

**Fall 2019  
PCH 201 Wellness  
Professor Betty C. Jung**

## Part 1 Calendar

### 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: <a href="https://www.bettycjung.net/Pch201index.htm">https://www.bettycjung.net/Pch201index.htm</a> Templates & Grids Page: <a href="https://www.bettycjung.net/Pch201grids.htm">https://www.bettycjung.net/Pch201grids.htm</a> Updates Page: <a href="https://www.bettycjung.net/Pch201updates.htm">https://www.bettycjung.net/Pch201updates.htm</a>			

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# September 2019

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

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## Part 1 Assignments & Due Dates

### Section 1

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
9/3/2019	1		-----		-----		-----
9/5/2019	2		-----		-----		-----
9/10/2019	3		Syllabus Quiz Due		-----		-----
9/12/2019	4		-----		-----		-----
9/12/2019			-----		-----		-----
9/17/2109	5	1	Emmanuel G	1	Cassandra T	1	Neonatal Abstinence Syndrome
9/17/2019		2	Matt D	2	Isis R	2	Gestational Diabetes Phoebe C
9/19/2019		3	Elodhie J	3	Alfred M	3	Multiple Chemical Sensitivity Frankie L
9/19/2019		4		4	Akeim M	4	Indoor Tanning Ally L
9/24/2019		5	Claudia M	5			TEST #1
9/24/2019		6		6	Terrence J-P		-----

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**Section 2**

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
9/3/2019	1		-----		-----		-----
9/5/2019	2		-----		-----		-----
9/10/2019	3		Syllabus Quiz Due		-----		-----
9/12/2019	4		-----		-----		-----
9/12/2019			-----		-----		-----
9/17/2109	5	1	Ian S	1	Brianna S	1	Neonatal Abstinence Syndrome Carlee C
9/17/2019		2	Irfanul H	2	Ben E	2	Gestational Diabetes Joseph B
9/19/2019		3	Tyler S	3	Hideki M	3	Multiple Chemical Sensitivity Zach H
9/19/2019		4	Zach H	4	Tiffany M	4	Indoor Tanning Gabriela G
9/24/2019		5	Kayla K	5	Hannah N		<b>TEST #1</b>
9/24/2019		6	Matt R	6	Aaron K		-----