

# Wellness Portfolio Project

100 product points

The assignment is to create a personal wellness portfolio that contains a great deal of information about yourself, your life, the people around you, and the things that are important to you. In total, you will complete **nine (9)** sections (see below). It will be graded on effort, neatness, creativity, and completeness.

When completed, your portfolio should be put together NEATLY in one of the following ways: in a folder (hole-punched with bendable prongs), bound like a book, a photo album, or a clear cover device that would normally be used to hold a research paper. Turning the project in as a stack of loose leaf papers or crammed into a folder is UNACCEPTABLE! A minimum of **three (3)** points will be deducted for turning it in this way. **\*\*When turning the project in, PUT ALL ITEMS IN THE CORRECT ORDER, as noted below.\*\*** A minimum of **three (3) points will be deducted if the portfolio is not in the correct order when turned in.**

Directions: **The first six (6) sections, shown below, are required-** all sections MUST be on a separate piece of paper; Again, numbers 1-6 are mandatory.

1. Introduction- write a one-page paper about yourself. Include information about your interests, your family, some of your favorites, your hopes and dreams, etc. Include a picture of yourself. **This must be typed!**
2. Family Interview- interview an older relative, such as a grandparent, great grandparent, or parent. The questions you can ask are listed below, though you can ask some of your own. **This must be typed!**
  - a. What are your favorite memories from your childhood?
  - b. What were your parents and grandparents like?
  - c. If you were married, how did you meet your spouse?
  - d. What was the town like that you grew up in? How has it changed?
  - e. Do you keep in touch with childhood friends? Who and why?
  - f. What major historical events do you recall living through?
  - g. Where did your ancestors come from?
3. I See the Light Essays- **this must be typed!**
  - a. Type one paragraph (5-10 sentences) about a person who has made a positive impact in your life. Explain what qualities that person has that have made a difference for you.
  - b. Type one paragraph (5-10 sentences) about a time when you were deeply inspired. This could be described as a "light bulb moment" where something important became very clear to you. Describe how this has affected you today.
4. Letters of Affirmation- choose at least three people to write a letter of affirmation for you. These people can include a parent, sibling, friend, cousin, grandparent, aunt, uncle, teacher, coach, church leader, etc. Please ask at least one family member to complete this task. Ask each person to write a letter to you answering the question, "You are such a special person because..." This letter is personal to you and will, therefore, have no length requirement. It does not have to be typed. You must include at least **three** letters.
5. Goal Setting- you will create three (3) short-term goals **AND** three (3) long-term goals. At least one ST **AND** one LT goal should be health-related. The other goals can be related to school, extracurricular activities, family, relationships, church, etc. **Short-term goals** are those you would like to accomplish within a month to one year. Long-term goals are those that will take a year or longer to accomplish. The goals should be realistic and measurable. Each goal should be **typed** in the following manner:  
  
ST goal: I will raise my grade in Health from a B to an A  
Time: It will be completed by the end of the semester  
How: I will take good notes, complete my homework, study for tests, and ask questions in class.

6. Resume- a resume is a document used to present your background and skills. Most often, they are used to seek employment. You will create an approximate one-page resume that could be presented, if necessary, to assist you in finding employment in the next few years. A **resume template**, as well as links to websites for writing resumes, can be found on my website. You may also search google to locate example resumes for teenagers. Because of your age and likely lack of experience, it is acceptable if your resume is less than one page. **This must be typed!**

**Directions:** For the next five (5) sections, you have choices. Though five sections are presented, you are only responsible for three (3) sections. Choose any three sections below to complete the remainder of the project, a total of nine (9) sections. **Put each section on separate paper!**

7. Letter to the Editor- write a letter to the editor of a newspaper or magazine about a controversial health topic. Support your position with some facts. You do not have to ACTUALLY submit this to an editor but may if you like. The letter must be 50-100 words. Example topics include, but are not limited to, abortion, marriage equality, stem cell research, sex education programs, Obamacare, marijuana legalization, euthanasia, etc. **Must be typed!**

8. What Would They Say About You?- No two people know you the same way. One of the reasons for this is that we tend to act differently around different groups and individuals. Make a list of different people and write a sentence or two about how each person might describe you. I have provided some examples below, though you may substitute any of these with a different person (Ex: religious leader, grandparent, boyfriend/girlfriend). **Must be typed!**

- |                     |                  |                     |
|---------------------|------------------|---------------------|
| a. Your parent(s)   | b. Your teachers | c. Your best friend |
| d. A police officer | e. A coach       | f. A sibling        |

9. Letter to Self- We have found a way to send mail to people later in life! Not really, but write a letter to your future self (20+ years from now) giving advice to yourself and explaining what you hope to see in yourself at that time. This should be 100 words or more. **This section must be typed!**

10. Important Things- create a collage of the things and people that you admire. Include a picture of yourself on this page. Use pictures to show how you stay healthy. You may use actual photographs, magazine pictures, words cut out of a paper or magazine, etc. You must **completely** fill the paper with pictures and/or words.

11. Extra! Extra! Read All About It!- in spite of its title, this is not an extra credit section. Find two current events from a newspaper, news website, or magazine. One article must be health-related. This may be local news, national news, or significant news from around the globe. Turn in a copy of both articles and **type** a paragraph explaining why you chose the articles and how the two articles might have an impact on you.

Your entire wellness portfolio will be due in approximately four weeks. Each week, generally on Friday, you are required to show that you have completed **two (2)** new sections of the portfolio. I will circulate the room and do a spot check each week to see that you are making progress on your project. You will receive a homework grade of ten (10) process points for this spot check each week. The due dates for the spot checks AND due date for the entire project are:

- any two parts must be completed; **10 process points HW grade**
- two new parts must be completed; **10 process points HW grade**
- two new parts must be completed; **10 process points HW grade**
- entire wellness portfolio must be turned in

If your portfolio is not completed by the due date, a penalty will occur in the form of a loss of points. The penalties are:

**One day late-** a loss of 10 points

**Two days late-** a loss of 20 points

**Three days late-** a loss of 30 points

**Four days late-** a loss of 40 points

**Five days late-** a loss of 50 points

**More than five days late-** teacher discretion to determine points off or if it will be accepted at all

1. **Introduction-** 10 pts.  
 2\_\_ one page long  
 1\_\_ has a picture  
 2\_\_ double spaced  
 1\_\_ lists several favorites  
 1\_\_ describes self/family  
 1\_\_ lists hopes & dreams  
 2\_\_ typed
2. **Family Interview-** 10 pts.  
 8\_\_ answers all questions  
 2\_\_ typed
3. **I See The Light-** 12 pts.  
 3\_\_ two separate essays  
 3\_\_ one paragraph each  
 2\_\_ detailed explanation  
 2\_\_ why they chose essays  
 2\_\_ typed
4. **Letters -** 10 pts.  
 6\_\_ has three letters  
 2\_\_ includes family member  
 2\_\_ responds to question
5. **Goal Setting-** 12 pts.  
 3\_\_ 3 ST goals  
 3\_\_ 3 LT goals  
 2\_\_ proper format  
 2\_\_ health-related goals  
 2\_\_ typed
6. **Resume-** 10 pts  
 3\_\_ follows resume template  
 3\_\_ covers all areas  
 2\_\_ typed  
 2\_\_ neat/professional
7. **Letter to Editor-**10 pts.  
 5\_\_ 50-100 words  
 1\_\_ deals with health topic  
 2\_\_ supported with facts  
 2\_\_ typed
8. **What Would They Say-** 10 pts.  
 6\_\_ discusses six people  
 2\_\_ descriptive responses  
 2\_\_ typed
9. **Letter to Self-** 10 pts.  
 8\_\_ 100 words  
 2\_\_ typed
10. **Important Things-** 10 pts.  
 6\_\_ covers full page  
 2\_\_ has student picture  
 2\_\_ neat/professional
11. **Extra! Extra! Articles-** 10 pts.  
 4\_\_ two articles  
 4\_\_ paragraph explanation  
 2\_\_ typed/professional
12. **Organization-** 6 pts.  
 2\_\_ all sections in order  
 2\_\_ held in binder, folder, etc.  
 2\_\_ neat, not wrinkled, etc.  
 TBD\_\_ turned in on due date

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