

Module 1 Announcement: Summary, Action Items and Procedures for Deliverables



Summary of module 1

In the first week, we will begin to explore the connection between the mind and body. You will be learning about the effect of stress on the body, identifying your own stress level, and learning about the effect of sleep disturbances on health. You will begin to develop a foundation of knowledge about the general concepts of health, how to identify reliable scientific resources, and how to evaluate your own health effectively. This will start your preparation for the final project in which you will be considering your own health and developing a strategic plan to optimize your health.

Action items

The table below identifies the deliverables for this week with the day it is due. Procedures for deliverables are on the next pages. You can click on any phrases in blue and in quotation marks to access additional resources about the topics and/or assignments.

Action Items	Due Date
1. Explore the "Start Here" resources	Not Applicable*
2. Complete the "Module 1 Introduction" reading and listening to podcast.	Not Applicable*
3. Read the "Module 1 Overview"	Not Applicable*
4. Post initial submission to the "1-1 Discussion: Reputable Sources"	Thursday, 11:59pm EST
5. Write and submit "1-2 Short Paper: If Only I Could Sleep"	Sunday, 11:59pm EST
6. Submit two reply posts to "1-1 Discussion: Reputable Sources"	Sunday, 11:59pm EST

*Note: Although there is no due date for items 1-3, it is recommended that you complete them early in the week. The information will help you to complete items 4-6.

Procedure:
Item 1 “Start Here”

Step	Action
1	Explore the "Start Here" materials.
2	Familiarize yourself with how to use Turnitin to submit your best paper. o To comply with the University’s “Academic Integrity Policy”, your Turnitin similarity score on written assignments should be 20% or less.

Procedure:
Item 2 “Module 1 Introduction”

Step	Action
1	Read the assigned sections of the text (chapters 1, 2 and 4), listen to the podcast, and visit the websites. o Think about what health means to you as an individual and how your current level of stress may be affecting your health.
2	Score your stress level based on events that may have happened to you in the last year. o Use the stress tools available to you through the website to help address your stress levels.

Procedure: Item 3
“Module 1 Overview”

Step	Action
1	Read this overview to develop an understanding of the general objectives of the course, specifically how it relates to you as an individual.

Procedure: Item 4
Initial submission to the “1-1 Discussion: Reputable Sources”

Step	Action
1	Read through the information in the “1-1 Discussion: Reputable Sources”.
2	Locate an appropriate source from the internet and analyse it using the C.R.A.A.P.O. method.

3	Develop an initial discussion post in which you introduce yourself, your unique source from the internet, and the results of the C.R.A.A.P.O. analysis. o Each week's initial post should meet the following requirements as outlined in the "Discussion Board Rubric": - o 1-2 paragraphs in length, - o organized and written clearly, with supporting detail from your textbook and other credible sources, - o in-text citations in APA format,* - o a reference section in APA format,* at the end of your post
4	Complete and post your initial submission by Thursday at 11:59pm EST.

*If you are unclear about the citations and references, please refer to the Online Student Services links at the top of your page or to the links provided at the bottom of the discussion board prompt.

Procedure: Item 5
"1-2 Short Paper:
If Only I Could
Sleep"

Step	Action
1	Read through the information in the "1-2 Short Paper: If Only I Could Sleep" .
2	Consider the following questions about the importance of sleep: - o What are some of the effects of sleep deprivation? - o What happens to you when you are tired? - o What are some of the causes of sleep disturbances? - o What can we do to improve the quality of our sleep?
3	Consult the "Module 1 Introduction" information available in Brightspace, your textbook, and appropriate on-line resources to find scientific evidence to support your answers to the questions.
4	Use the "Claim-Evidence-Reasoning" method of scientific writing to produce a paper that meets the following requirements as outlined in the "Short Paper/Case Study Rubric": - o 2-3 pages in length, - o organized and written clearly, with supporting detail from your textbook and other credible sources, - o in APA 7th edition student paper format,* and - o with 20% or less Turnitin Similarity score.
5	Complete and submit by Sunday at 11:59pm EST.

*If you are unclear about APA formatting, please refer to the Online Student Services links at the top of your page or to the links provided at the bottom of the [“1-1 Discussion: Reputable Sources”](#) discussion board prompt.

Procedure: Item 6
Submit two reply posts to the “1-1 Discussion: Reputable Sources”

Step	Action
1	Read through the information in the “1-1 Discussion: Reputable Sources” .
2	Compose two reply posts in response to the initial posts of two classmates according to the following requirements outlined in the “Discussion Board Rubric” : - o add clarifying detail beyond “I agree or disagree” to move the discussion along, and/or - o describe a scientific study (including an in-text citation and reference) that expands on your classmate’s post, and/or - o include a thought-provoking question.
3	Submit the two reply posts prior to Sunday at 11:59pm EST.

Questions?

Please feel free to call me Heather (she/her) when we talk, email or communicate on the discussion boards. If you have a general question about the course, please post to the General Questions discussion board. If you have any questions or concerns that are personal in nature, please email me at h.senseney-mellor@snhu.edu. Remember that I am a resource and am here to help you be successful in this course! -Heather
