

# Self-Assessment Paper Part 2

Sunday, May 3, 2021

10:26 PM

## Overview of Paper

- The goal of this project is to help you become more aware of various factors in your life (stressors, personality traits, relationships, health behaviors, etc.) that could potentially affect your physical health
- Throughout the semester you will have access to questionnaires on Canvas that measure health-related concepts discussed in lectures (for example, optimism). You are to complete these questionnaires and think about what your scores for each factor may mean for your physical health – is the factor assessed a potential health risk or is it potentially health-enhancing?
- Then, write up your interpretations of your results incorporating the research findings about these factors reviewed in class
- Lastly, you are to choose three areas of concern and describe specific actions you could take (behavioral objectives) that might decrease potential risks to your health

## Overview

- Choose 5 more self-assessment questionnaires and do a write-up of each, including:
  - your results/scores
  - your interpretation of whether this area is a strength, weakness (risk), or neutral regarding your physical health
  - specific personal examples of manifestations of the factor in your life
  - specific details from the lecture material on what effects the factor can have on physical health and how
  - submit on Canvas the second part of the paper AND the previously graded first part by May 3, 2021
- From the 10 questionnaires you wrote up, pick 3 areas assessed in which you feel you could make some changes to reduce your risk of health issues.
  - for each area write 3 behavioral objectives stating what specific action you could take to try to reduce health risks associated with the factor assessed
  - give a specific reason (rationale) for how taking each action could be helpful for your health
  - turn in this third part of the paper (9 objectives total) by May 3, 2021
- Attach the Self-Assessment Profile (last page of this handout) to the end of your paper with results filled in for all 16 questionnaires listed
- Do not put your name on the paper, only your student I.D. number

# Self Assessment Paper Outline

**Jennifer Murphy, Carrie Griffin, Bettie  
Higgs**



## **Self Assessment Paper Outline:**

## The Enigmatic Realm of **Self Assessment Paper Outline**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Self Assessment Paper Outline** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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