

SOUTHERN CONNECTICUT STATE UNIVERSITY
DEPARTMENT OF PUBLIC HEALTH

PCH 201: Wellness Fall 2019

Section 1: Tuesdays - Thursdays: 8:10 – 9:25 AM
(Room: Morrill 011)

Section 2: Tuesdays - Thursdays: 9:35 – 10:50 AM
(Room: Morrill 011)

Instructor: Betty C. Jung, M.P.H., R.N., M.C.H.E.S.®
E-mail: bcjungscsu@yahoo.com; & “E-mail Me Anytime” link (Always include your Section # and Name in the subject line, and what the E-mail is about)
Office Hours: Before or after class, by appointment

REQUIRED TEXT/MATERIALS

- Insel, Paul M., Roth, Walton T. & Insel, Claire E. (2020). **Connect Core Concepts In Health Brief 16th Edition (Loose Leaf Version)** McGraw Hill Companies Inc. (ISBN 978-1-260-07409-3)
- **Information Literacy Guide for Tier 2 Courses** <https://libguides.southernct.edu/tier2>
- National Institutes of Health (2011). **How To Evaluate Health Information on the Internet: Questions and Answer** [https://ods.od.nih.gov/Health Information/How To Evaluate Health Information on the Internet Questions and Answers.aspx](https://ods.od.nih.gov/Health%20Information/How%20To%20Evaluate%20Health%20Information%20on%20the%20Internet%20Questions%20and%20Answers.aspx)
- Medical Library Association (2018). **For Health Consumers and Patients, Finding Good Health Information** <https://www.mlanet.org/resources/userguide.html>
- **Evaluating Web sites: Criteria and Tools** http://guides.library.cornell.edu/evaluating_Web_pages
- **Online syllabus:** <https://www.bettyjung.net/Pch201F19.htm>

Course Internet Resource: <https://www.bettyjung.net/Pch201index.htm>

Course-related Web pages: Blackboard Learn

Bibliography: <https://www.bettyjung.net/Wellness.htm>

COURSE DESCRIPTION & OBJECTIVES

STUDENT LEARNING OBJECTIVES

As a “Mind-Body” LEP course (3 Credits), PCH 201 will facilitate the students’ understanding of various conceptions of self and awareness of the self as a developing entity for the purpose of enriching the students’ appreciation of their own personal identity and helping them make effective and meaningful decisions about their lives.

Students will be able to:

- A. Conceptualizations of the Self
1. describe the self as an integrated being with an internal environment comprised of physical, intellectual, emotional and moral dimensions.
 2. describe the self as an integrated being with an external environment comprised of physical and social environments.
 3. describe the self as an adaptive/coping/evolving being that responds to situational conditions presented by its internal and external environments.
 4. explain the behavior, purpose and well-being of the self as emergent, dynamic properties with complex personal-environmental etiologies.
- B. Growth
1. explain the importance of the physical, intellectual, emotional and moral dimensions of self to individual decision-making, behavior, development and well-being.
 2. explain the importance of physical and social external environments to personal decision-making, behavior, development and well-being.

3. explain the process of co-evolution and its importance to self, relationships, humanity and environmental sustainability.
- C. Mind-Body Connection
1. explain the integrated nature of human biology and psychology and the importance of the relationship to the well-being of the self.
 2. explain the inseparable nature of a human and his/her ecological context and the importance of the environment to the well-being of the self.
- D. Focus
1. explain the self as a complex evolving system within entangled complex evolving supra-systems as contrasted against a complicated determinate system.
 2. identify decisions, behaviors and lifestyles favorable to the advancement and protection of the well-being of the self.

See Professor Jung's LEP/DPH Tier 2 Option Statement about how this course meets the University's Tier 2 requirements: <https://www.bettyjung.net/201/BettyjungLEPdocumentation.pdf>

“Know thyself. (Gnothi seauton)” - Delphic Oracle, Solon of Athens (Bartleby.com)

MODES OF INSTRUCTION

Lectures, health videos, Q&A, online tutorials, syllabus/handbook quiz, worksheets, writing assignments, study guides, guest speakers, Twitter briefs, individual presentations, structured classroom discussions.

ACADEMIC PROTOCOL AND INSTRUCTOR EXPECTATIONS

ACADEMIC HONESTY STATEMENT The University's Student Handbook recognizes academic honesty as “the cornerstone of higher education.” Anyone found cheating (on exams and papers, which means plagiarism) will receive an **F** for the course, according to University policy and this is also your instructor's policy.

ACADEMIC STANDARD/MAJORS STATEMENT To become and remain public health major, students must have the declaration paperwork approved by the Undergraduate Coordinator and have the required GPA (2.5 for those enrolled in the University prior to Fall 2016 and 2.75, for those who enrolled Fall 2016). Students must have the required GPA (or higher) in order to receive a Bachelor of Science in Public Health at the time of graduation. For registration, only declared public health majors will receive a PIN from a public health faculty member; all non-majors must receive their PIN from Academic Advising or their current major.
NOTE: Only majors are permitted to enroll in PCH 345, 346 and 363. You will not be permitted to enroll (or remain) in the internship course (PCH 497) unless your G.P.A. meets this minimum standard at the beginning of the semester.

DISABILITY STATEMENT Southern Connecticut State University provides reasonable accommodations in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act, for students with documented disabilities on an individualized basis. If you are a student with a documented disability, the University's Disability Resource Center (DRC) can work with you to determine appropriate accommodations. Before you receive accommodations in this class, you will need to make an appointment with the Disability Resource Center located at EN C-105A. To discuss your approved accommodations with me or other concerns, such as medical emergencies or arrangements in case the building must be evacuated, please make an appointment to meet as soon as possible – preferably the first day of class.

SEXUAL HARASSMENT STATEMENT Southern Connecticut State University reaffirms and emphasizes its commitment to maintain a workplace and educational environment free from sexual harassment. Sexual harassment is reprehensible and subverts the mission of the university and will not be tolerated at Southern Connecticut State University. It threatens the careers of faculty and staff, and the educational experience of our students. The purpose of this policy is to prevent sexual harassment and to offer students and employees who believe they have been sexually harassed a means to redress any such claim with the goal of ending the harassment and providing an environment conducive to learning and working. Retaliation against an individual

who complains about sexual harassment or who cooperates with an investigation of a complaint is unlawful and, if found to have occurred, will not be tolerated by the University.

STUDY HOURS The Federal Regulation 75 FR 66832 published on October 29, 2010, effective July 1, 2011, stipulates that for every hour of faculty instruction, there should be a minimum of two hours of out of class academic work each week. PCH 201 Wellness is a 3-credit hour LEP course and therefore you are expected to devote 6 hours each week, outside of class, on course requirements.

Component	Hours/Per Semester	Hours/Per Week
Fact Sheet	8	0.53
Health Diary	6	0.40
Health Literacy	4	0.44
Presentation	7	0.47
Read textbook	30	2.00
Studying for Tests	20	1.33
Worksheets	15	1.67
Total	90	6.00

All students are encouraged to consult with the instructor for clarification of course requirements and/or course-related concerns. **Download the F19tracker.xls to keep track of the points you are earning throughout the semester. Strive to get between 275-300 points before the Final Exam to earn the highest grade possible (240 points is passing). Chapter Study Guides you can annotate and/or to take notes with when you are reading the textbook and while in class. You can use your annotated study guides to study for exams. They are available at: <https://www.bettycjung.net/Pch201grids.htm>**

COURSE POLICIES

ELECTRONICS ALL electronic devices (cell phones, laptops, tablets, smartwatches, i-“anything”, etc.) that need to be recharged, texting, photographing or videotaping of any course materials are NOT allowed in class because these activities are disruptive and unethical. If I see you using your electronics, I will ask you to leave the class, and you will incur an absence for that class. If you need to be reached for an emergency, let me know, and you can keep your phone on vibrate and answer the call outside of class. Be considerate. Extra-credit is available when you shut off your electronics and leave them in the front of the class, on an assigned grid. An orderly departure procedure is set up so you can get your electronics back at the end of the class.

During exams, ALL cell phone (& electronic devices) must be left up front. Use of any electronic devices will automatically constitute cheating and a violation of the academic honesty policy.

ENVIRONMENTAL HYGIENE Please refrain from wearing fragrances or using scents as a courtesy to your classmates who have allergies.

MIDTERM GRADE Test 1, attendance, syllabus/handbook quiz, work sheet assignments and class participation to ~October 25, 2019 will determine your midterm grade.

COURSE REQUIREMENTS

All required assignments and exams must be completed, or assigned points will be deducted from your final course point total. For example, if you do not take Test 1, 50 points will be deducted from your final course point total. Penalty for late assignments is 10%-40% of total points earned. You MUST complete all required assignments.

Sign-up for assignments is on a first come, first served basis and should be completed by **August 29, 2019**. If you do not make a choice, I will assign you a topic and due date. **All writing assignments MUST be word-processed in MS Word format, using the templates provided, with your name and section. Worksheets, however, may be handwritten. All assignments with more than one page must be submitted stapled, with the grading grid attached for writing assignments (penalties apply). All templates and the Writing Assignments Handbook can be found on the Templates and Grids Page (<https://www.bettycjung.net/Pch201grids.htm>)**

COURSE ACTIVITIES (200 points)

Attendance Policy 27 points	Seats will be assigned and attendance will be taken. Perfect attendance will earn you 27 course points towards your final grade. Regular and punctual full class attendance is required (mandatory), as it will enhance your understanding of the assigned readings as well as allow you to participate in class discussions and activities. Regardless of whether or not you attend class you will still be required to learn the material for examinations given throughout the course and submit all required assignments. Tardiness and early departure, unless excused, will each count as a half-absence. Tardiness means not being in your seat when I am taking attendance. Early departure is when you leave before class is dismissed. Excused absences will be allowed only with appropriate documentation (e.g., verification by the Dean of Students). Door is locked after 10 minutes of start time. If I have to let you in, you will get only ¼ point for attendance.
Syllabus/Course Quiz 3 points	Complete the mandatory Syllabus quiz by September 10, 2019 . Any questions you may have about course requirements will be answered by completing this quiz, which covers the syllabus, Writing Assignments Handbook (that includes specific directions for the completion of all writing assignments) and campus safety information. Non-completion: MINUS 3 points
Homework 70 points; 15 worksheets	Complete 15 required worksheets (available online) in their entirety , for total of 70 points. Total points per worksheet vary between 4 to 6 points. https://www.bettycjung.net/Pch20grids.htm Print worksheet, complete by hand and submit in class on due date. Make sure you do all the math and any Internet activity the work sheet may require. Late worksheet penalty: 10%; Incomplete worksheet penalty: ½ worksheet points. Must be handed in on due date, the latest during the semester part they were assigned. Non-completion: MINUS 4-6 points for each worksheet not handed in. You can hand these in early if due dates are challenging to your schedule.

Required Papers (4)	Content (Use templates provided & read the Handbook for instructions)	Submissions; Twitter and E-mail
Fact Sheet 40 points 6 – 8 pages	Create a fact sheet about the wellness topic you signed up for. On the date due, give a 5-minute Twitter briefing (presentation). Include a screenshot of the tweet and the summary in your paper. The summary should also be posted on the Blackboard Class Blog.	On the day before the paper is due: 1. Post at least one fact on the Class Twitter Page https://twitter.com/Pch201wellness 2. http://twitter.com/Pch201wellness Post the summary of your fact sheet on Blackboard’s Class Blog Submit a hardcopy of the fact sheet paper with the grading grid to me on the due date.
Health Diary 25 points 5+ pages	Pick one week, Sunday – Saturday, to make one behavior change. Complete a daily log of your experiences of how this change affects your daily life, evaluate the change, and conclude with lessons learned. Continue the same behavior change for an additional two weeks, with daily entries and evaluation, and earn up to 12.5 extra-credit points. A separate template is available for this extra-credit activity.	Submit a hardcopy of diary paper with the grading grid to me on the due date. If you decide to do the extra-credit 2-week diary, use the appropriate template and submit this as a separate paper when you have completed it.
Health Literacy 11 points 5-6 pages	Complete the Buley Library Quiz and the Media Bias Chart activity, which includes interpreting and learning how the chart was created. Research fake news and come up with implications for social media postings.	Submit a hardcopy of the results for the Buley Library quiz, and the information literacy write-up with the grading grid to me on the due date.

	Personality and Health Quizzes of your choosing is an extra-credit opportunity to earn up to 12.5 points. A separate template is available for this extra-credit activity.	If you decide to do the extra-credit quizzes, use the appropriate template and submit this as a separate paper when you have completed it.
Presentation Portfolio 24 points 11-15 slides Power Point presentation & 2 – 4 page paper	<p>Research the textbook topics you signed up for. First, create an outline of the information, research your topics online and create a Power Point that you will use to give a 6 to 8-minute presentation on the date due. Create a portfolio of your work to be submitted on the due date.</p> <p>You will meet with a working group of classmates presenting materials from the same chapter to ensure everything is covered. These classmates will serve as resources for this project, but students are responsible for their own presentation and portfolio paper.</p>	<p>E-mail bcjungscsu@yahoo.com an electronic copy of your Power Point ONE WEEK before your presentation (in Power Point format) so I can review and post it on the class Web site. Post at least one fact on the Class Twitter Page the day before your presentation at: https://twitter.com/Pch201wellness</p> <p>Make sure you identify yourself (e.g.,(S1) Betty J) Include a screenshot of your tweet in your presentation portfolio paper, which you will submit to me on the day you give your presentation.</p>

EXAMINATIONS (200 points)

3 Exams T1: 50 points T2: 50 points Final: 100 points (+10 extra-credit points)	<ul style="list-style-type: none"> All exams consist of multiple-choice questions. Each correct answer will earn 1 course point. Given approximately 5 weeks apart, each exam will cover about 6 chapters of reading material and material covered in class. Non-completion of Test 1 [September 24, 2019] (-50 points), Test 2 [October 29, 2019] (-50 points), Final [TBD] (-110 points) The final exam will be cumulative. Covers Section 3, plus selected questions from Assessment Survey, Exams 1 & 2, handouts, and anything covered in the course or appear on the class webpages, handbook and syllabus. All exams will be given as scheduled. Cheating will not be tolerated (protect your answers!) Anyone found cheating will receive an F for the course. No exams can be made up unless the absence is medically excused.
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SUMMARY OF INSTRUCTOR EXPECTATIONS

- Be on time for class (punctual attendance counts)
- Complete assigned readings and take notes on the study guides provided BEFORE the class they were assigned for. This will give you the opportunity to actively participate in class and to ask for clarification of the materials you have read but may not understand
- Submit writing assignments with appropriate grading grid attached (**3-point penalty if the grading grid is missing**) (<https://www.bettyjung.net/Pch201grids.htm>)
- Assignments with more than one page must be stapled when submitted (**.25 point penalty per assignment if not stapled**)
- By 5 PM the day before your fact sheet and Power Point presentations are due, post a tweet about your topics, and post a summary of your fact sheet paper on the Blackboard Class Blog
- One week before your Power Point presentation, submit your Power Point to bcjungscsu@yahoo.com
- Take examinations on scheduled days
- Check Updates page regularly for announcements, assignments and news (<https://www.bettyjung.net/Pch201updates.htm>)
- Arrange to have your class buddies save copies of handouts and class notes for you in the event you are absent
- Late assignments (will be penalized), for whatever reason, must be completed in the semester section they were assigned.

TIPS FOR DOING WELL IN THIS COURSE

- All coursework have assigned points. The more course points you earn BEFORE the final exam, the greater the chance of getting a good grade. Strive for 275 – 300 points (240 points [D-] is passing) by the last day of class.
- Handing in complete work in a timely manner is valued and rewarded and will earn the highest possible points for assignments. **There is a late penalty for everything, so be on time!**

- Aside from the mid-term grade, I will be issuing progress reports: one after Test #2, one on the last day of class so you will know how many points you have earned to date, and how many points you will need to earn on the final exam for a particular grade. You can also use the Excel spreadsheet tracker to keep track yourself (download from Class Home Page), or on the printed spreadsheet (attached).
- Keep all your graded assignments till the end of the semester in case I need to check anything.

STUDENT EVALUATION AND GRADING CRITERIA

The number of course points you earn during the semester will determine your grade. You can earn a total of **~444.75** course points. Each student will be evaluated on his/her performance, as follows:

Grade Breakout	Course Points	Topic Points	Scale 100
Exams		200	50
1 (C 1 - 6)	50		12.5
2 (C 7-12)	50		12.5
Final (C 13-18, etc.)	100		25
Attendance		27	6.75
27 classes X 1 point	27		0
Assignments		103	25.75
Syllabus Quiz	3		0.75
Fact Sheet	40		10
Health Diary	25		6.25
Health Literacy	11		2.75
Individual Presentation	24		6
Worksheets		70	17.5
15 worksheets	70		
Grand Total	400	400	100
Extra Credit	44.75		

GRADING CHART

Letter Grade	College Points	From	To
A+	97	388	400
A	93	372	387
A-	90	360	371
B+	87	348	359
B	83	332	347
B-	80	320	331
C+	77	308	319
C	73	292	307
C-	70	280	291
D+	67	268	279
D	63	252	267
D-	60	240	251
F	59 below	0	239

Quick Assignment Links

Section 1 (Chapters 1 - 6)	https://www.bettyjung.net/Pch201index.htm
Section 2 (Chapters 7 – 12)	https://www.bettyjung.net/Pch201index.htm
Section 3 (Chapters 13 -18)	https://www.bettyjung.net/Pch201index.htm
Campus wellness resources & student presentations can be found at: https://www.bettyjung.net/Pch201news.htm	On https://www.bettyjung.net/Pch201grids.htm you will find: <ul style="list-style-type: none"> • Templates and grids for all your papers • All required worksheets • Writing Assignments Handbook • Samples of writing assignments from previous semesters • Study guides you can print out to take notes with and study from
KEEP THIS SYLLABUS UPON SUCCESSFUL COMPLETION OF THE COURSE	

COURSE OUTLINE

August 2019

SUNDAY	MON	TUESDAY	WED	THURSDAY	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Buy Textbook; Read Chapter 1: Taking Charge of Health		First Day of Class; Assessment Survey; Course Introduction; Sign up for assignments		C 1 Lecture Health Literacy Paper Q&A Last day to sign up for assignments		
1	2	NOTES: Everything you need is on my Webpages for this course.	Class Home Page: https://www.bettycjung.net/Pch201index.htm Templates & Grids Page: https://www.bettycjung.net/Pch201grids.htm Updates Page: https://www.bettycjung.net/Pch201updates.htm			

September 2019

SUNDAY	MON	TUESDAY	WED	THURSDAY	FRI	SAT
1	2	3	4	5	6	7
Read Chapter 2: Stress & Chapter 3: Psychological Health		C 2 Lecture; WS1 Health Diary Paper Q&A		C 3 Lecture; WS2 ; Fact Sheet Paper Q &A; Seating; Class buddies	Health diary #1-4, start 9/8!	
8	9	10	11	12	13	14
Read Chapter 4: Sleep; Chapter 5: Relationships		C 4 Lecture; WS 3 ; Syllabus Quiz ; Presentation Q&A; Meet with Chapter		C 5A Lecture; WS4 ; Campus/Classroom Safety	Fact sheet presenters: Post twitter, fact sheet	By 5 PM the day before FS is due
15	16	17	18	19	20	21
Read Chapter 6: Sexuality, Pregnancy, Childbirth		C 5B & C 6A Lectures; WS 5 ; HD 1-2 ; HL 1-2 ; FS 1-2 ; Test 1 Review 1		C 6B Lecture; HD 3-4 ; HL 3-4 ; FS 3-4 ; Test 1 Review 2	Study for Test #1: 50 questions multiple choice	Part 1 assignments in by 9/24
22	23	24	25	26	27	28
Study & Know Chapters 1-6, Read Chapter 7: Contraception		TEST #1 (C 1-6); HD 5-6, HL 5-6 ; Speaker (Content will be on the final)		C 7 Lecture; WS 6 ; HD 7-8 , HL 7-8 , FS 5-6		
29	30	1	2	3	4	5
Read Chapter 9: Tobacco & Alcohol						
6	7	NOTES	Class Home Page: https://www.bettycjung.net/Pch201index.htm Templates & Grids Page: https://www.bettycjung.net/Pch201grids.htm Updates Page: https://www.bettycjung.net/Pch201updates.htm			

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY
29 Read Chapter 9: Tobacco & Alcohol	30	1 C 9 Lecture (Tobacco); Go over Test #1 HD 9-10, HL 9- 10, FS 7-8	2	3 Guest Speaker: Mr. Wayne Knowl, State Narcotics Task Force HD 11-12, HL 11-12, FS 9-10	4	5
6 Read Chapter 8: Drug Use & Addiction	7	8 C 8 Lecture; WS 7; HD 13-14, HL 13-14, FS 11- 12	9	10 C 9 Lecture (Alcohol); HD 15-16, HL 15-16, FS 13-14	11	12
13 Read Chapter 10: Nutrition Basics	14	15 C 10 Lecture; WS 8; HD 17-18, HL 17-18, FS 15-16; C 11 Power Points due 5 PM	16	17 C 10B Lecture; HD 19-20, HL 19-20, FS 17-18; C 12 Power Points due 5 PM	18	19
20 Read Chapter 11: Exercise for Health and Fitness; Chapter 12: Weight	21	22 C 11 Presentations; WS 9; HD 21-22, HL 21- 22, FS 19-20	23	24 C 12 Presentations; HD 23-24, HL 23-24, FS 21- 22	25 Study for Test Part 2 #2: 50 questions assignments in multiple choice; by 10/29; Start Mid-term Grades EC health diary	26
27 Read Chapter 13: Cardiovascular Health	28	29 Test #2 (C7-12); HD 25-26, HL 25-26 Speaker (Content will be on the final)	30	31 C 13A Lecture; WS 10; HD 27-28, HL 27-28, FS 23- 24	1	2
3	4	NOTES	Class Home Page: https://www.bettyjung.net/Pch20index.htm Templates & Grids Page: https://www.bettyjung.net/Pch201grids.htm Updates Page: https://www.bettyjung.net/Pch201updates.htm			

November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Chapter 15 Power Points due 11/7	2
3 Read Chapter 13: Cancer; Chapter 14: Immunity	4	5 C 13B Lecture; Go over Test #2 (C 7-12), HD 29-30, HL 29-30, FS 25-26	6	7 C 14A Lecture; WS 11, HD 31-32, HL 31-32, FS 27-28; C15 Power Points due 5 PM today	8 C 16 Power Points due 11/12; Start Extra-Credit Health Diary 11/10	9 C 17 Power Points due 11/14
10 Read Chapter 14: Infection; Chapter 15: Environmental	11	12 C 14B Lecture; WS 12; HD 33-35, HL 33-35, FS 29-30; C16 Power Points due 5 PM today	13	14 C 15 Presentations; WS 13; FS 31-32; C17 Power Points due 5 PM today	15 All health diaries and health literacy papers done 11/12	16 C 18 Power Point due 11/19
17 Read Chapter 16: Conv & Comp Medicine; Chapter 17:	18	19 C 16 Presentations; WS14; FS 33-35; C 18 Power Points due 5 PM	20	21 C 17 Presentations; WS 15	22 All fact sheets done 11/19	23
24 Read Chapter 18: The Challenge of Aging	25	26 C 18 Presentations; Last day for all assignments	27	28 THANKSGIVING - NO SCHOOL	29	30
1	2	NOTES	Class Home Page: https://www.bettyjung.net/Pch20index.htm Templates & Grids Page: https://www.bettyjung.net/Pch201grids.htm Updates Page: https://www.bettyjung.net/Pch201updates.htm			

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Gather Assessment Survey, Test 1, Test 2 study		Guest Speaker: Ms. Ellen Chin, Domestic Violence Counselor; Review for Final		Last Day of Class; Evaluations, Pre-Final Progress Report; Review for		
8	9	10	11	12	13	14
		Section 1 Final Exam 8-10 AM		Section 2 Final Exam 8-10 AM		
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	NOTES	Class Home Page: https://www.bettyjung.net/Pch201index.htm Templates & Grids Page: https://www.bettyjung.net/Pch201grids.htm Updates Page: https://www.bettyjung.net/Pch201updates.htm			

Extra-Credit Opportunities (44.75 points)

What	When	Points
Health Diary: Week 2 & 3 - Same Behavior	Two weeks after your health diary is due	12.50
Health Literacy #2	Same day, or before end of semester section the required paper was due	12.50
Shut off & leave electronics in front	.25 points for each class you do this	7.25
Bonus Extra Credit	0.5	0.50
Cell Phone Project Evaluation	Last Day of Class	2.00
Extra questions on the Final Exam	12/10 or 12/12/2019	10.00
POSSIBLE EXTRA-CREDIT TOTAL		44.75

This course schedule is not intended to be all-inclusive or the definitive schedule of class content, or reading assignments. It is subject to change at the discretion of the instructor.

Betty C. Jung's Web site



[Home Page](#) [Site Index](#) [Site Map](#) [What's New](#) [Blog](#) [Resume](#)

[PCH 201 Wellness Index Page](#) [PCH 201 Wellness Resources Page](#)

<https://www.bettycjung.net/Pch201index.htm>

Class Home Page https://www.bettycjung.net/Pch201index.htm	Class Updates Page https://www.bettycjung.net/Pch201updates.htm
Course Assignments https://www.bettycjung.net/Pch201assignments.htm	Grading Grids/Templates/Study Guides https://www.bettycjung.net/Pch201grids.htm
Healthy People 2020 Resources https://www.bettycjung.net/HP2020.htm	Wellness Resources Index Page https://www.bettycjung.net/Wellindex.htm
Student Presentations/Campus Resources https://www.bettycjung.net/Pch201news.htm	Academic Resources https://www.bettycjung.net/Academic.htm
Course Bibliography https://www.bettycjung.net/Wellness.htm	Course Resources https://www.bettycjung.net/Pch201resources.htm