

## Health Final- Summative Assessment

**“I need to know what you know”.....**

Looking back and reflecting on this course is a big part of identifying what we have learned about our overall health and wellness. Nine weeks does not seem like enough time to cover everything we need to understand about our overall health and wellness. In this assessment, I am asking you to **identify at three to five things you learned from each unit that stood out to you**. Here are the units that we have covered or are covering.....

Unit 1: A Healthy Foundation

Unit 2: Mental and Emotional Health

Unit 3: Drugs and Alcohol

Unit 4: Nutrition

Unit 5: Family Life

We are going to use a familiar format in order to write this three part paper:

- A. What I assumed or know about my overall health and wellness.....
- B. What I found out as a result of this course, my research, and information provided by others...(Vodcast, Video, Internet, Instructor, Classmates..)
- C. What I learned as a result of this information....make it personal to your overall health and wellness....self-reflection.....

This paper is worth 100 points and is part of your final assessment for the course.....

As you write your paper make sure that you identify and support all statements that you make and that your reflection is clear and concise, so the reader can easily identify what you have clearly learned about your overall health and wellness.

These papers will be read by your peers prior to being read by Mr. Reed