

Health Study Skills Unit 1 - Introduction To Health and Wellness

Day & Date	Due Today	In Class	Homework Assigned	Learning Objectives	
				Study Skill	Health Content
DAY 1 8/19 F		<input type="checkbox"/> Syllabus <input type="checkbox"/> Popsicle sticks <input type="checkbox"/> Teacher introduction <input type="checkbox"/> Schedule and Website <input type="checkbox"/> Icebreaker - Getting To Know Your Classmates <input type="checkbox"/> Video - Famous Failures	<input type="checkbox"/> Read through syllabus with a parent and both sign and return this document to your teacher <input type="checkbox"/> Read and sign opt out letter if applicable <input type="checkbox"/> Get a notebook and materials for class (these will be checked off next time)		
DAY 2 8/23 T	<input type="checkbox"/> Signed syllabus <input type="checkbox"/> Signed opt-out form if applicable <input type="checkbox"/> Notebook and materials	<input type="checkbox"/> Cornell Notes - What is Health? What is Wellness <input type="checkbox"/> Activity - Learning Styles <input type="checkbox"/> Goal Setting - AIM		<input type="checkbox"/> I know the Cornell Note format for taking notes <input type="checkbox"/> I will set a realistic goal for myself <input type="checkbox"/> Goal 1 - I will study using the learning style that works best for me which is...	1. I <u>know</u> the 6 dimensions of health and wellness 2. I <u>know</u> best practices for goal-setting 3. I <u>know</u> which learning style works best for me
DAY 3 8/25 Th	<input type="checkbox"/> Notebook and materials	<input type="checkbox"/> Seating Chart <input type="checkbox"/> Survey - How Healthy Are You <input type="checkbox"/> Behavior change contract <input type="checkbox"/> Cornell Notes - What Influences Your Health <input type="checkbox"/> Video - Health Literacy		<input type="checkbox"/> Communication skills activity	4. I can <u>identify</u> several personal factors that influence my health and <u>classify</u> them as modifiable or non-modifiable.
DAY 4 8/26 F		<input type="checkbox"/> Anonymous health survey - class profile <input type="checkbox"/> Activity - True Colors Personality Quiz <input type="checkbox"/> Practicing Communication Skills			
DAY 5 8/30 T		<input type="checkbox"/> Surfing for the latest health - A word on article and website credibility			5. I can <u>identify</u> the National Institute of Health, Center for Disease Control, & Food and Drug Administration as three important sources for biology research. 6. I can <u>list and describe</u> characteristics of credible resources and non-credible resources.