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

1. Complete the behavioral inventories that are at the beginning of the text, or imbedded into the chapters for each of the topics listed in your syllabus. Each book varies, but these questionnaires are present in all of the major texts. The required text for this class, Access to Health, by Donatelle utilizes a feature called “Assess Yourself”. Use these questionnaires to gain insight into your own health behaviors and attitudes for each of the chapters listed in the syllabus.

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

3. Immediately put a plan of behavioral change into place. Devise a strategy, monitor your progress and evaluate your success. Be sure to re-read Chapter 1 of your text as you implement your behavioral change project.

4. Write a paper describing this project. Your paper should include the following components:
   - 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 behavioral questionnaires.
   - 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.

NOTES:

1. There is no requirement as to the length of the paper. However, approximately five typed pages should be enough space to complete the assignment.

2. Papers that are not typed or are longer than 10 typed pages are unacceptable.

3. Do not submit your paper in any type of plastic or cardboard cover. One staple in the upper left hand corner is sufficient.

4. You must pay careful attention to correct grammar, spelling, margins, typographical errors and style. Poor writing skills and careless preparation will affect your grade.

5. Your paper is to be double-spaced and use a standard font and point size. Times New Roman in 12 point font is desired.