

Personal Wellness

Demonstrates an ability to interpret personal wellness information, make modification(s), develop personal wellness goal(s), and create a strategy for achieving personal wellness goal(s).

Student interprets personal wellness information in terms of one's own personal wellness and identifies the modification(s) needed to pursue personal wellness goals. Student describes making modification(s) for personal wellness and articulates a strategy for achieving personal wellness goal(s).

Decision-Making

Demonstrates logical, well-balanced ability to make social, personal, and interpersonal decisions.

Student describes social, personal, and interpersonal decision(s) that are logical and demonstrates balanced thinking of critical thinking and reflective thought. Student considers multiple options and consequences and gives thorough consideration for using the best option, given alternative option(s) and consequence(s).

Academic and Professional Goal-Setting

Describes personal, academic, and/or professional goal(s) and has developed a plan for achieving goal(s).

Student describes thoughtful, comprehensive personal, academic, and/or professional goal(s) that has a corresponding reasonable, thorough plan for achieving the goal(s).

Social and Interpersonal Development

Demonstrates the ability to appreciate and empathize with the needs, values, and perspectives of others in relation to self.

Student describes the complexity, and validity of the needs, values, and perspectives of others in relation to self. Student demonstrates deeper appreciation

Personal Identity

Describes one's self in terms of personal identity, aspects and intersections, and as a part of a larger community.



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PERSONAL DEVELOPMENT RUBRIC

DEFINITION

The Virginia Community College System defines a personally developed person as one who strives for physical well-being and emotional maturity. TCC graduates will demonstrate the ability to develop and/or refine personal wellness goals; and develop and/or enhance the knowledge, skills and understanding to make informed academic, social, personal, career, and interpersonal decisions.