

Module video segments & their quizzes should be completed by 11:59 pm the night before the class where they are discussed and applied. Activities in green are in-class and you must be physically present. Activities in purple are completed at home. SARAs and the health intervention/health campaign projects are worked on every class when there is time available.



2-Sep	4-Sep	9-Sep	11-Sep	14-Sep	16-Sep	18-Sep	21-Sep
website exploration	module 1 video segments 1-6	module 1 video segments 7-9	module 1 video segments 10-13	module 2 video segments 1-3	module 2 video segments 4-6	module 2 video segments 7-11	module 2 video segments 12-16
Syllabus quiz	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
sitting-rising activity	AI tools for article searches and APA formatting	who am I? activity part 1	who am I? activity part 2	AI tools for stunning slides	health belief model and disease activity	project work	peer review of team presentation
pod assignments		facial feedback activity	screen recording	Framed messages activity		Volunteer service placement agreement	slides activity
choose your SARA		project choice intervention OR health campaign OR volunteer service				contract due	7 minute workout challenge activity

23-Sep	25-Sep	28-Sep	30-Sep	2-Oct	5-Oct	7-Oct	9-Oct
module 3 video segments 1-3	module 3 video segments 4-9	module 4 video segments 1-3	module 4 video segments 4-6	module 4 video segments 7-10	module 4 video segments 11-13	module 4 video segments 14-19	module 4 video segments 20-26
segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
top three stressors activity	Experiment: Find the flaws activity			BP & HR biofeedback activity	walk 1 activity Spiderweb of social networks activity	diaphragmatic breathing activity	PMR activity
health intervention people - start your baseline observations		phase 1 team presentations	phase 1 team presentations	phase 1 team presentations	Health Intervention Phase 2 part A due	mindfulness & walk 2 activity	Health Campaign Phase 2 due

12-Oct	14-Oct	16-Oct	21-Oct	23-Oct	26-Oct	28-Oct	30-Oct
module 5 video segments 1-3 segment quizzes guided imagery activity	module 5 video segments 4-7 segment quizzes vagus nerve stim activity Intro the Wild activity	module 5 video segments 8-12 segment quizzes hassles & uplifts activity project work Health Campaign Phase 2 Part B due	module 6 video segments 1-2 segment quizzes project work	module 6 video segments 3-4 segment quizzes finger prick pain activity	module 7 video segments 1-5 segment quizzes project work Begin health intervention	module 7 video segments 6-10 segment quizzes health APP explore & expt project work	module 7 video segments 11-14 segment quizzes binder clip pain activity

2-Nov	4-Nov	6-Nov	9-Nov	11-Nov	13-Nov	16-Nov	18-Nov
module 7 video segments 15-21 segment quizzes behav. intervention group sharing activity SARA round 1 due	module 8 video segments 1-5 segment quizzes pre Fed-Up activities	module 8 video segments 6-9 segment quizzes Fed-Up movietime activity	module 8 video segments 10-13 segment quizzes Fed-Up movietime activity	module 8 video segments 14-18 and Skinny on Obesity segment quizzes Fed-Up movietime activity	module 9 video segment 1-6 segment quizzes post Fed-Up activity	module 9 video segments 7-10 segment quizzes Sugar tracking activity	module 10 video segments 1-5 segment quizzes project work Public Health Message Campaign phase 3 due

20-Nov	30-Nov	2-Dec	4-Dec	7-Dec	9-Dec	11-Dec	
module 10 video segments 6-11 segment quizzes self-esteem booster activity SARA round 2 due SARA movie marathon	module 11 video segments 1-6 segment quizzes Spirituality booster activity SARA movie marathon	module 11 video segments 7-9 segment quizzes Health Intervention phase 3 due SARA movie marathon	module 11 video segments 10-14 segment quizzes Environmental Connect & Protect activity SARA movie marathon	Soothing forces of nature activity	Psych Symposium bonus points! Public Health Message Campaign phase 4 due	SARA movie marathon Volunteer project reflection and supervisor eval due	Final Exam Dec 14-17 