

Career and Life Management

Module 1

Personal Choices

ASSIGNMENT BOOKLET 1A

FOR TEACHER'S USE ONLY

Summary

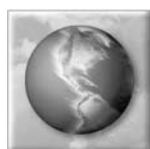
	Total Possible Marks	Your Mark
Section 1 Assignment	100	
	100	

Teacher's Comments

Career and Life Management
 Module 1: Personal Choices
 Assignment Booklet 1A
 Section 1 Assignment
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This document is intended for	
Students	✓
Teachers	✓
Administrators	
Home Instructors	
General Public	
Other	



You may find the following Internet sites useful:

- Alberta Education, <http://www.education.gov.ab.ca>
- Learning Resources Centre, <http://www.lrc.education.gov.ab.ca>
- Tools4Teachers, <http://www.tools4teachers.ca>

Exploring the electronic information superhighway can be educational and entertaining. However, be aware that these computer networks are not censored. Students may unintentionally or purposely find articles on the Internet that may be offensive or inappropriate. As well, the sources of information are not always cited and the content may not be accurate. Therefore, students may wish to confirm facts with a second source.

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ASSIGNMENT BOOKLET 1A CAREER AND LIFE MANAGEMENT: MODULE 1 SECTION 1 ASSIGNMENT

This Assignment Booklet is worth 100 marks out of a total of 200 marks for the assignments in Module 1. The value of each question is stated in the left margin.

Read all parts of your assignment carefully and record your answers in the appropriate places. If you have difficulty with an assignment, go back to your Student Module Booklet and review the appropriate lesson. Be sure to proofread your answers carefully before submitting your Assignment Booklet.

You can use a computer and word-processing program for many of these assignments. If you use a computer, be sure to attach a printed copy that has been proofread and is readable. Include your name, course name and assignment number on each page.

100

5

Section 1 Assignment: Balancing the Dimensions of Health

- In Lesson 1 you watched a video segment featuring Vic Albert in which he demonstrates healthy life management. Write a paragraph about another person who, in your opinion, demonstrates healthy life management. Give reasons to support your opinion. (Space is provided on the next page for your paragraph.)

Note: The person you choose to write about may be someone you know personally or someone you have seen in the media.

Use the following checklist to ensure your response is effective.

• The person I have selected demonstrates healthy life management.	
• I have provided appropriate details to show how this person’s dimensions of life are balanced.	
• My word choice and sentence structure are effective.	
• I have edited my writing to eliminate errors in spelling, capitalization, and punctuation.	
• I have clearly and effectively shown how this person demonstrates healthy life management. I am pleased with my paragraph.	

2. In your exploration of the dimensions of health in Lesson 1, you examined the wellness wheels of two individuals.

6

a. Think about the six dimensions of health and the relative amount of energy you spend on each. In the space provided create your own wellness wheel that illustrates the dimensions of health that are most important to you.

3

b. What dimension of your life do you want to improve? How would improving this dimension help you make your life better?

When you have completed question 2, continue where you left off on page 17 of the Student Module Booklet.

12

3. In Lesson 1 you considered how determinants of health affect the dimensions of health. Complete the following table to show how a specific determinant of health might affect each dimension of health by giving a real-life example.

Dimension of Health	A Determinant of Health that Affects this Dimension	An Example to Illustrate this Effect
Physical		
Emotional		
Spiritual		
Social		
Intellectual		
Vocational		

When you have completed question 3, continue where you left off on page 20 of the Student Module Booklet.

12

4. In Lesson 2 you thought about your self-image. In the following chart describe how you see yourself in each dimension of your life. Be realistic and positive.

Dimension of Health	How you See Yourself
Physical	
Emotional	
Spiritual	
Social	
Intellectual	
Vocational	

When you have completed question 4, continue where you left off on page 29 of the Student Module Booklet.

5. In Lesson 3 in your exploration of the social dimension of your life, you examined relationships and roles. You also reflected on developing and maintaining healthy relationships.

Consider one of your current relationships. It could be your relationship with any friend or family member. Look at the benefits or the limitations of that relationship by answering **five** of the following questions. Explain your answers.

10

- a. Use the chart that follows to record your answers to the questions you choose. Keep the individual's name confidential. Remember to consider the benefits and limitations of the relationship.
- What are this person's interests?
 - What people do I know that this person knows? Are these the type of people I like to be with?
 - What values do I share with this person?
 - What are my needs? Which of my needs are being met in this relationship?
 - What needs am I meeting for this person?
 - How do we both feel about issues such as the roles of women and men, education, drugs, alcohol, and other issues of importance?
 - What demands is this person putting on me or is about to put on me?
 - Is this a shared partnership or is it a one-sided relationship in which I always get my way or in which the other person always gets his or her own way?
 - Do I like the person and feel comfortable with him or her, or do I feel as though I am being someone other than myself when I am with this person? Is this a positive feeling?
 - Does the other person help me to feel good about myself and my lifestyle?
 - Is this person empathetic and communicative?
 - Does this person help me to be the best that I can be?
 - Do I help the other person to be the best that he or she can be?
 - Am I communicative and empathetic toward the other person?
 - Do I feel good about the other person's lifestyle?

My Current Relationships	
Question	Response

4

- b. Based on your responses to the questions you answered in the chart, is this relationship good for you or does it limit what you can do or be? Explain.

When you have completed question 5, continue where you left off on page 39 of the Student Module Booklet.

2

7. In Lesson 4 you explored the intellectual dimension of health. You examined factors that affect learning and you considered theories and research about learning. You also reflected on the importance of different kinds of thinking. Consider the intellectual dimension of your life and what you know about the way you think and learn.

3

a. Identify which of Gardner’s multiple intelligences best applies to you. Give reasons to support your opinion.

3

b. Identify whether you are left-brain or right-brain dominant. Give reasons to support your opinion.

3

c. Identify your preferred learning style and describe your preferred learning environment.

3

d. Identify the factors that either motivate you to learn or hinder your learning.

8. In Lesson 4 you examined ways you can improve your goal-setting and time-management skills.

⑥

a. Karlen sets goals for himself but he never seems to achieve them. What advice would you give to Karlen so he can become effective at setting goals for himself?

②

b. Identify the **two** types of resources that are used to help people reach their goals. Give an example of each type.

②

c. Explain why having good time-management skills is important for achieving goals.

When you have completed question 8, continue where you left off on page 58 of the Student Module Booklet.

9. In Lesson 5 you examined the emotional dimension of your life. You explored identifying, understanding, and managing emotions.

3

a. Explain the role that emotions play in decision-making.

2

b. What is meant by emotional balance?

3

c. What steps can you take to maintain emotional balance in your life?

⑩

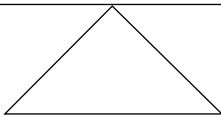
10. In Lesson 5 you also examined handling decisions and coping with peer pressure. Peer pressure often makes it difficult to make wise decisions. One way to meet this challenge is to use a P-M-I chart to organize your thoughts.

Read the following scenario. Then pretend that you are Yolanda and complete the P-M-I chart on the next page.

Kelly drives up to Yolanda's house in a powerful sports car. The car belongs to Kelly's parents who are out of town and who have told Kelly not to drive the car. Kelly invites Yolanda to go for a joyride. Yolanda knows Kelly is not an experienced driver. Yolanda has to decide whether or not to go along for a ride.

P-M-I Decision-making Chart

Question: _____



Choice 1	Choice 2								
_____	_____								
_____	_____								
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Plus	Minus								
Plus	Minus								
Interesting (Give Reasons Why)	Interesting (Give Reasons Why)								

My Decision

When you have completed question 10, submit Assignment Booklet 1A to your teacher and then continue where you left off on page 69 of the Student Module Booklet. (Have you included the signed form indicating your choice of Part A: Human Sexuality or Part B: Relationships?)