Health 101: Health and Lifestyle
Self Assessment and Behavioral Change Paper Guidelines

1. Complete the questionnaire, *How Healthy Are You?* that can be downloaded here. Complete this to gain initial insight into your own health behaviors and attitudes. You must complete this questionnaire and submit it to me by the end of the third week of the semester as a printed hard copy. Emailed assignments will not be accepted. The exact date is listed in your syllabus.

2. After completing this exercise, thoughtfully evaluate your current health status. Based upon this evaluation process, select one health behavior that you wish to change.

3. Complete the *Behavior Change Contract* that can be downloaded here. You are required to specifically identify the behavior you wish to change as well as your strategy for success as prompted by the contract. You must complete the *Behavior Change Contract* and submit it to me by the end of the third week of the semester as a printed hard copy. Emailed assignments will not be accepted. The exact date is listed in your syllabus.

   *Failure to complete and submit BOTH the questionnaire AND contract on time will result in the grade for your Self Assessment Paper being reduced by one-half of a letter grade. Complete failure to submit these items will result in the grade for your Self Assessment Paper being reduced by a full letter grade.*

4. Immediately put a plan of behavioral change into place. Devise a strategy, and throughout the semester monitor you progress and evaluate your success. For ideas, be sure to re-read Chapter 1 of your text as you implement your behavioral change project.

5. Write a paper describing this project. Your paper should include the following:
   - A brief introduction stating which behaviors you have chosen to change and why. Identify your strategies for behavior change. Utilize the guidelines from lecture and the text.
   - Include in your paper copies of any contracts, tables, records, logs or any other relevant materials that aided you in your assignment and are appropriate for inclusion in the paper. Do not include copies of the *Assess Yourself* questionnaires. Many of the Labs in your text however, are excellent inclusions for your paper.
   - A conclusion/summary that discusses how successful you were in changing your behaviors.
   - What did you do wrong? What did you do right? What would you do differently if you were to do this assignment again?
   - An overall evaluation of your efforts.
   - There is no requirement as to the length of the paper. However, approximately five typed pages should be enough space to complete the assignment.
   - Papers that are not typed or are longer than 10 typed pages are unacceptable.
   - Do not submit your paper in any type of plastic or cardboard cover. One staple in the upper left hand corner is sufficient.
   - You must pay careful attention to correct grammar, spelling, margins, typographical errors and style. Poor writing skills and careless preparation will affect your grade.
   - Your paper is to be double-spaced and use a standard font and point size. Times New Roman or Helvetica in 12 point are ideal fonts.

   *The exact due date for the Self Assessment Paper is listed in your syllabus.*

   *Failure to submit your paper on time will result in your final course grade being reduced by a full letter grade.*

   *Late papers WILL NOT be accepted.*

   *Emailed papers WILL NOT be accepted.*