HEALTH 2 E-PORTFOLIO

TASK: As a final assessment for Health 2, you will create an online electronic portfolio to document your knowledge and skills of the four health competencies.

Portfolio Tabs:
- Home
- About Me
- Competency 1
- Competency 2
- Competency 3
- Competency 4
- Health in My Life
  - (Journal)

MAKING YOUR PORTFOLIO:

Setting up Your Site:

1) Go to google
2) At the top go to the "More"
3) Click "Sites"
4) Sign in to google using a gmail account or with your own email using google apps.
5) Click the CREATE button
6) Choose a **BLANK** template
7) Name your site like the following example, using your name (John Smith's Health 2 Portfolio)
8) Scroll down to "Select page theme"
9) Make sure that your template has a comment box listed at the bottom of the page.

Making New Pages

10) Create a new page by clicking the page button on the top right
11) Name the page and select the location "Put at top level"
12) Create a page with the same name listed above in the box called **Portfolio Tabs**.
13) On each competency page, write out the competency, attach your artifacts, write a reflection for each artifact in the comment box that appears below the attachment.

PORTFOLIO REQUIREMENTS:

- You will use saved projects, assignments, and other assessments from Health 2 to serve as artifacts in your electronic portfolio. These artifacts will be used as evidence to show that you have met each of the health competencies.
- You will need to have 3 artifacts uploaded as attachments as a minimum requirement for each competency. You will need a total of _**12 artifacts, and each artifact must be graded with an 80% or better.**_
- Along with each artifact, you will write a _**reflection**_ summarizing the assessment and how it shows your growth in the respective competency. Reflection should state: 1) Description of the artifact and 2) How the artifact provides evidence that you met the competency.
- On your *Homepage*, you should include a short video clip (@30 seconds) which serves as a welcome statement to explain your portfolio to viewers as well as a short intro paragraph that includes your email address.
- An *About Me* page should be created and describe who you are, future goals, interests, accomplishments, where you come from, etc… Make sure to include at least one picture of yourself on this page.
- You will also include a page called *Health in My Life* in which you will journal how you identify goals that you are setting to make changes for your personal health. These goals will be set after taking the Wellness Inventory. Throughout the course, you will reflect on your progress on this page. More info will follow.

Health 2 Competencies

1. **Students will <u>comprehend concepts</u> related to health promotion and disease prevention to enhance health.**
2. **Students will be able to <u>analyze consequences of decisions</u>, <u>problem-solve</u>, and <u>set goals</u> to enhance health or reduce health risks.**
3. **Students will demonstrate the ability to <u>use interpersonal communication skills</u> to enhance health, reduce health risks, and to <u>advocate</u> for personal, family, and community health.**
4. **Students will be able to <u>access valid information and products and services</u> to enhance health and <u>analyze the influence</u> of family, peers, culture, media, technology, and other factors on health behaviors.**

1. Your page should be set up as seen below. Name of the competency as the title, the competency description below that in bold, the reflections (clearly labled with the corresponding artifact under the competency description.
2. Attach a file here by browsing your "z" drive or another drive in which you have work saved or insert your artifacts as images after taking a picture using your mobile device.
3. In the reflection, explain the following:
   a. A description of the artifact. (what you did to complete the assignment)
   b. How this artifact provide evidence that you met this competency?
   c. **One reflection for each artifact.**