

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_

<b>Rubric: UWSP GEP Wellness Common Rubric</b>	<b>Beginning Not meeting GEP expectations</b>	<b>Developing Not meeting GEP expectations</b>	<b>Proficient Meeting GEP expectations</b>	<b>Exemplary Meeting GEP expectations</b>
<b>Wellness Self-Assessment</b> <i>Assessing one's own wellness in each of the seven dimensions of wellness. [LO1]</i>	Incorporates a few dimensions of wellness in their self-assessment.	Incorporates several dimensions of wellness in their self-assessment, lacking in depth or/and insight.	Explicitly incorporates all seven dimensions of wellness in their self-assessment.	Explicitly and effectively incorporates all seven dimensions of wellness in their self-assessment.
<b>Wellness Impact</b> <i>Explaining how the dimensions of wellness and the interactions among them impact one's overall personal health and well-being. [LO1]</i>	Little explanation of what changes and/or growth in wellness are based on connections to personal experiences and learning.	Explanation begins to demonstrate what changes and/or growth in wellness are based on connections to personal experiences and learning.	Explanation adequately demonstrates what changes and/or growth in wellness are based on some connections to personal experiences and learning.	Explanation demonstrates in detail and thoughtfully what changes and/or growth in wellness are based on connections to personal experiences and learning.
<b>Wellness Individual Plan</b> <i>Developing an individual plan for healthy living that demonstrates an understanding of the principles of wellness. [LO2]</i>	Plan demonstrates little understanding of the processes for making behavioral changes to cultivate new habits (plan, implement, and reflect). Few components are addressed.	Plan demonstrates adequate understanding of the processes for making behavioral changes to cultivate new habits (plan, implement, and reflect). Some of the components are addressed with examples.	Plan demonstrates understanding of the processes for making behavioral changes to cultivate new habits (plan, implement, and reflect). Most of the components are addressed in detail with examples.	Plan demonstrates in-depth understanding of the processes for making behavioral changes to cultivate new habits (plan, implement, and reflect). All components are addressed in detail and numerous examples are provided.

**General Comments:**