Prescription for Health & Wellness Sharing Circle

15 points

Goal: Students, working in small groups will determine the strongest components of planning a health improvement goal for a fictitious college student by contrasting pros and cons of their classmates' plans to their own.

- Each student will be placed in a small group to share the following information from their Prescription for Health & Wellness plan:
  - Please note that you may not print off your plan and pass it out, you must convey through discussion and explanation the following information:
    - **The Health Issue:** Why did you choose this health issue? What about this health issue makes it an area of concern? Justify your choice with personal examples and reliable, facts-based data. Under what component of wellness does this health issue fall?
    - **SMART Goal:** outline the SMART Goal process for your students as well as the pre-disposing, enabling or reinforcing factors
    - **Stages of Change**: Describe how a person will move through all of the 5 stages answering the following questions: How should the college student begin to improve in this area of health and wellness? What would s/he need to know to begin? What steps would be necessary? What resources are available to assist him/her?

YOU WILL NEED TO PRINT OFF 2 OF THE SHEET BELOW FOR EACH OF THE CLASSMATES YOU WILL BE EVALUATING.

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<u>Reflection Questions</u>

Presenter Name: _____

Your Name: _____

What information conveyed from this speaker had you interested in learning more about his/her plan?

How did this speaker's plan differ from your plan?

How was this speaker's plan similar to your plan?

Please circle the number or answer that best describes how you rate each statement.

	Poor				Excellent
-The presenter's knowledge of the plan was fully explained 1	2	3	4	5
- The ability of the presenter to make the plan sharing interesting was 1	2	3	4	5
- The ease of understanding the material presented and the organization					
of the presentation was 1	2	3	4	5