

NAME _____

HSC2100 Essay Assignment and Additional Points Available

Item	Details	Possible points	Points earned
Main essay <i>March 26</i>	See previous handout; essay to include your plan for behavior change, your data gathering and analysis of your target behavior and your discussion and analysis of cited peer-reviewed literature that is related to the behavior.	100	
Additional and optional points:			
Related Wellness Worksheets	Include completed Wellness Worksheets in back of book; refer to meaningful application of results of worksheets in your essay.	10	
Journal entries	At least one per week, and each should include specific updates and insights on how/if your planned behavior change strategies are working. You may have up to 6 journal entries.	15	
Summary of behavior change.	Summary evaluation of your attempt to change your behavior. This can only be submitted if journal entries are completed.	10	

For this project you will be required to select a personal health goal and write a 1000 word essay. The essay must include an Introduction, Body and Conclusion paragraph with a minimum of 3 references from peer-reviewed database articles.

1. Complete the Evaluate Your Lifestyle health assessment.
2. Based on the results of the assessment, choose an area that you would like to improve.
3. Write a 1000-word essay that includes the following:
 - The results of your assessment and the area that you would like to improve.
 - A clearly stated goal that demonstrates use of the SMART principles of goal-setting.
 - The strategies that you plan to use to improve your chosen health behavior. Your strategies should be specific with a clear implementation timeline.
 - A discussion as to how each of the dimensions of wellness are impacted by the area that you would like to improve.

HSC 2100 Essay

Content and Development 80 Points	Points Earned XX/80
	Additional Comments: 5 points will be deducted for each missing reference. You should have 3 references.
All key elements of the assignment are covered in a substantive way. • Write an 1000 word essay that includes the following: (Each section is worth 10 points) ➤ The results of your assessment and the areas that would like to improve. Pick one specific habit that will be the focus of your behavior change plan. ➤ Monitor the habit for a week. Create a log/chart detailing when you engage in the habit and the patterns to the negative health behavior. ➤ Apply both theories related to health behavior change: Transtheoretical Module or the Health Belief Model (provide a brief description of the theory based on its applicability to you). ➤ A clearly stated goal that demonstrates use of the SMART principles for goal setting.	

Name Jonkeche Bailey Section _____ Date 1/22/18

 **WELLNESS WORKSHEET** **36/40**

Behavior Change Contract

Once you have chosen a behavior you wish to change and have identified ways to change it, your next step is to sign a behavior change contract. Your contract should show your commitment to changing your behavior and include details of your program. Use the contract shown below, or devise one that more closely fits your goals and your program.

(1) I Jonkeche Bailey agree to eating habits / eating healthier

(2) I will begin on Feb 1 and plan to reach my goal of become eating healthy and being fit.

by March 1

(3) In order to reach my final goal, I have devised the following schedule of minigoals. For each step in my program, I will give myself the reward listed.

<u>One month</u>	<u>of eating healthy</u>	<u>Shopping</u>
(minigoal 1)	(target date)	(reward)
<u>Cheat / Eating one desirable food</u>		
(minigoal 2)	(target date)	(reward)
<u>2nd Month eating healthy</u>		
(minigoal 3)	(target date)	(reward)
		<u>Cheat Day</u>

My overall reward for reaching my final goal will be Cheat Week

(4) I have gathered and analyzed data on my target behavior and have identified the following strategies for changing my behavior: Not buying unhealthy foods

(5) I will use the following tools to monitor my progress toward reaching my final goal: calendar and chart to monitor my progress

I sign this contract as an indication of my personal commitment to reach my goal.

Jonkeche Bailey 1/24/18

(your signature) (date)

I have recruited a helper who will witness my contract and will help me reach my goal.

W. Williams 1/24/18

(list the way in which your helper will participate in your program) (date)

(witness's signature) (date)

(over)



WELLNESS WORKSHEET

Stages of Change

The stages of change model of behavior change includes six well-defined stages that people move through as they work to change a target behavior. These stages are precontemplation, contemplation, preparation, action, maintenance, and termination. In the termination stage, the desired change has been made and the temptation to lapse back into the target behavior has disappeared. It is important to determine what stage you are in now so that you can choose appropriate techniques for progressing through the cycle of change.

Select a behavior that you want to change or have changed within the past year. This is your target behavior. Examples of target behaviors include smoking, consuming too much sugar, and binge drinking.

Be sure to complete all portions of the lab:

- Indicate your target behavior and goal
- Determine your stage and answer the questions that follow

Target behavior/problem: Not eating healthy

Now, enter the behavior change you want to achieve or have recently achieved. This is the goal of your behavior change. Examples of goals include quitting smoking, reducing sugar consumption to one sweet per day, and drinking in moderation when at parties or out with friends.

Goal of behavior change: Eat healthier / cut back on carbs

Part I. Assess Your Stage

To determine your stage, select the statement that most accurately reflects your progress toward behavior change from the choices below:

- ☐ 1. I changed my target behavior more than 6 months ago.
- ☐ 2. I changed my target behavior within the past 6 months.
- ☐ 3. I intend to take action in the next month and have already made a few small changes in my behavior.
- ☒ 4. I intend to take action on my target behavior in the next 6 months.
- ☐ 5. I do not intend to take action on my target behavior.

Find the stage that corresponds to your response:

Selecting statement 1 = Maintenance

Selecting statement 2 = Action

Selecting statement 3 = Preparation

Selecting statement 4 = Contemplation

Selecting statement 5 = Precontemplation

Stages of Change — continued

— Describe yourself and your life after you change your target behavior:

I would be more confident and free knowing I've changed my eating habits in order to better my health.

— Enlist the help of friends and family members to support your efforts and help you identify the causes and consequences of your target behavior. List the people you've spoken with, and briefly describe what they told you about your target behavior:

— Complete a cost-benefit analysis of your target behavior:

Pros of current behavior:

Eating vegetables / Feel better
Drinking water / more energy, ~~hungry~~

Cons of current behavior:

Eating fast foods / hunger
Intaking too many carbs
Not ~~even~~ exercising / Always Tired

Pros of changing:

Controls ~~of~~ weight
Improves mood
Prevent diseases

Cons of changing:

Choices are limited
Sugar withdrawal
Cost

Preparation

— Make a list of preparations you will need to make in order to succeed at your behavior change target. Examples might include things like stocking your pantry with healthy snacks, purchasing new running shoes, or acquiring self-help books on stress management.

Buying healthy foods, fruits, and water. Purchasing exercising clothes and getting out more.

Stages of Change — continued

____ Involve the people around you. Find a buddy to work with you on change and/or find a role model who has already made the change you are working toward and who can provide both inspiration and practical advice. Enter their names here.

Buddy: My Best friend

Role model: Second Mom

____ Keep a positive attitude about yourself and the change you are attempting. Don't get discouraged—the action stage typically lasts for at least several months.

Maintenance

During the maintenance stage, it is common to occasionally lapse back into your target behavior. Note any relapses here, as well as the situation which triggered the relapse.

It is important to continue to reward yourself for meeting your behavior change goal, even during the maintenance stage. What rewards have you given yourself for meeting your goal?

Relapses are common. It is best to be prepared. Provide an example of a positive, helpful way to talk to yourself about a relapse.

Pray to God and make preparations again to restart

my goal

Help someone else make the change that you have just made. List a person or several people you think you might be able to help here.

<u>My mom</u>	<u>Friends</u>
<u>Classmates</u>	<u>Family</u>

For more on the stages of change model and many additional practical strategies, see the text *Changing for Good* by James Prochaska, John Norcross, and Carlo DiClemente (William Morrow Paperbacks).