

Spring 2016

Wellness Reflection

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Grace Ryan

The semester is just about over. It is possible that for the rest of your education, you will not be forced to take any sort of physical activity course. The choice is now yours. Please answer the following questions to the best of your ability. Be sure to answer the questions thoroughly and concisely. Take responsibility for your answers, use 12 point font, and stay on this side of this page. There is no revision for this assignment.

1. Until now what have you done to contribute to your current level of Holistic Wellness? (4 points)

Until this point to contribute to my wellness, I make an effort but sometimes not as much as I could. I generally go to sleep between 12 and 1, prioritizing my homework earlier in the day. This helps to ensure that I get enough sleep, but sometimes means I don't get as much done as I had planned to. I try not to stress myself out too much, though, by worrying excessively about my grades, so I stay active in extracurriculars I enjoy. They often take up time but I think I'm less stressed than if I didn't have these activities. So, I make time for the things I want to do, such as playing piano, hanging out with friends, my extracurriculars, and exercising (less than I used to but sometimes), and that helps me maintain mental wellness. I try to eat well, however this can be challenging especially at IMSA because I have several food allergies, which makes finding options in Sodexo difficult. On the more exercise-centered side of wellness, I actually have internalized some of the things we learn, especially in Moving and Learning when we learn about how to exercise. It helped me to form a plan and follow through especially earlier in the year when I exercised more often. So in that way, I have contributed to my own wellness using what I learned through wellness classes.

2. How will you continue to consciously advance your Holistic Wellness; (4 points)
 - a. Next Year?

Next year I will not have a wellness course, so I will need to actively think about maintaining physical wellness. I am pretty good at making sure I don't get too stressed out or take on too much work, so I will continue to make time for things I want to do, but remembering to do this will be especially important next year and throughout the coming years. It will be especially useful in the college application and decision process, as that will probably be a very stressful time. I'll also want to form and continue healthy habits such as doing things I enjoy, eating well, setting goals (maybe not smart goals, but goals nonetheless), sleeping, and exercising, as there won't be a mandatory program in college, so I will need to remember to do these things. I think the habits I've formed already will help me to remember to prioritize wellness throughout the coming years. I'll also continue improving communication skills as I've been doing this year, because they will be more important than ever after high school. I'll need to negotiate food situations with my college, so being able to communicate in that way will be very beneficial. It will also help me to be able to find help or opportunities in college if need be, which will then help me to maintain wellness. I'll be able to find opportunities for exercise and making friends in college through intramurals or fitness centers, and if I know how to communicate better, I'll be able to more effectively use these opportunities. So, next year, I will make a concentrated effort to maintain habits I've already formed in preparation for college and for staying healthy through the college application process.

| Final Write-up | | |
|-------------------------|--------------------------|---|
| Current Levels | | |
| Score 4.0 | Highly Proficient | In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as |
| | | Score 3.5 In addition to Score 3.0 performance, in-depth inferences or applications with partial success |
| Score 3.0 | Proficient | <p>The student will:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the health-related components of physical fitness and appropriate interconnections with movements from sport and game • Articulate your role and responsibility of your Holistic Wellness • Discuss relationship between the health-related components of physical fitness and mind-body fitness with current levels of Holistic Wellness (SSL-III.B.) • Support claims and statements with specific evidence (SSL-IV.A.) <p>The student exhibits no major errors or omissions.</p> |
| | | Score 2.5 No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures |
| Score 2.0 | Developing | <p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology <ul style="list-style-type: none"> ▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress • Performs basic processes such as <ul style="list-style-type: none"> ▪ Lists the health-related components of physical fitness ▪ Lists the dimensions of Wellness ▪ Use phrases or words such as; swol, in shape, good, healthy <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p> |
| | | Score 1.5 Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures |
| Score 1.0 | Beginning | With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes |
| | | Score 0.5 With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes |
| Score 0.0 | Missing | Even with help, no understanding or skill is demonstrated |
| Future Endeavors | | |
| Score 4.0 | Highly Proficient | In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as |
| | | Score 3.5 In addition to Score 3.0 performance, in-depth inferences or applications with partial success |
| Score 3.0 | Proficient | <p>The student will:</p> <ul style="list-style-type: none"> • Articulate need and plans for future Holistic Wellness (<i>SSL-I.A. Develop automaticity in skills, concepts, and processes</i>) • Support claims and statements with specific evidence (<i>SSL-IV.A.</i>) • Assume ownership of obstacles and planning for on-campus and off-campus experiences <p>The student exhibits no major errors or omissions.</p> |
| | | Score 2.5 No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures |
| Score 2.0 | Developing | <p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology <ul style="list-style-type: none"> ▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress • Performs basic processes such as <ul style="list-style-type: none"> ▪ Lists the health-related components of physical fitness ▪ Lists the dimensions of Wellness ▪ Use phrases or words such as; swol, in shape, good, healthy <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p> |
| | | Score 1.5 Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures |
| Score 1.0 | Beginning | With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes |
| | | Score 0.5 With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes |
| Score 0.0 | Missing | Even with help, no understanding or skill is demonstrated |