

Sharing Wellness Challenge

After completing the Well of Being personal challenge it is time to experience bringing wellness to others. Think about the successes and challenges you faced participating in the Well of Being challenges. Now, consider which challenge/healthy behavior that you found most impactful and want to encourage others to engage in this behavior as well.

For this project you will first decide on the healthy behavior or challenge that you want to share out. You will have an opportunity to work alone or with one other classmate. Then, you will create an artifact explaining the challenge/healthy behavior (such as a video, poster/ flyer, infographic). You will then share your artifact with some classmates for general feedback (assigned to a group). You will then publicly share your project with others (friends, family, social media, etc) to participate in your creation and provide feedback. The last part of the project is sharing your project and feedback on a Google website.

1. Create an artifact (video, poster etc) that includes the following
 - a. Information about the benefits of particular behavior (ex: practicing self-compassion, adequate sleep)
 - b. Specific call to action that someone can do in the next week to work on this behavior
 - c. A creative / interesting presentation
 - d. Identify feedback/how you will have others evaluate your challenge
2. Get feedback from classmates and finalize.
 - a. Share virtually via our classroom space
 - b. Participate in group discussion
3. Share that artifact with others (choose any of the following; must choose at least 1 option)
 - a. Share in person with family, friends or co-workers (at least 3 people/person)
 - b. Share virtually via social media with your followers
 - c. Share virtually via email or video chat with family, friends or co-workers (at least 3 people/person)
4. In one week, check in with those who reviewed your artifact and get feedback on their experience trying to implement your call to action
 - a. Use your evaluation plan
 - b. Share/report back the feedback
5. Complete a final reflection ([Wellspring](#))

Project Assignment Guidelines

Overview

- You are selecting a challenge/healthy behavior
- You are creating an artifact sharing about the challenge, why it is important, and instructions for completing the challenge. This challenge is your opportunity to create based on participating in the Well of Being challenges.
- This project is broken down into several steps, but all together is worth X% of your final course grade.
- You will spend some time in group work related to this project. The goal of working with other classmates is to provide feedback and support.

Format

Task	Due Date	Points
Reflect on well of being challenges and decide your healthy behavior	Week 6	
Choose to work alone or in a group of 2 people (we will have a discussion board where people can chat and choose if would like to pair up)	Week 7	<i>Included as discussion points</i>
Submit 2 sources for your project	Week 8	
Create your project (see required components above)	Week 9-10	
Share your project with class for feedback and give feedback	Week 11	<i>Included as discussion points</i>
Share project out and gather feedback (if in group, submit peer feedback)	Week 12-14	
Submit your final product	Week 15	*
Submit final project to Google/LMS	Week 15	*
TOTAL		

*indicates group grade (if you work with a peer, you both will receive the same grade)

Process/considerations for your project

1. Choose your audience
 - Do you have a specific audience? Who will your audience be? (Other students here at college? Parents in the community? The general public? Teachers?)
 - What kind of product will best communicate your message to your audience? (Video? Infographic? Poster/flyer?)
 - What is your general plan for the kinds of information you want to communicate? Are you creating a specific challenge?
 - Must explain benefit and why
 - Must explain action item
 - How will others evaluate your project
 - Expect to gather feedback in 1 week
 - What additional research will you need to do?
 - Find 2 sources to help explain benefits of challenge/healthy behavior
 - Consider Google Scholar, library resources, appropriate websites
 - If working with another classmate, each must find 2 sources
 - What will each group member be responsible for? (if working in group)
 - If working with another classmate, determine workload equitably and document who will do what
 - Set deadlines and communicate with each other
2. Submit resources -- *individual grade*
 - Each member of the group must locate and summarize at least 2 sources of information that pertain to the project
3. Give feedback to classmates
 - In your discussion section, you will provide feedback and suggestions for improvement. You will receive similar feedback.
 - The quality of the feedback that you provide your peers will determine your discussion points.
4. Finalize project.
 - Use the feedback you receive from your peers to revise your final product
5. Share out project
 - Check in
 - Gather feedback
6. Submit project including feedback
 - **Note that individual grades on the product may be adjusted based on group members' feedback about individual contributions. In extreme circumstances, group members may request to eject a group member who consistently fails to contribute.** Such decisions will be made in collaboration with your instructor.
7. Submit final project
8. Share final project on Google website

Evaluation Criteria

Detailed rubrics will be provided for each of the above tasks.

- Your final product will be evaluated based on the following four criteria:
 - Accuracy of information included ($\frac{1}{3}$ of grade)

- Originality / creativity / aesthetics ($\frac{1}{6}$ of grade)
- The extent to which it communicates effectively ($\frac{1}{3}$ of grade)
- The extent to which it effectively applies the chosen topic to a relevant, real-world situation ($\frac{1}{6}$ of grade)
- If choose to work in a group, your group member will evaluate your contributions to the group based on the following four criteria:
 - Attendance / participation in group meetings
 - Extent to which you completed your assigned tasks
 - Quality of contributions
 - Extent to which you contribute to a productive, constructive, collaborative process

Assignment adapted from Hardin, PSYC 110 Fall 2019