

Three Approaches for Creating an Integrated Course Outline

The outcomes are the same in all three approaches, however, the methods of instruction, assignment, and evaluation/assessment differs.

Consider the following questions:

1. Do the CSLOs promote critical thinking? How could they be modified?
2. Which approach(s) shows alignment between the CSLOs, methods of instruction, assignment, and evaluation/assessment?
3. Which approach would be best for the Official Course Outline of Record?
4. Which approach would be best for a syllabus?
5. How could you embed an assessment into the Official Course Outline of Record that would then be used for all faculty teaching the course?
6. What improvements could be made with each approach?

Approach One

CSLOs	Methods of Instruction	Assignments	Evaluation/Assessment
<ol style="list-style-type: none"> 1. Explain the nature of stress and the stress response. 2. Observe and assess own patterns of stress and mindfulness. 3. Experiment with a variety of mind-body techniques to promote relaxation and mindfulness. 4. Develop and implement a plan of self care to promote health and well being. 	Lecture	<ol style="list-style-type: none"> 1. Read welcome note and first four chapters of text. 2. Complete self-assessment survey. 3. Review types of mind-body relaxation techniques. 4. Complete own wellness plan. 	1-4 Answer questions on a written test revealing how you have remembered the details of the session reading.

Approach Two

CSLOs	Methods of Instruction	Assignments	Evaluation/Assessment
<ol style="list-style-type: none"> 1. Explain the nature of stress and the stress response. 2. Observe and assess own patterns of stress and mindfulness. 3. Experiment with a variety of mind-body techniques to promote relaxation and mindfulness. 4. Develop and implement a plan of self care to promote health and well being. 	Lecture. Discussion. In-class experimentation with relaxation and mindfulness techniques.	<ol style="list-style-type: none"> 1. Read welcome note and assigned text. 2. Complete self-assessment surveys r/t patterns of stress and mindfulness. 3. Document reactions to relaxation and mindfulness techniques used outside of class through journaling 4. Complete own wellness plan using established criteria. 	<ol style="list-style-type: none"> 1. Written test of stress theory. 2. Completion of self-assessment surveys. 3. Completion of journal documenting reaction to weekly stress reducing relaxation and mindfulness techniques used regularly outside of class. 4. Satisfactory completion of wellness plan.

Approach Three

CSLOs	Methods of Instruction	Assignments	Evaluation/Assessment
<ol style="list-style-type: none"> 1. Explain the nature of stress and the stress response. 2. Observe and assess own patterns of stress and mindfulness. 3. Experiment with a variety of mind-body techniques to promote relaxation and mindfulness. 4. Develop and implement a plan of self care to promote health and well being. 	<p>Mini-lectures Discussion In-class self-assessment survey of signs & symptoms of stress and mindfulness. Experiential activities to try methods of stress reduction within class.</p>	<ol style="list-style-type: none"> 1. Read welcome note, assigned text and journals. Discussion in class r/t how the stress response manifests within and current methods used to promote relaxation and mindfulness. 2. Complete self-assessment survey r/t patterns of stress and mindfulness within class and a more comprehensive survey outside of class. 3. Experiment with techniques learned in class throughout the week. Maintains a daily journal to reflect on perceptions, experiences, and feelings related to own patterns of stress, relaxation and mindfulness. Answers weekly journal questions. For example: What old habits challenged your ability to try out and use the new relaxation techniques? What is the most valuable thing learned this week? How 	<ol style="list-style-type: none"> 1. Readings and theory evaluated through completion of other assignments. 2. Completion of in-class and out-of-class self-assessment surveys r/t patterns of stress relaxation, and mindfulness using an attitude of non-judgmental awareness. 3. Active participation in all class activities, including discussions and journaling about thoughts and feelings r/t the activities. Completes out-of-class journal following established guidelines (rubric). Completes an individualized list of 10 Daily Habits. 4. Completion of personal wellness plan following attached criteria (rubric).

		<p>has this week's work enriched your understanding of mindfulness and your ability to promote self care? Determine the technique(s) that work best for self and add them to your list of 10 personal "Daily Habits" used to promote well-being.</p> <p>4. Develop a personal health plan which focuses on self awareness, self care, mindfulness, and a healthy, relaxed well-being following guidelines established in attached rubric.</p>	
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