

Write a 3 page paper organized into 3 parts.

Part 1: Outline what was learned, provide reflections of how the material applies to you, explain why learning about and understanding Educator Wellness is important, how your thoughts, feelings, and knowledge may have been challenged or grown over the course of the class.

Part 2: Write your Personal Wellness Mission statement and explain what it means to you. Where will you go from here? How will you translate your mission statement into daily practice? What are you motivated to do (make a personal lifestyle change, research self care habits, share information with colleagues, present at a conference, teach your students differently, etc).

Part 3: Develop an action plan for yourself, your school, your district, or your parent community related to Wellness. Provide action steps and a timeline. Now that you are empowered with knowledge, develop a plan of action and a timeline. What are you inspired to do from here: present at a board meeting, share at a staff meeting, plan a wellness event for your colleagues or school families, collaborate with a local community health leader, create a video for your school website, lead a book talk on the topic of wellness? Share all the details and planning for how you will leave a legacy for others.

Email your final project to your course professor.

Criteria	Superior (20 points)	Sufficient (15 points)	Minimal (10 points)	Unacceptable (8 points)
Depth of Reflection ____/20	Response demonstrates an in-depth reflection on, and personalization of, the theories, concepts, and/or research presented in the course materials to date. Viewpoints and interpretations are insightful and well supported. Clear, detailed examples of what was learned and how it applies to the student's work setting are provided, as applicable.	Response demonstrates a general reflection on, and personalization of, the theories, concepts, and/or research presented in the course materials to date. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	Response demonstrates a minimal reflection on, and personalization of, the theories, concepts, and/or research presented in the course materials to date. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	Response demonstrates a lack of reflection on, or personalization of, the theories, concepts, and/or research presented in the course materials to date. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.
Required Components ____/20	Response includes all components (reflection, personal wellness mission statement, and action plan) and meets or exceeds all requirements indicated in the instructions. Each question or part of the assignment is addressed thoroughly.	Response includes all but one component (reflection, personal wellness mission statement, action plan) and meets all other requirements indicated in the instructions. Each question or part of the assignment is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some questions or parts of the assignment are not addressed.	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally, inadequately, and/or not at all.

Structure ____/20	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.
Evidence and Practice ____/20	Response shows strong evidence of synthesis of ideas presented and insights gained throughout the entire course. The implications of these insights for the respondent's overall lifestyle and professional practice are thoroughly detailed, as applicable.	Response shows evidence of synthesis of ideas presented and insights gained throughout the entire course. The implications of these insights for the respondent's overall lifestyle and professional practice are presented, as applicable.	Response shows little evidence of synthesis of ideas presented and insights gained throughout the entire course. Few implications of these insights for the respondent's overall lifestyle and professional practice are presented, as applicable.	Response shows no evidence of synthesis of ideas presented and insights gained throughout the entire course. No implications for the respondent's overall lifestyle and professional practice are presented, as applicable.

Feedback: