

United Nations Sustainable Development Goals Open Pedagogy Fellowship

Assignment #2: Creating a Video or Storytelling Essay with Pictures (blog post)

Background: You have now written a proposal indicating your commitment to participate in 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 #2, *Creating a Video or Storytelling Essay with Pictures*, you will first need to decide if you would like to work in a small group of no more than three students, or if you would prefer to work alone. Videos may be produced in groups or alone; storytelling essays with pictures must be done individually. Your audience for both the video and the storytelling essay is other college students who could benefit from learning about your experience in your chosen activity. If you choose to create a video, you will need to take notes and record aspects of the run, film screening, or behavior change challenge. If you choose to write an essay with pictures, you will need to take notes and pictures as you engage in your chosen activity. Whether you decide to create a video or write an essay, you will need to incorporate information from “The Exercise Effect” or “Stress in America 2017: Technology and Social Media” from the American Psychological Association as well as Chapter 14, “Stress, Lifestyle, and Health,” from the OpenStax textbook, *Psychology*. We will look at sample videos and storytelling essays with pictures in class to give you a better idea of what you are aiming to produce; your ultimate goal is to spread awareness of the relationship between exercise mental health or social media use and mental health through the video or essay that you produce.



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