

**Fall 2017 Extra-Credit
 Health/Wellness Awareness Project Template**

<http://www.bettycjung.net/Pch201grids.htm>

Read the Writing Assignments Handbook first!

Extra-Credit Health/Wellness Awareness Project

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Due Date: November 2, 2017

**Topic researched: Who Am I?, Personality, What is Your Health Risk?,
 HowStuffWorks**

Name:

CATEGORY	POINTS	SCORE
Grammar Punctuation Spelling Used Template	.50	
Quiz 1: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
Quiz 2: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
Quiz 3: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
Quiz 4: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
Quiz 5: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
Quiz 6: Results and 2 paragraphs: what you learned and steps you can take to improve your health/wellness	2.0-4.0	
SUBTOTAL	12.5	
LATE/INCOMPLETE (- 20% of total points)	(-20%)	
Missing grading grid	(-3)	
FINAL TOTAL POINTS	12.5	

Quiz #1. Who Am I? Total points: 4

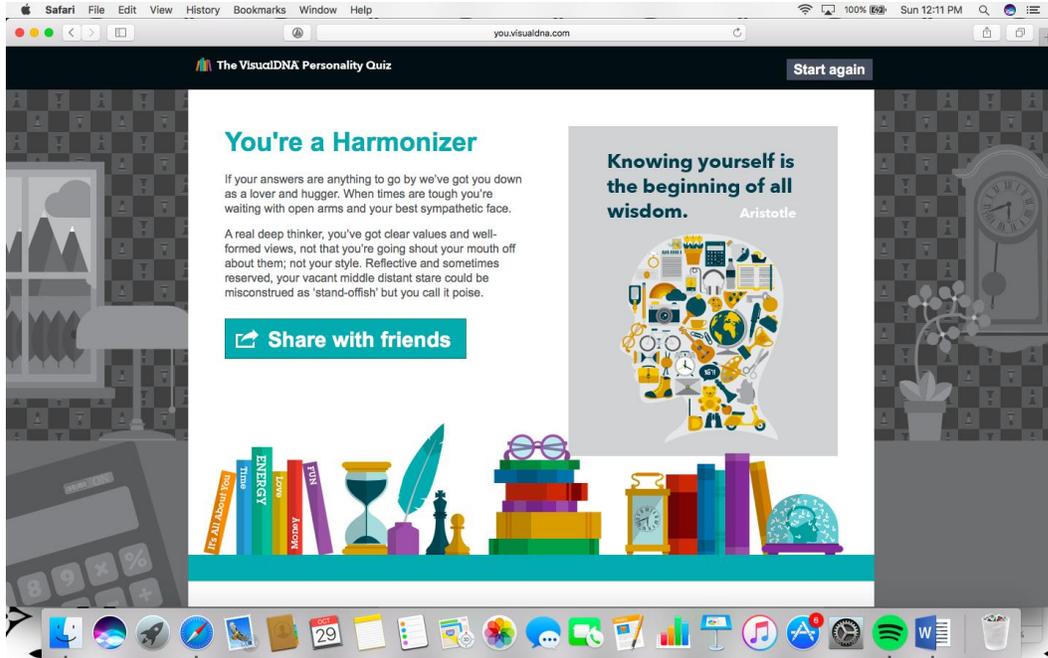
Attach quiz results in the Appendix, or embed a screen shot of the results here:



- A. New Information I learned from this quiz:** The quiz stated that I am a navigator, which means I have a plan, and have things in order. I learned that my low level of openness suggests that my strength comes from tradition and familiarity. I also learned that I have a healthy sense of skepticism.
- B. How I will be using this information to improve my health/wellness:** I have a high level of conscientiousness, which helps me avoid unnecessary stress. However, it can lead to workaholic and perfectionist extremes. I do believe sometimes I am a little too hard on myself. This is definitely something I will work on.

Quiz #2. Personality Total points: 4

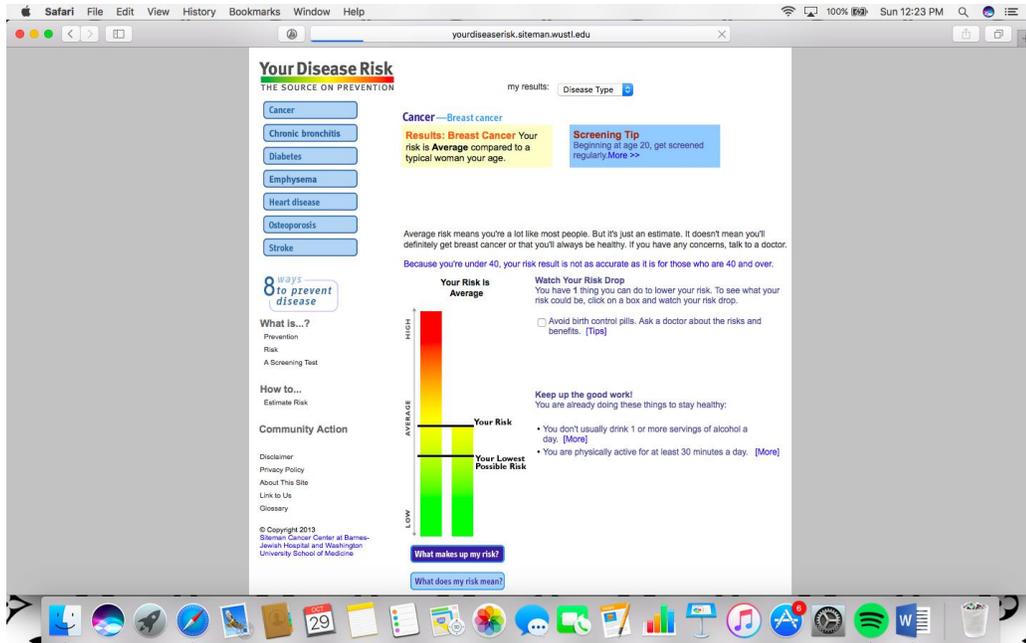
Attach quiz results in the Appendix, or embed a screen shot of the results here:



- A. New Information I learned from this quiz: My quiz results categorized me as a harmonizer. This means that I am a lover. It also mentioned that I am a deep thinker who has clear values.**
- B. How I will be using this information to improve my health/wellness: The quiz said that I am sometimes reserved. I am aware of this. Once people get to know me I am not as shy. However, I can try to be more outgoing.**

Quiz #3. What is Your Health Risk? Total points: 2

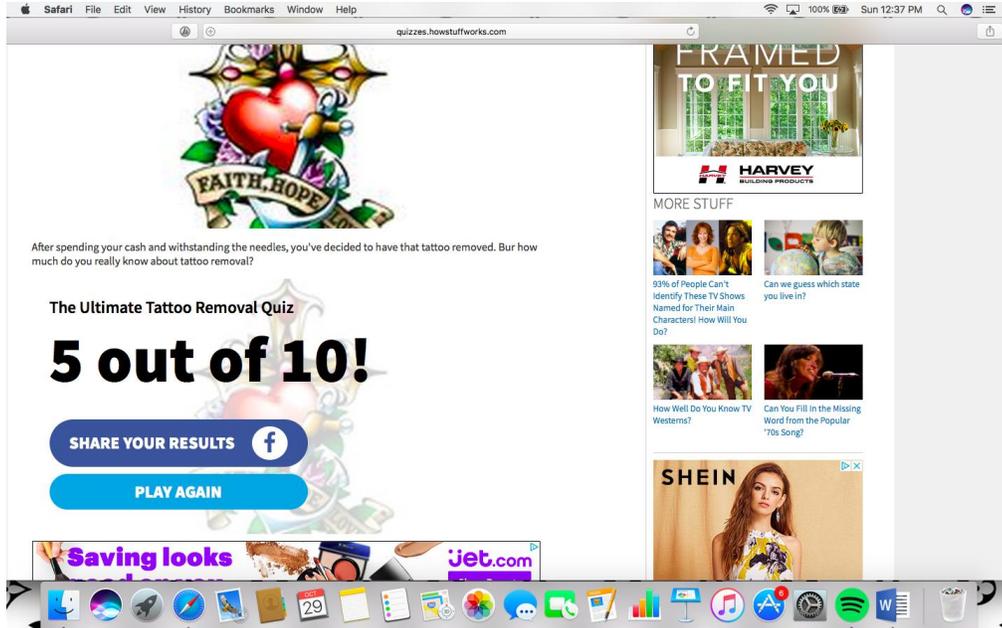
Attach quiz results in the Appendix, or embed a screen shot of the results here:



- A. **New Information I learned from this quiz:** The quiz told me that my risk for developing breast cancer is average. However, since I am under 40, my results are not as accurate compared to those 40 and older. One thing I can do to lower my risk is to avoid birth control pills.
- B. **How I will be using this information to improve my health/wellness:** The quiz said avoiding birth control pills can lower my risk of developing breast cancer. I am on birth control to regulate my period. Next time I go to my doctor, I am going to ask her for advice.

Quiz #4. HowStuffWorks Total points: 2

Attach quiz results in the Appendix, or embed a screen shot of the results here:



- A. New Information I learned from this quiz:** This quiz taught me that some dermatologic surgeons volunteer their time to remove gang tattoos on people. I also learned that the type of pigments dictates the type of laser used for tattoo removal, and that yellow and green pigments are the hardest to remove.
- B. How I will be using this information to improve my health/wellness:** I want a tattoo, but I am very indecisive on what exactly I want and where on my body I want it. This quiz helped me realize just how painful it is to remove a tattoo. If I do decide on getting a tattoo, I will make sure it is something I want on myself forever.