

HEALTH JOURNAL GUIDELINES

A large portion of your Health grade points are earned through journal writing throughout the semester. You are expected to have a separate journal just for health (an inexpensive spiral notebook with side pockets is fine) and to bring it to every class meeting.

I'll collect them at the conclusion of each Health unit (about every two weeks) and return them as soon as possible. No other class notes or assignments (e.g., Science or English) should be kept in this journal.

The purpose of the Health Journal is to help you clarify your thoughts, experiences, and value about the different aspects of your physical, emotional, mental, social and spiritual health. By the end of the semester, you'll have a written record of how your ideas and thoughts have developed and changed.

Between six and eight relevant journal topics or questions will be assigned during each unit. Assignments are given as homework. Students should work on one entry each night, devoting ten to fifteen minutes to each assignment. I'll read every entry and usually respond with comments and suggestions.

Grading. Each journal entry is worth up to 5 points. Points are deducted for every criterion not met. A full credit entry would:

1. Relate to the assigned topic. (You may always create your own topic if you are uncomfortable with the subject.) Give the subject serious and careful thought, drawing from class discussions, your own experiences, and the comments from other students as you write your entries.
2. Use correct English, spelling, and grammar and write or print legibly in INK.
3. Be at least four to six sentences in length and fully address the prompt. You may, however, write as much as you wish!
4. Be written in a bound notebook, or secured in a small, ringed binder. **Loose binder pages of paper will not be accepted or given credit.**
5. Be turned in **ON TIME**. If you have an excused absence when the journal is due, you may turn it in for full credit on the first day you return to school. Otherwise, journals may be turned in one day late for half credit. After that, NO CREDIT will be given.