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Wellness Reflection

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Hector Correa

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)

The first time that I really committed myself to getting in shape and working out was freshman year at Wheaton Warrenville South. Before then my weight was not the best nor my health. But spending about two hours every day after school for two months at the gym really got me to change. That was the first time I had ever committed myself to going to the gym consistently. I lost weight, I gained some muscle and was certainly in better shape than before. I can honestly say that it felt great. My physical health had improved and I have tried to maintain it in my past 2 years at IMSA. Mentally and Socially I have certainly improved since sophomore year. That year I was a shut in, I did not get out much because I was over stressing about my grades. Junior year was a complete turnaround. I am happier, more social and I am no longer overly stressed and now know how to handle stressful times without breaking down. This has also improved my environment. I have found close friends that I now know I can reach out to for help or advice, friends that I did not think I had in sophomore year. I realized that I have a comforting environment and that I have people that I can reach out to if need be. Intellectually my mind has grown in more than one way. I have learned new ways to handle difficult situations whether it was in my internship or socially. Of course, throughout my IMSA career I have learned a lot, but I think it's more important to note how my intellect has grown in more than one area than the academic one. Spiritually I have been able place my faith in other things, in other people, trusting them to do the right thing and it has been working out pretty well. There were moments in the past year that were difficult but I can thank my spiritual health for being able to get through them.

2. How will you continue to consciously advance your Holistic Wellness; (4 points)

a. Next Year?

Physically, I now know thanks to this past year that I have more than enough time to go to the gym. Second semester junior year was a struggle to go to the gym because of baseball and Clash, but next semester as a senior I have no excuse. I can spend at least an hour, every other day up in the gym to improve my physical health. I will complete the SMART goals that I had set for myself in years past. It is something that I have been wanting to do for a while now, and intend to get a head start once the baseball season ends. I intend to keep my social life active as the school year comes to a close and maintain the close friendships that I have formed during this past year. My attitude has become more positive since sophomore and I have every intention on maintain that outlook and mentality into the summer and senior year. I have goals set up for myself for the summer so that I can continue to grow intellectual and improve my work habits. I intend on reading "Break Through Rapid Reading" so that my reading skills can improve and so that I am not spending so much time doing readings for school. This is just one of the goals I have set for myself on top of maintaining my physical health. I will try to handle stressful situations with as much patience as possible so that I can maintain my emotional health. I will continue to place my faith in others and keep trying to grow spiritually by doing so. I will start to grow my financial health by seeking out a job over the summer and get some new experiences. Environmentally I will try to keep my friends close and continue to tell myself that there are people out there that can and will help me in a time of need so that I know that I have a trusting and caring environment when I need it.

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