information, including the action plan, was or will be shared with Departmental Faculty.

The improvement action plan will be shared at the next faculty meeting.

4. Intended Change(s)

Intended Change	Description of the change	Rationale	Implementation Date
Assessment Tool	<p>This course has weekly practice & reflection assignments. The changes to be made will be editing/improving some of the guiding prompts for the home practice reflections as well as adding a few more questions/prompts that students may use to guide their reflections.</p>	<p>Improving the guided prompts will give students a greater opportunity for self-reflection and integration of course concepts.</p>	2024
Assessment Tool	<p>Editing questions 5 & 6 from the test to make them clearer, simplified, and less confusing/tricky as well as changing these questions to short answer instead of multiple choice (select all that apply), and removing question 9 and replacing it with a new short answer question:</p> <p>NEW/EDITED QUESTIONS:</p> <p>Improved Test Question 5 with: According to the 8-limbed path of yoga, what are the first 2 phases (or components) that</p>	<p>The original test questions were often answered incorrectly and proved to be rather confusing. These new questions will be an improvement of the test.</p>	2024

	<p>lead towards the state of <i>meditation</i>? (answers: withdrawal of the senses, concentration)</p> <p>Improved Test Question 6 with: What are the 3 components of <i>mindfulness</i>? (Answers: intention: attention, attitude).</p> <p>New Test Question to replace Question 9: short answer: This semester we explored different tools & practices to observe, understand, and manage our resiliency to stress. What have you learned about yourself regarding your relationship to stress and stress management?</p>		
--	---	--	--

5. Is there anything that you would like to mention that was not already captured?

6.

III. Attached Files

[YOG 100 Data](#)

Faculty/Preparer: Mary Smyth **Date:** 06/05/2024
Department Chair: Rene Stark **Date:** 06/10/2024
Dean: Shari Lambert **Date:** 06/19/2024
Assessment Committee Chair: Jessica Hale **Date:** 03/11/2025