

DO NOT PRINT OFF THIS DOCUMENT

Health Binder Checklist

- ✓ Course materials are contained within a standard 3-ring binder; no binders with zippers, Velcro, binder covers, etc. please
- ✓ BioCollage is present in the outer window of the binder or in a page protector within the rings of the binder
- ✓ Table of Contents is present (provided)
- ✓ Six dividers *with tabs* are present (can be homemade, Mrs. Reed has a tab punch that may be borrowed); section dividers should be in the order denoted on the Table of Contents
- ✓ Papers are punched & secured in the rings of the binder, in their appropriate sections (see Table of Contents for details)
 - Repair papers with torn holes with tape and repunch
 - No papers inside pockets of binder and/or dividers
 - No papers/items from other courses in binder
 - Extra notebook paper goes in the Journal section
- ✓ Notes are present, completed and in numeric order by page number (like a book)
- ✓ All journal entries are present (in chronological order, earliest to most recent) and *thoroughly* completed

Journal Entry Guidelines:

- Journal entries constitute the bulk of your binder check score so make sure they're thoughtful, thorough and, well...present!
- Clearly head each journal entry by number (i.e. Journal Entry #3); it would be helpful to **highlight**, underline or **box** each journal entry header for ease of identification
- Write small (not to be confused with less) and use both sides of your paper to reduce paper consumption
- If you're absent or could not finish an entry in the time provided in class, all journal entry prompts can be found on the course website under "Course Files by Unit" and then "Miscellaneous Course Files"
- **NOTE: Journal entries will be kept confidential** *unless* language/illustrations suggest abuse of a student is occurring and/or a student is threatening to hurt them self and/or somebody else (teachers, administrator, coaches, etc. are *mandatory reporters* by law)

Journal Entry Prompts

Journal Entry #1: 16 Personalities

Assigned 2-3-20

Refer to the "16 Personalities Instructions" file under Course Files on the course website to complete this journal entry. The website you'll use for taking the personality test is:

<https://www.16personalities.com/free-personality-test>

Journal Entry #2

Assigned 2-3-20

Journal Entry #2a: Photo Analysis Activity

Instructions

- Study and discuss the photo given to your group. What do you see in the picture?
- Each member should make observations. Be as detailed as possible!
- Based on your observations, discuss as a group whether or not the individual in the photo is "healthy" or "unhealthy."
- Be prepared to share with the class your group's decision and your rationale for your decision.



Journal Entry #2b: Types of Health

- Organize/categorize the words from your envelope in a manner that makes sense to you and your group members.
 - If you don't agree with how words are ordered, stand up for your belief and argue why they should be arranged differently
 - Your group should be prepared to support your reasoning for why you organized the words the way you did.
- Once your group has agreed on how the words should be arranged, write them down in your journal as organized

Words to use are on the next page...



Journal Entry #3: "A Nation of Wimps"

Assigned 2-13-20

1. Create a table like the following in your journal...you'll take notes over your assigned reading sections in the square corresponding with your assigned number:

Journal Entry #3	
1.	2.
3.	4.

2. Read your assigned sections of "A Nation of Wimps" (article on website) as indicated below:
 - ▶ **One's:** Title section and "The Fragility Factor"
 - ▶ **Two's:** "Welcome to the Hothouse" and "Arrivederci, Playtime" and "The Eternal Umbilicus"
 - ▶ **Three's:** "From Scrutiny to Anxiety...and Beyond", "Endless Adolescence" and "Boom Boom Boomerang"
 - ▶ **Fours:** "Just Whose Shark Tank Is It Anyway?" and "Putting Worry in its Place"

JOURNAL ENTRY #4: A DAY AS A PARENT

- ▶ Read the **highlighted** scenario on the sheet provided
- ▶ Write a dialogue reflecting what you would hypothetically do/decide *as a parent* for this scenario using each of the six steps of the Decision-Making Model; actually write out each step of the model, followed by your dialogue (i.e. Step One- State the situation: "My daughter wants to get a tattoo...")

This entry has you practicing skills like *empathy* for parents/guardians, *communication*, *decision-making*, etc..

**"A Day as a Parent"**

(Adapted from Prentice Hall HEALTH: Skills of Wellness)

Introduction: For this entry, you will pretend to be a parent/guardian and make a decision (using the decision-making model; see your notes) a parent/guardian may have to make. Use the six steps of the decision-making model to come to a decision for the highlighted scenario, *justifying why* you made that decision. Practice *empathy* in thinking about and understanding how a parent/guardian might feel and respond to such a scenario. For the purposes of this activity there are no right or wrong answers, but you must realistically justify your decision as a parent/guardian might.

Scenario One—Your 15-year-old daughter wants to get a tattoo.

Scenario Two—Your 17-year-old son went to a party and came home at 3am. His curfew for the party was 1am.

Scenario Three—Your 16-year-old daughter has a boyfriend you do not care for. She wants to invite him to your family's cabin for the family outing this weekend.



Describe how your personality has come into play with your relationships:

- ▶ How do you see personality impacting your relationships?
- ▶ Can you recall a time when personalities "clashed"? Describe.
- ▶ How about a time when personalities seemed to work together? Describe.
- ▶ What personality traits do you see "getting along" and those who might have to work harder at understanding each other? Why?

Rate yourself on the following from 1 (never) to 5 (almost always):

1. Are you a patient listener?
2. Do you let people finish what they're trying to say before you speak?
3. Do you avoid interrupting, jumping to conclusions and finishing other people's sentences?
4. Do you reserve judgment until you have all the information?
5. Do you respect other opinions even if you disagree?
6. Are you careful to judge the message rather than the speaker?
7. Can you listen non-judgmentally even if you do not like or agree with the person who is speaking?
8. Do you stop what you're doing, ignore most distractions and give your full attention when listening? (*encouraging body language*)
9. Do you give the speaker appropriate eye contact, head nods and other non-verbals to indicate that you're listening, such as taking notes during meetings? (*encouraging body language*)
10. Do you question the person to clarify his/her ideas more fully? (*clarifying questions*)
11. Do you paraphrase what's said and ask if you got it right? (*reflective listening*)
12. Do you show concern by acknowledging the speaker's feelings? (sympathy and/or *empathy*)

Journal Entry #7: Practicing Assertiveness

Assigned 3-5-20

How assertive are you? Do you understand the difference between being assertive and being aggressive? Read the following questions and circle the answer that describes how you usually behave.

Scoring key: 0 = no/never; 1 = rarely; 2 = sometimes; 3 = usually; 4 = always

1. When you feel a person is being unfair, do you say anything?	0	1	2	3	4
2. Do you protest if someone cuts in front of you in line?	0	1	2	3	4
3. Can you say <i>no</i> to friends who ask you for something you do not want to give them?	0	1	2	3	4
4. If a friend has borrowed something from you and has not returned it, do you ask him or her about it?	0	1	2	3	4
5. Do you usually trust your own judgment?	0	1	2	3	4
6. Can you resist a salesperson who tries to sell you something you do not want?	0	1	2	3	4
7. If the person behind you at the movies keeps kicking the back of your chair, do you ask him or her to stop?	0	1	2	3	4
8. If your meal at a restaurant is not what you ordered, do you send it back?	0	1	2	3	4
9. If you find that something you bought is defective, do you return it?	0	1	2	3	4
10. Can you show love and affection openly?	0	1	2	3	4
11. If you are bothered by someone smoking near you, do you ask the smoker to stop?	0	1	2	3	4
12. Can you ask your friends to help you or do you a favor?	0	1	2	3	4
13. When you disagree with a friend, do you express your opinion?	0	1	2	3	4
14. Do you ask questions you are afraid might sound stupid?	0	1	2	3	4
15. Can you make decisions easily?	0	1	2	3	4
16. Do you speak up in group discussions?	0	1	2	3	4
17. Do you lose your temper easily?	0	1	2	3	4
18. Do you finish other people's sentences for them?	0	1	2	3	4
19. Do you step in and take over when someone is having trouble doing something?	0	1	2	3	4
20. Do you find it hard to compliment someone?	0	1	2	3	4

Journal Entry #8: Conflict Questionnaire

Assigned 3-6-20

- Select A or B for each of the 30 situations on the *questionnaire* (provided on the next couple of pages). Write your responses in your journal.

- Use the score sheet to determine how many responses you have for the five conflict styles: Competing, Collaborating, Compromising, Avoiding and Accommodating.
- Read about your most prominent conflict style(s) using the "Conflict Styles—Explanation of Styles and Methods" handout (pick one up in class from the Health crate).

This questionnaire is designed to assess your behavior in conflict situations where a situation arises and at least two people appear to be incompatible. Please answer as honestly as possible!



- A. There are times when I let others take responsibility for solving the problem.

B. Rather than negotiate the things on which we disagree, I try to stress upon things upon which we both agree.
- A. I try to find a compromise situation.

B. I attempt to deal with all of his/her and my concerns.
- A. I am usually firm in pursuing my goals.

B. I might try to soothe the other's feelings and preserve our relationship.
- A. I try to find a compromise solution.

B. I sometimes sacrifice my own wishes for the wishes of another person.
- A. I consistently seek the other's help in working out a solution.

B. I try to do what is necessary to avoid useless tensions.
- A. I try to avoid creating unpleasantness for myself.

B. I try to win my position.
- A. I try to postpone the issue until I have had some time to think it over.

B. I give up some points in exchange for others.
- A. I am usually firm in pursuing my goals.

B. I attempt to get all concerns and issues immediately out in the open.
- A. I feel that differences are not always worth worrying about.

B. I make some effort to get my way.
- A. I am firm in pursuing my goals.

B. I try to find a compromise solution.
- A. I attempt to get all concerns and issues immediately out in the open.

B. I might try to soothe the other's feelings and preserve our relationship.
- A. I sometimes avoid taking positions which would create controversy.

B. I will let the other person have some of his/her positions if they let me have some of mine.
- A. I promise a middle ground.

B. I press to get my point made.
- A. I will tell the other person my ideas and ask for theirs.

B. I try to show the other person the logic and benefits of my position.

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15. A. I might try to soothe the other person's feelings and preserve our relationship.
B. I try to do what is necessary to avoid tensions.
16. A. I try not to hurt other's feelings.
B. I try to convince the other person of the merits of my position.
17. A. I am usually firm in pursuing my goals.
B. I try to do what is necessary to avoid useless tensions.
18. A. If it makes other people happy, I might let them maintain their views.
B. I will let other people have some of their positions if they let me have some of mine.
19. A. I attempt to get all concerns and issues immediately out in the open.
B. I try to postpone the issues until I have had some time to think it over.
20. A. I attempt to immediately work through our differences.
B. I try to find a fair combination of gains and losses for both of us.
21. A. In negotiations, I try to be considerate of the other person's wishes.
B. I always lean toward a direct discussion of the problem.
22. A. I try to find a position that is intermediate between his/hers and mine.
B. I assert my wishes.
23. A. I am very often concerned with satisfying all of our wishes.
B. There are times when I let others take responsibility for solving the problem.
24. A. I try to meet the wishes of others when it is important to them.
B. I try to get the other person to settle for a compromise.
25. A. I try to show the other person the logic and benefits of my position.
B. In negotiations, I try to be considerate of the other person's wishes.
26. A. I propose a middle ground.
B. I am nearly always concerned with satisfying all our wishes.
27. A. I sometimes avoid taking positions that would create controversy.
B. If it makes other people happy, I might let them maintain their views.
28. A. I am usually firm in pursuing my goals.
B. I usually seek the other's help in working out a solution.
29. A. I propose a middle ground.
B. I feel that difference are not always worth worrying about.
30. A. I try not to hurt other's feelings.
B. I always share a problem with the other person so that we can work it out.

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Score sheet on next page...

SCORING THE QUESTIONNAIRE

Circle the letters below which correspond with the answers you chose on the previous page.

Total the numbers in the columns and record your answer. Each response is worth one point.

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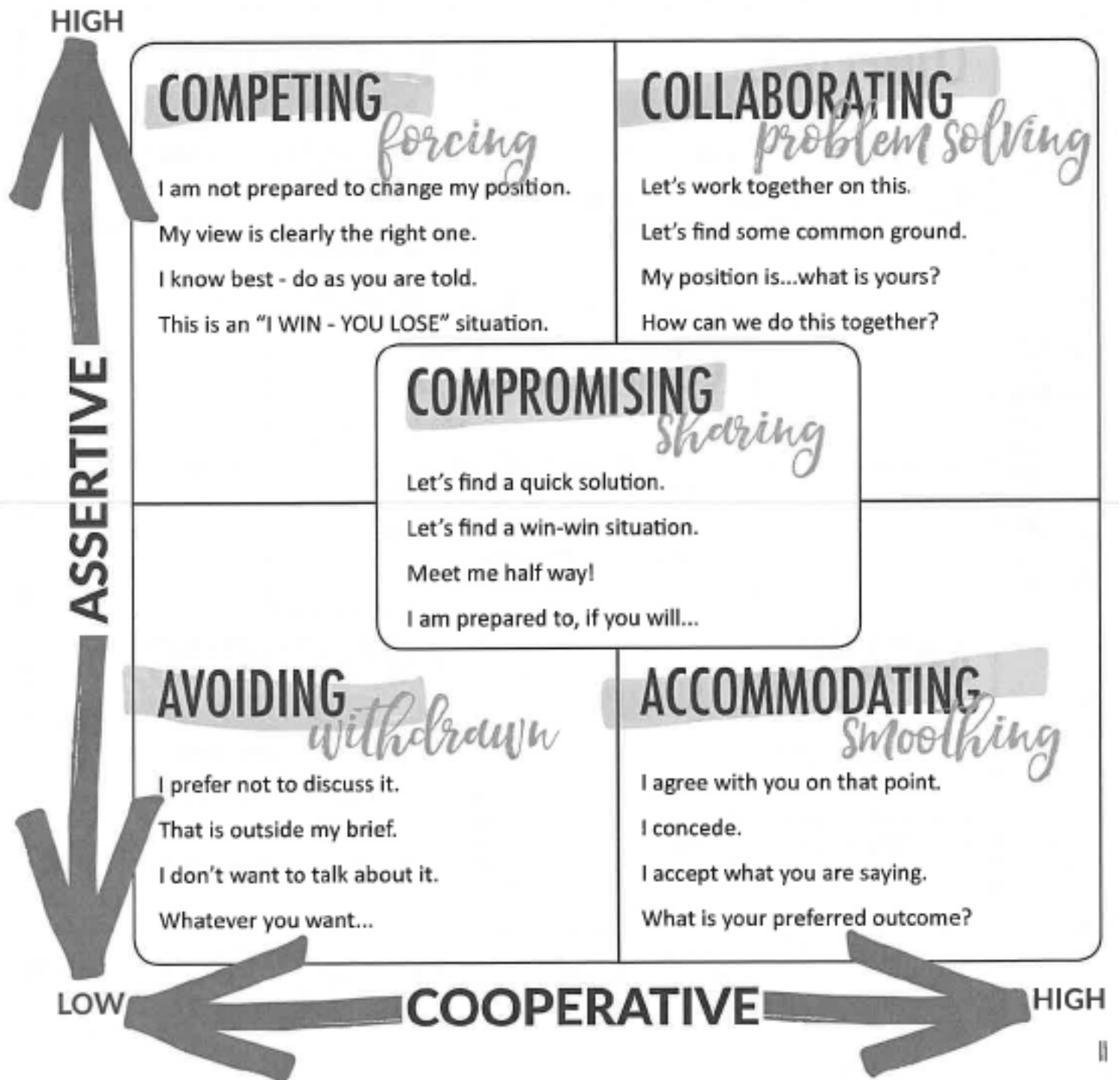


1.				A	B
2.		B	A		
3.	A				B
4.			A		B
5.		A		B	
6.	B			A	
7.			B	A	
8.	A	B			
9.	B			A	
10.	A		B		
11.		A			B
12.			B	A	
13.	B		A		
14.	B	A			
15.				B	A
16.	B				A
17.	A			B	
18.			B		A
19.		A		B	
20.		A	B		
21.		B			A
22.	B		A		
23.		A		B	
24.			B		A
25.	A				B
26.		B	A		
27.				A	B
28.	A	B			
29.			A	B	
30.		B			A
	COMPETING	COLLABORATING	COMPROMISING	AVOIDING	ACCOMMODATING
total:					

Explanation of Styles and Methods

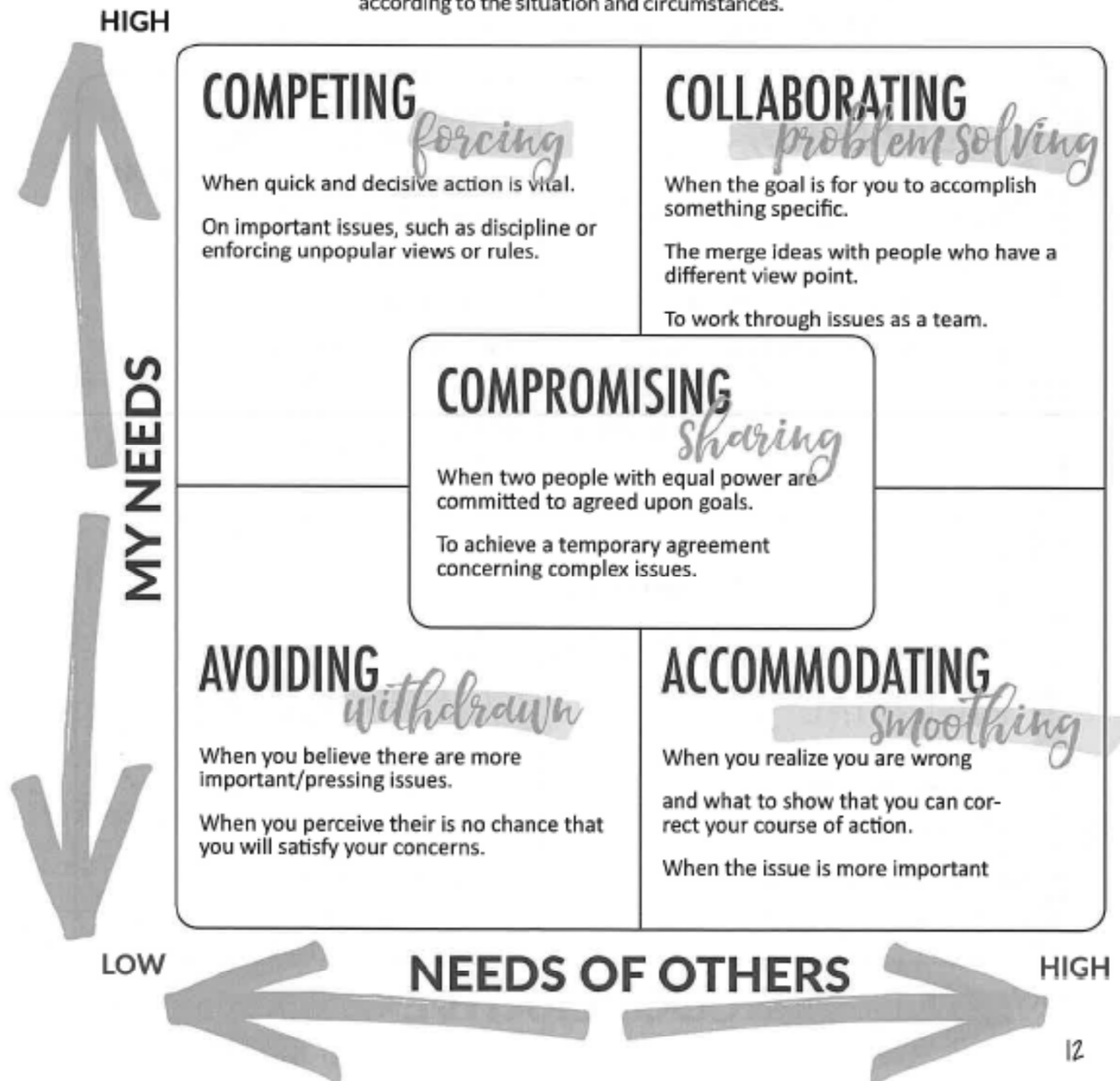
ASSERTIVENESS: The extent to which you attempt to satisfy your own concerns.

COOPERATIVE: The extent to which you attempt to satisfy the other person's concerns.



Appropriate Use of Each Conflict Style

Each one of the five modes have their own strengths and weaknesses, depending on the specific conflict situation. In order to maximize your ability to manage conflict, it is important to know how to adapt your style according to the situation and circumstances.



Journal Entry #9: