Southern Connecticut State University

PCH 201 Wellness

Spring 2019

Updated 1/14/2019 V1

WRITING ASSIGNMENTS HANDBOOK

(AKA “THE HANDBOOK”) 

HEALTH LITERACY PAPER

EXTRA-CREDIT PERSONALITY QUIZZES

By Professor Betty C. Jung,

MPH RN MCHES®

Department of Public Health

bcjungscsu@yahoo.com

jungb1@southernt.edu
4. Health Literacy Quizzes Paper

Summary of Required Health Literacy Assignment

The Health Literacy & Quizzes Paper consists of 3 parts:

Part 1: Complete the Buley Library Quiz with a grade of 70% or better (9 out of 12 questions right).

Part 2: Research resources about fake news and its implications for posting news items on social media.

Part 3: Complete 5 health quizzes of your choosing, and write about what you learned from taking the quizzes and how you will use the information to improve your personal health and wellness.

OVERVIEW

“Health-related misconceptions, misinformation, and disinformation spread over social media, posing a threat to public health. Despite significant potential to enable dissemination of factual information, social media are frequently abused to spread harmful health content, including unverified and erroneous information about vaccines.” (Weaponized Health Communication: Twitter Bots and Russian Trolls Amplify the Vaccine Debate: http://media1.s-nbcnews.com/i/today/z_creative/WeaponizedHealthCommunicationDavid%20BFULL STUDY.PDF AJPH, 8/2018)

The purpose of this assignment is to meet Tier 2 requirements for information literacy and to provide you with opportunities to use online quizzes to learn more about personal health and wellness topics you may be interested in learning more about that are not covered in class or the textbook.

DESCRIPTION

Use the required Health Literacy Quizzes template to write your paper. It will include headings and brief instructions on what to include. I will ONLY accept papers that are written using the provided template.

Part 1: Complete the Buley Library Quiz with a grade of 70% or better (9 out of 12 questions right). Insert a screen shot of the results page into your paper. (2 points)

- Read the Information Literacy Guide for Tier 2 Courses https://libguides.southernct.edu/tier2
• DO NOT complete the library quiz found on the last tab of the Buley webpage. Instead complete the Buley Library’s Information Literacy Quiz at the bottom of the course Blackboard Page, as that is the self-scoring version of the quiz.
• Pass the quiz with a grade of 70% or better (9 out of 12 questions right). You can take it as many times as you need to get a passing score.
• Once you have passed the quiz, create a screen shot of the results page, and embed the image into your paper to show you completed the quiz.

**Part 2: Study the Media Bias Chart, research how fake news is defined and discuss the implications for posting news items on social media feeds. (7 points)**

• Study the Media Bias Chart and read about how the author developed this chart (e.g., What methodology did she use to develop the categories, etc. and how she defines “good” news sources, etc.)
• Read two online sources in the “Fake News” section of the Writing Webpage: [https://www.bettycjung.net/Writing.htm](https://www.bettycjung.net/Writing.htm) about what fake news means. Summarize how each of these two resources define “Fake News.”
• Write about how understanding what “Fake News” is would impact the way you would post news items on social media feeds.

**Part 3: Complete 5 health quizzes of your choosing, and write about what new information you learned and how you will use this information to improve your personal health and wellness. (15 points)**

• From the links below, choose 5 health quizzes that can be completed online.
• For each quiz you complete, you will print out the results page and include that in your paper.
• Or, you can create a screen shot of the results page and embed the image in your paper.
• You will also write at least two paragraphs (you can write more) about what you learned from the quiz (what new information did you learn, or was surprised to learn) and how you can apply the new information to improve your personal health and wellness. (A paragraph is made up of at least 3 complete sentences).
• While you are taking the quiz, you should jot down new information you learn along the way so you can write about it in your paper.

**CONTENT GUIDANCE**

**Part 1: Buley Library Quiz**

• Read the Information Literacy Guide for Tier 2 Courses [https://libguides.southernct.edu/tier2](https://libguides.southernct.edu/tier2)
• Complete the self-scoring library quiz in Blackboard. The link to the quiz is near the bottom of the Class Webpage.

**Part 2: Media Bias Chart 4.0**
• You can also find this chart and the other links you will need to complete this assignment under the “Fake News” section at:
  
  https://www.bettycjung.net/Writing.htm

• The author of this chart is Vanessa Otero, and her Web site is:
  
  https://www.adfontesmedia.com/

• Read the author’s methodology for ranking news sources, “How Ad Fontes Ranks News Sources – ad fonts media”
  
  https://www.adfontesmedia.com/how-ad-fontes-ranks-news-sources/

• Using the Health Literacy Quizzes Template, under the appropriate headings, write about the chart, the methodology and the Fake News definitions you have researched and how your understanding of fake news impacts what you would post on social media.

**Part 3: Health and Wellness Quizzes**
The following three Web sites contain a variety of quizzes that explore various aspects of personal health and wellness. Each quiz is worth 3 points. Pick 5.

Section 1. What is Your Health Risk? (Siteman Cancer Center) (3 points each)

https://siteman.wustl.edu/prevention/ydr/

This site conducts assessments of your risk for particular diseases. There are 12 types of cancers, and 5 other diseases for you to choose from, for a total of 17 different diseases. If you have a family history for any of these diseases, you may want to complete these to determine how much of a risk you may have to get a particular disease. Or, if you just want to learn more about the factors that contribute to a particular disease, or know of someone with any of these diseases, complete a few of them!

Remember, that just because you have a family history doesn’t mean you will get the disease, but being aware of your risks for a particular disease may help you to decide on what preventive measures you can take to reduce your risk. At the end of each assessment you will get a results page of what your level of risk is along with recommendations on how to prevent or address the disease.

Each is worth 3 points. Here is how the home page for this site looks like.
Here is an example of the results page looks like for Osteoporosis:

Print out the results page and put your name on it and include it your paper. Or, you can create a screen shot and embed the graphic in your paper.
After you have completed the quiz, write at least a couple of paragraphs of what you learned and how you can use the information to improve your personal health and wellness. Use the required template for this assignment. It will include headings under which to include the required content.

**Section 2. Howstuffworks Health Quizzes (3 points each)**

These 11 quizzes deal with a variety of personal health wellness issues.

<table>
<thead>
<tr>
<th>Quiz Title</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aging Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/aging-quiz">https://quizzes.howstuffworks.com/quiz/aging-quiz</a></td>
</tr>
<tr>
<td>Anger Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/anger-quiz">https://quizzes.howstuffworks.com/quiz/anger-quiz</a></td>
</tr>
<tr>
<td>A Recent Study Gave This Skills Test to 100 Men and Only 2% Passed</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/a-recent-study-gave-this-skills-test-100-men-only-2-passed">https://quizzes.howstuffworks.com/quiz/a-recent-study-gave-this-skills-test-100-men-only-2-passed</a></td>
</tr>
<tr>
<td>Blood Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/blood-quiz">https://quizzes.howstuffworks.com/quiz/blood-quiz</a></td>
</tr>
<tr>
<td>Caffeine Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/caffeine-quiz">https://quizzes.howstuffworks.com/quiz/caffeine-quiz</a></td>
</tr>
<tr>
<td>Heart Health Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/heart-health-quiz">https://quizzes.howstuffworks.com/quiz/heart-health-quiz</a></td>
</tr>
<tr>
<td>MRI Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/mri-quiz">https://quizzes.howstuffworks.com/quiz/mri-quiz</a></td>
</tr>
<tr>
<td>Sleep Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/sleep-quiz">https://quizzes.howstuffworks.com/quiz/sleep-quiz</a></td>
</tr>
<tr>
<td>Stress Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/stress-quiz">https://quizzes.howstuffworks.com/quiz/stress-quiz</a></td>
</tr>
<tr>
<td>Tattoo Removal Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/tattoo-removal-quiz">https://quizzes.howstuffworks.com/quiz/tattoo-removal-quiz</a></td>
</tr>
<tr>
<td>Viagra Quiz</td>
<td><a href="https://quizzes.howstuffworks.com/quiz/viagra-quiz">https://quizzes.howstuffworks.com/quiz/viagra-quiz</a></td>
</tr>
</tbody>
</table>
Once you have completed the quiz, there will be a results page with your score on it. Print out the results page, and put your name on it and include it in your paper. Or, you can create a screen shot of the results page and embed the graphic in your paper.

Here is an example of the results page looks like for Skills Test Quiz:

Then write at least a couple of paragraphs of what you learned and how you can use the information to improve your health/wellness. Use the required template for this assignment, as it will include headings under which to include the required content.

Section 3. WebMD Health & Balance Quizzes (3 points each)

https://www.webmd.com/balance/quiz/default.htm

(You can do any of those listed EXCEPT: The “Ins and Outs of Introverts and Extraverts” and “What Affects Your Personality.” However, you can do these two for extra-credit, see next section for instructions)
Here is an example of the results page for the WebMD quizzes

**Section 4. MayoClinic Heart Disease Risk Calculator (3 points)**


Print out the 4-page results page.

**Section 5. CDC Hepatitis Risk Assessment (3 points)**

[https://www.cdc.gov/hepatitis/riskassessment/index.htm](https://www.cdc.gov/hepatitis/riskassessment/index.htm)
Print out the 2-page results page.

Section 6. Poodwaddle How Long Will You Live? (3 points)

http://www.poodwaddle.com/life/

Print out summary report

5. Extra-credit Personality Quizzes

Summary of Extra-credit Personality Quizzes

For up to 12.5 points of extra credit, you can complete a combination of any of the following online personality assessments. For each quiz you complete, you will print out the results page and include that in your paper. Or, you can create a screen shot of the results page and embed the graphic in your paper. You will also write at least two paragraphs (you can write more) evaluating what you learned from the quiz (what new information did you learn, or was surprised to learn) and how you can apply the new information to improve your personal health and wellness. (A paragraph is made up of at least 3 or more complete sentences).

OVERVIEW

Aside from earning a maximum total of 12.5 extra points for this assignment, here is the opportunity to learn more about yourself and increase your knowledge about the personality aspects of your life. Most of the quizzes are worth 2 points, and two are worth 4 points. Complete any combination of quizzes for a total of 12 points for this extra-credit opportunity.

CONTENT

Choose a combination of any of the following quizzes, for a total of 12 points. The ones worth 4 points can take 10 to 20 minutes to complete. But, the results pages will provide you with useful information you can use to improve your life!

Once you have completed a quiz, there will be a results page with your score on it. Print out the results page, and put your name on it and include it in your paper. Or, you can create a screen shot of the results page and embed it in your paper.

Then write at least a couple of paragraphs of what you learned and a couple of paragraphs of how you can use the information to improve your personal health and wellness. Use the required template for this assignment, as it will include headings under which to include the required materials.
Are you a sensation seeker? (2 points)  
http://hsperson.com/test/high-sensation-seeking-test/

Are you highly sensitive (2 points)  
http://hsperson.com/test/highly-sensitive-test/

Ins and Outs of Introverts & Extraverts (2 points)  
https://www.webmd.com/balance/rm-quiz-introverts-extroverts

Left or Right Brain Quiz (2 Points)  
https://www.arealme.com/left-right-brain/en/

Who Am I? Quiz (4 Points)  
https://you.visualdna.com/quiz/whoami#/quiz

Personality Quiz (4 Points)  
https://you.visualdna.com/quiz/personality#/quiz

What Affects Your Personality? (2 points)  
https://www.webmd.com/balance/rm-quiz-personality

What’s Your Work Style? (2 Points)  
https://idealistcareers.org/quiz-work-style/