

Self Care Plan Rubric

Criteria	Excellent	Very Good	Good	Developing	Needs Improvement	No Marks	Points (110 points possible)
Clear and Detailed Maintenance Self-Care Plan	25 pts Self-care plan is sufficiently detailed. Self-care goals are clear and well defined.	20 pts Self-care plan is mostly sufficiently detailed. Self-care goals are clear and well defined	15 pts Self-care plan is mostly sufficiently detailed. Self-care goals are a bit unclear.	10 pts Self-care plan is not sufficiently detailed. Self-care goals are a bit unclear.	5 pts Self-care plan is not sufficiently detailed. Self-care goals are unclear.	0 pts	
Clear and Detailed Emergency Self-Care Plan	25 pts Self-care plan is sufficiently detailed. Self-care goals are clear and well defined.	20 pts Self-care plan is mostly sufficiently detailed. Self-care goals are clear and well defined	5 pts Self-care plan is mostly sufficiently detailed. Self-care goals are a bit unclear.	10 pts Self-care plan is not sufficiently detailed. Self-care goals are a bit unclear.	5 pts Self-care plan is not sufficiently detailed. Self-care goals are unclear.	0 pts	
Reflection	40 pts Excellent Thoughtfully reflects about	37 pts Very Good Thoughtfully reflects about	35 pts Good Reflects about the	30 pts Developing Briefly reflects about the	15 pts Needs Improvement	0 pts No Marks	

	the importance of self care in the human services profession. Thoroughly discusses the results of their assessments and plans for self-care in the future. Shows engagement with the course content.	the importance of self care in the human services profession. Sufficiently discusses the results of their assessments and plans for self-care in the future. Shows engagement with the course content.	importance of self care in the human services profession. Sufficiently discusses the results of their assessments and plans for self-care in the future. Shows some engagement with the course content.	importance of self care in the human services profession. Briefly discusses the results of their assessments and plans for self-care in the future. Shows some engagement with the course content.	Briefly reflects about the importance of self care in the human services profession. Fails to sufficiently discuss the results of their assessments and plans for self-care in the future. Shows very limited engagement with the course content.		
Self-Assessment of Strengths/Growth	20 pts Delivers a comprehensive and insightful self-assessment, showcasing a deep understanding of personal strengths and clear areas for growth	15 pts Offers a well-rounded self-assessment, identifying strengths and areas for growth with some depth and self-awareness		10 pts Provides a basic self-assessment with limited insight into personal strengths and areas for growth	5 pts Presents a minimal or inaccurate self-assessment of strengths and areas for growth	0 pts	

Criteria	Excellent	Very Good	Good	Needs Improvement	No Marks	Total Points (10 points possible)
Grammar and Organization	10 pts Excellent Paper is well organized, well written, and there are no grammar errors.	8 pts Very Good Paper is well organized, well written, and there are a few grammar errors.	6 pts Good Paper is lacks organization, has many grammar and style errors throughout.	2 pts Needs Improvement Paper lacks organization, has substantial and consistent grammar and style errors throughout.	0 pts	