**“True to You” Project**

Project Outline & Criteria

**Introduction**

There is no subject more fundamental to our well-being and survival than health. When students leave Skyline and enter the “real world”, it seems logical they should be equipped with the tools necessary to maintain good health throughout their life time. Often, the best way of learning is by doing. That is where the “True to You” Project comes into play! This project has students “look in the mirror” to identify deficits in their physical, mental/emotional, spiritual and/or social health to improve upon. Your finalized project is **due** Thursday, June 06, 2019, no exceptions, and is worth 100pts total (20% of overall course grade).

**General Project Guidelines**

1. Students will set goals for TWO of the following health categories: Spiritual Health\* and Physical Health, Mental/Emotional Health or Social Health.

\*Spiritual Health is *required for all students*. You will choose one goal from the remaining categories for a total of 2 goals.

1. Project grade is not dependent on the degree of improvement in each category of health, but rather, the genuine effort and time spent attempting to improve one’s health and the documentation/records/evidence of said effort.
2. The progression for meeting the requirements of each goal should generally follow these steps:

***Prep Work***

**Step One**—Reflect on and identify potential health “deficits” you may have in a health category.

* What needs improving?
* What do you want to change and why?
* What could the repercussions be if you don’t make a change?

**Step Two**—Using the “True to You” Goal Worksheet and the SMARTER goal article provided in class, write three thorough goals for your physical, mental/emotional and social health. While you will only be using one of the three goals for your project, all three should be completed so the other two may act as “backups” should you find you’re not capable of completing you chosen goal.

**Step Three**—Gather resources and do some research on how to go about working towards your goal.

* Resources may include textbooks, teachers, medical professionals, websites, etc.
* Get a feel for what it is going to take to work on your health goal.
* Brainstorm who you think would make good mentors to support you through your project…best to identify them ASAP so they can help you with Step 5!
* Ask mentors how *they* might approach achieving your goal.

**Step Four**—Establish a timeframe for your project using the Planning Calendar.

* Having an idea of what you’d like to accomplish by when will help hold you accountable to completing your project.
* Try to foresee things that might act as hurdles to you completing your project thoroughly and on time.
* Your Planning Calendar may also work as a convenient means of recording some of your measures until you can put your data in a formal document.

**Step Five**—Complete a Project Planning Worksheet for each of your goals.

* You need a “map” of what you’re going to do…that’s what the planning worksheets are!
* Use the information gathered in Steps 3 and 4 to help you complete the planning worksheets.
* It’s okay if you need to make changes later!
* Ask your mentor to review your plan so that they may offer suggestions and sign off on your plan.
* Each Planning Worksheet has a unique due date, so check your Planning Calendar/website for details.

**Step Six**—Provide your mentors with a Mentor Evaluation Form so they are aware of what they’ll be evaluating you on at the conclusion of your work.

* On the back of the Mentor Form you will find guidelines for mentors should you and/or your mentor be confused about how mentors may assist with your project; mentor guidelines are also provided below.
* Only mentors should write on/complete the evaluation forms; mentor signatures should match those on planning worksheets.

***Take Action!***

**Step Seven**—Conduct a pre-assessment.

* Before you can see how far you’ve come, you have got to know where you’re starting!
* In your Planning Worksheet you should have identified some “measures” that could reflect your state of health in a given category. To determine your “starting point” or “baseline”, you will need to assess these measures *before* changing/modifying your behavior(s).
* The average of 7 days’ worth of data for each measure will constitute your pre-assessment or “baseline”.

**Step Eight**—Now, implement the changes you need to, to achieve your goal!

* Changes in behavior should be maintained for a *minimum* of 30 days.
* Collect data as you go and don’t forget NUMEROUS pictures of you working towards your goals are required.

**Step Nine**—After a minimum of 30 days working towards your goal, conduct a post-assessment.

* Perform your post-assessment measures exactly as you did your pre-assessment measures…do them at the same time of day with the same person (if you needed assistance) in the same clothes and so on. This will allow for better congruence between your pre- and post- assessment data by eliminating variables.
* The average of 7 days’ worth of data for each measure will constitute your post-assessment.

***Analysis and Conclusion***

**Step Ten**—Review your results and evidence with your mentor and collect their evaluation of your work.

* Politely remind your mentors to complete the Mentor Evaluation Form and ask they review it with you; their input and feedback may be of benefit in completing Step 11.
* Share with them the evidence you have put together and what you have accomplished!

**Step Eleven**—Complete a Reflection Form for each goal.

* Reflect deeply on your performance and results. Dialogue your thoughts and learnings through this document.
* Use the evidence you have collected to support your reflections.

**Step Twelve**—Finally, put it all together!

* Complete any remaining paperwork and place your documents in the order outlined above and/or on the score guide.
* Projects should NOT be contained in a binder or page projectors, but simply clipped together in the upper left hand corner (clips will be provided if you do not have one). Please do not staple any pages either.
* Don’t forget to submit your completed project no later than **June 6th.** No exceptions are made for late projects (including excused absences) and it is exempt from the use of Universal Passes.