

HEALTH

According to the General Education Program description, foundational courses provide students with the skills necessary to succeed in college level courses and in life. It is with much enthusiasm and excitement that I share with you some insight about how the health courses at Montgomery College fulfill this requirement.

DEPRESSION, STRESS, ANXIETY

Many students experience one or more of these disorders during their college years. Health courses provide an open forum for discussion and awareness about these topics. Understanding depression, anxiety, and stress could be the key to a student's success!

BIRTH CONTROL, PREGNANCY, CHILDBIRTH

According to the National Plan to Prevent Teen and Unplanned Pregnancy, "half of all pregnancies in the United States are unplanned." Many students do not understand the fertility cycle, the methods of contraception, or the decisions that have to be made when planning a birth.

CANCER, CARDIOVASCULAR DISEASE, STIs

The risk of cardiovascular disease, cancer, and STIs can be reduced through behavior modification. Students learn that the choices they make today will impact their future physical health. Physical activity, eating habits, personal protection, and regular physical exams can have a major impact on physical health.

A WORD FROM THE HEALTH STUDENTS

"This course was related to real life and really gave me several tips for a less stressed life."

"All in all the class was good and I am happy that I took it because it really made me think about my lifestyle."

The students of Montgomery College need the valuable information provided in Health courses. Please take careful consideration as you make your decision.

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