Personal Wellness and Development Rubric

Glossary of Terms

Rationale:
This glossary of terms was created to enhance understanding of terms and help faculty/staff more effectively use the Personal Wellness and Development Rubric. A subcommittee was created to review terms and AAT reviewed and approved the glossary at the meeting on

Appropriate Self-Disclosure

Self-disclosure is a process of communication by which one person reveals information about himself or herself to another. The information can be descriptive or evaluative, and can include thoughts, feelings, aspirations, goals, failures, successes, fears, and dreams, as well as one's likes, dislikes, and favorites. Ignatius, Emmi; Marja Kokkonen (2007). “Factors contributing to verbal self-disclosure”. Nordic Psychology. 59 (4): 362–391.

Appropriate self-disclosure maintains boundaries to ensure that a sense of safety is created in the relationship. Self disclosure is a very personal event and should always be based on one’s own timetable.

Fixed Mindset
In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They're wrong. Dweck, C. S. (2000). Self theories: Their role in motivation, personality, and development. New York, NY: Taylor & Francis Group.

Growth Mindset
In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Dweck, C. S. (2000). Self theories: Their role in motivation, personality, and development. New York, NY: Taylor & Francis Group.

Personal Responsibility:
The ability of a person to maturely respond to the various challenges and circumstances of life. Brach. T. True Refuge. Bantam, 2013.

Self-Care
Self-care is the active and deliberate choice to engage in the activities that are required to gain or maintain an optimal level of overall health, including physical, psychological, emotional, social, and spiritual well-being. McCoy, M. *What is Self-Care.* https://www.moneycrashers.com/self-care-definition-tips-ideas/

**Self-Concept**