

## CLASS ACTIVITY TEMPLATE AND GRADING RUBRIC

Most activities will have you answer the 3 questions below. Some will have you upload an additional document. And there are a few others with very different questions. So it is important you read the instructions on each activity form (or “quiz” as Canvas likes to call them). Still, this template will help.

1. What did you personally learn from completing this activity that is relevant to Health Psychology? (100-150 words)

**Provided a detailed description of what they learned (1 point)**

**What was described clearly relates to the activity (1 point)**

2. Explain or describe a relevant and specific fact/finding/theory from the Health Psychology class about XXXXXX (2-3 sentences). You need to tell us where you got this information by specifying the module number and either the slide number OR video segment number (e.g. module 1, slide 4 OR module 1 seg 5)

**Do not include your personal thoughts, feelings, beliefs etc. here.**

**Explained a fact/finding/theory that was asked for in the highlighted text (2 points)**

**Identified the correct source for the fact/finding/theory (2 points)**

3. Explain or describe another relevant and specific fact/finding/theory from the Health Psychology class about YYYYYY (2-3 sentences). You need to tell us where you got this information by specifying the module number and either the slide number OR video segment number (e.g. module 1, slide 4 OR module 1 seg 5)

**Do not include your personal thoughts, feelings, beliefs etc. here.**

**Explained a fact/finding/theory that was asked for in the highlighted text (2 points)**

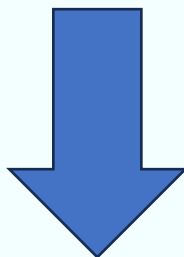
**Identified the correct source for the fact/finding/theory (2 points)**

To do well on the #2 and #3 a) do not just write down a fact, finding, theory – you need to explain or describe it and b) make sure your FFT is directly about whatever is highlighted in yellow. If you talk about something else, you will not receive full credit. For example...

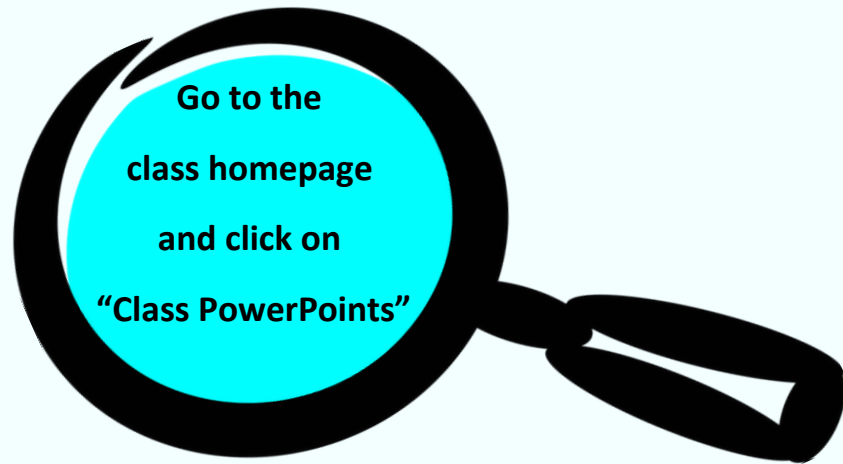
explained/described something else AND made the connection clear = 1 point

named a fact/finding/theory with little to no explanation/description = 1 point

explained/described something else and did not connect it to the activity = .5 points

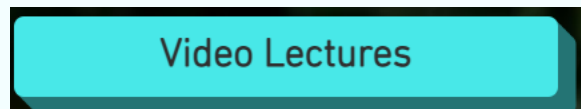


Where do I find  
the module slides?



They are in Canvas (look under modules) and they are on the health psychology website. Simply click on

Where do I find the  
videos for each  
module?



There are many “video segments” in each module and each one has a number (e.g. Module 1 segment 1)  
See example below.

## **Health Psychology Video Lectures Module 1**

1. Health psych and dimensions of wellness (13 min)

2. A marriage and the mind-body relationship (8 min)

3. Mind-body connection: Ritualistic dance and music (3 min)