

Health - Choice Topic

Point of the Assignment: 1) To chose a topic to explore based on your individual needs.

As individuals with different personalities, values, concerns, and prior health management coping skills, you will likely have different needs regarding developing new tips for managing your health concerns.

Identify what health topics of concern that are relevant to your life right now _____

Why is this an issue for you right now? _____

For this assignment, you are going to choose to focus your learning efforts on one of the “mini” topics covered in the book that is tailored to your specific needs. You are expected to choose a topic that is, for the most part, unfamiliar or new to you. For example, if you are already very fit and exercise conscious, then the section on exercise may not be very helpful to you. (Item 4). The point is that **you** will decide what will be most beneficial to your needs. Choose one topic from the following list. (*You may, of course, choose to do more than one if you feel the need ☺*):

1. Surrender (p. 322)
2. Choose Your Fuel (p. 324)
3. Choose Your Exercise (p. 325)
4. Choose Emotional Health (P. 326)
5. Choose to Rest (p. 327-328)
6. Developing a Strong Self-Image (p. 329-330)
7. Asking for Help (p. 331)
8. Suicide is No Solution (p. 332)
9. Choose to Stay Safe (p. 333)
10. Choose Sexual Health (p. 334-337)
11. Alcohol, Tobacco, and Drugs & Addictions (p. 339 – 343)

Once you have decided which topic you are going to focus on, read that section and answer the following questions.

Topic Name: _____

List the main points of this topic:

1. _____
2. _____
3. _____
4. _____

List some ideas that are new to you:

1. _____

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2. _____
3. _____
4. _____

List some ideas listed in the book that you can realistically incorporate into your life.

1. _____
2. _____
3. _____
4. _____

Utilize resources for addressing health issues: - Research topic(s) of interest to you and identify some helpful information provided from any combination of the following resources.

Topic to research further: _____

- Mt. SAC – Wellness Center - <http://www.mtsac.edu/wellness/>
- Mt. SAC – Student Health Center - <http://www.mtsac.edu/students/healthcenter/>
- Resources provided by these centers:
 - Upcoming activities - <http://www.mtsac.edu/students/healthcenter/events/Spring%202013%20-%20Thrive%20in%20College%20Flyer%20pdf%20format.pdf><http://www.mtsac.edu/students/healthcenter/events/Spring%202013%20-%20Thrive%20in%20College%20Flyer%20pdf%20format.pdf>
 - Get Ahead – (health information) <http://www.mtsac.edu/students/healthcenter/getahead/index.html>
- Your health insurance provider (*if you have health insurance*) – check their website to see what kind of health information they have available to you.
- Health and Fitness information from the federal government: <http://www.letsmove.gov/>
- Health Fitness information from the state of California – “Take Charge of Your Health” http://www.takechargeca.ca.gov/campaigns/health_main.shtml

1. _____
2. _____
3. _____
4. _____

Set some goals for how you will include this information

1. _____

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2. _____
3. _____

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*
