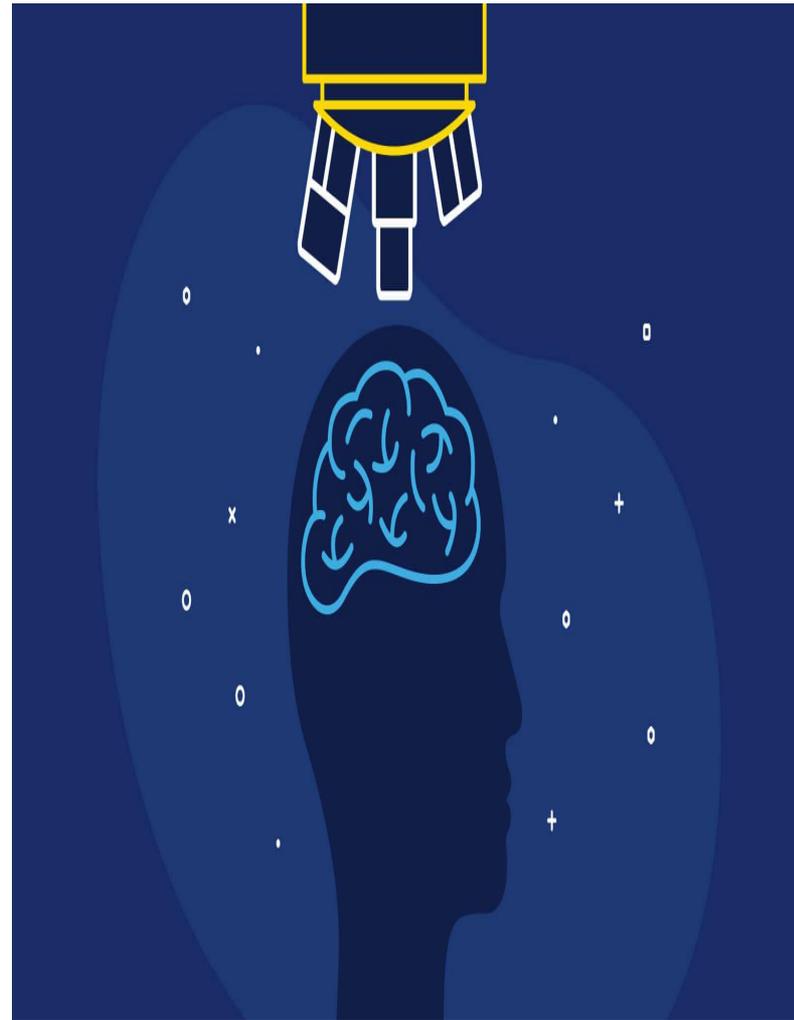


SCI: Supporting Wellness with Technology, a special topic in Science course

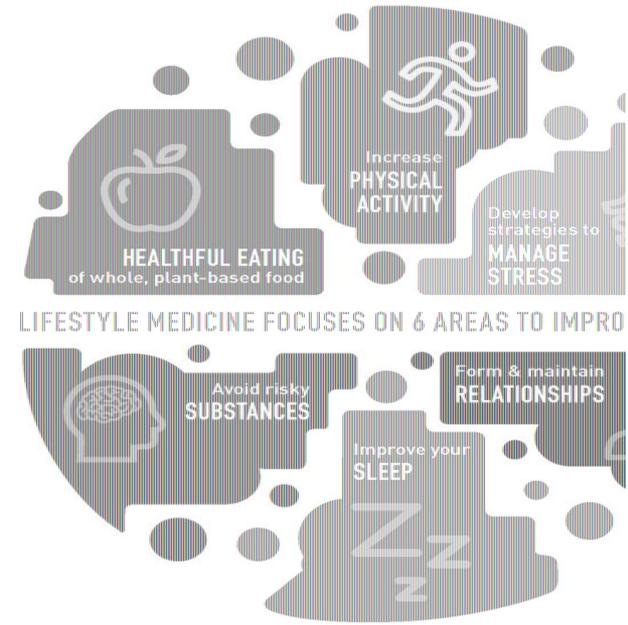
The purpose of this class was to assist in the development of an app and website called SANO revolving around lifestyle and wellness for high schoolers. My responsibility was to track my personal development around the 6 measures: (physical activity, food and nutrition, sleep, stress resilience, avoidance of risky substances, and healthy relationships/connections).



Accomplished

Weekly I reflected on the 6 measures (physical activity, food and nutrition, sleep, stress resilience, avoidance of risky substances, and healthy relationships/connections). I was able to see where I was lacking and where my “cups” were filled. This practice made me more aware of my well being. So often I feel off mentally or physically and not know why or how to fix it. Now I am able to simply “scan” myself to see where I am lacking in my 6 measures and where change needs to be made.

Mentally it's made me more relaxed in both my academic and personal life because I feel fulfilled from working/being aware of my lifestyle and well being, I am able to focus on life's task such as school, work, and the enjoyment of life. I feel fulfilled and when I don't, I know what to turn to and how to fix/improve my wellbeing/ lifestyle.



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE

LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, even reversing diseases by replacing unhealthy behaviors with positive ones such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

Aftermath



I feel that this class should be a requirement for the well being of students in College Unbound as it will improve their personal lives and that will spill over into their academics. My project is to bring awareness of self care to low income parents. This class has taught me things I didn't know and/or didn't see the importance in (6 measures).

I now have tools and information to use for my own project. For example I'd like to practice after I graduate as a life coach. Having learnt the importance of the 6 measures, that information will assist my potential clients. I could make a journal/log for my clients to utilize daily that would include the 6 measures.

Big Ten

“The 10 Leadership and Change Habits of Mind and Practice (The Big 10) define what all College Unbound students should know and be able to do when they graduate. Students engage with The Big 10 in both their General Education distribution requirements and their academic major, making their bachelor’s experience intentional and coherent.”

(Accountability, Advocacy for Self and Others, Collaboration, Communication, Creativity, Critical Thinking, Intercultural Engagement, Problem solving, Reflection, and Resilience)

- **Reflection:** through the weekly log
- **Resilience:** was proven to me when I was lacking in certain measures of the 6 Measures and how I improved weekly
- **Accountability:** making improvements weekly to improve my wellness and lifestyle/ applying these skills in both my personal and academic life
- **Communication:** this skill has improved as one of the measures I lacked in was my healthy relationships/ connections and I found that to keep them healthy communication was key

(Puzzle Piece by Danique and Dr.
Marsha-Gail Davis)

**“processed foods do not allow students to
perform at their best”
-Dr. Marsha-Gail Davis**

**“they are set up to fail” (processed school
lunches-added sugars give a high and then a
low)
-Dr. Marsha-Gail Davis**

**(African American/Minorities, Inner city youth,
and those of low socioeconomic status)**

