

United Nations Sustainable Development Goals Open Pedagogy Fellowship

Assignment #1: Writing a Proposal

Introduction: You are a part of a collegewide effort to increase access to education and empower students through "open pedagogy." Open pedagogy is a "free access" educational practice that places you - the student - at the center of your own learning process in a more engaging, collaborative learning environment. The ultimate purpose of this effort is to achieve greater social justice in our community in which the work can be freely shared with the broader community. This is a renewable assignment that is designed to enable you to become an agent of change in your community through the framework of the United Nations Sustainable Development Goals (SDGs). For this work, you will integrate the disciplines of psychology and English Language for Academic Purposes to achieve SDG #3, which is to improve health and well-being.

Background: This assignment represents Part I of a larger, 3-part assignment that will culminate in a presentation for your classmates on (date) as well as the option to share your presentation with a larger audience through social media or a specific website. You will focus either on the topic of exercise or technology as related to mental health—your own personal interest will dictate which topic you choose to pursue. We will read two articles in class taken from the American Psychological Association website, “The Exercise Effect” and “Stress in America 2017: Technology and Social Media.” You will be given the option to either create a movie or write a storytelling essay with pictures (blog post) based on your experience with one of the following activities: volunteering at or participating in a 5k run or 3k walk on Sunday, September 16th to support EveryMind, an organization based in Rockville focused on helping individuals and communities achieve optimal mental wellness; advertising, attending, and running pre and post-screening activities for the November 6th showing of the documentary film *Screenagers* in CM 211 at 1:00pm; or engaging in a behavior change challenge, where you will document your experience over a month-long period as you try to build a new habit or break an old one, with the goal of improving your health as it relates to the topic of exercise or social media use.

Assignment: For Assignment #1, *Writing a Proposal*, you will be given a Proposal Guide with four questions. Your proposal will answer each of these questions in a separate paragraph as you articulate, in writing, which of the three activities you have decided to pursue—the EveryMind run, the Screenagers film screening, or the Behavior Change challenge. You will explain the reasoning behind your choice, how you plan to accomplish the activity, and potential challenges you may face. Taking the time to write this proposal will help to ensure that you are well prepared for Assignments #2 and #3.



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