



Experiential Learning Portfolio for 10504168 Wellness

Student Contact Information:

Name: _____ Student ID# _____

Email: _____ Phone: _____

*It is **required** that you speak with the Academic Dean or instructor who teaches this course prior to completing a portfolio.*

Directions

Consider your prior work, military, volunteer, education, training and/or other life experiences as they relate to each competency and its learning objectives. Courses with competencies that include speeches, oral presentations, or skill demonstrations may require scheduling face-to-face sessions. You can complete all of your work within this document using the same font, following the template format.

1. Complete the Student Contact Information at the top of this page.
2. Write an Introduction to the portfolio. Briefly introduce yourself to the reviewer summarizing your experiences related to this course and your future goals.
3. Complete each "Describe your learning and experience with this competency" section in the space below each competency and its criteria and learning objectives. Focus on the following:
 - What did you learn?
 - How did you learn through your experience?
 - How has that learning impacted your work and/or life?
4. Compile all required and any suggested artifacts (documents and other products that demonstrate learning).
 - Label artifacts as noted in the competency
 - Scan paper artifacts
 - Provide links to video artifacts
 - Attach all artifacts to the end of the portfolio
5. Write a Conclusion for your portfolio. Briefly summarize how you have met the competencies.
6. Proofread. Overall appearance, organization, spelling, and grammar will be considered in the review of the portfolio.
7. Complete the Learning Source Table. Provide additional information on the business and industry, military, and/or volunteer experiences, training, and/or education or other prior learning you mentioned in your narrative for each competency on the Learning Source Table at the end of the portfolio. Complete this table as completely and accurately as possible.

The portfolio review process will begin when your completed portfolio and Credit for Prior Learning Form are submitted and nonrefundable processing fees are paid to your local Credit for Prior Learning contact. Contact Student Services for additional information.

Your portfolio will usually be evaluated within two weeks during the academic year; summer months may be an exception. You will receive an e-mail notification regarding the outcome of

the portfolio review from the Credit for Prior Learning contact. NOTE: Submission of a portfolio does not guarantee that credit will be awarded.

You have 6 weeks to appeal any academic decision. See your student handbook for the complete process to appeal.

To receive credit for this course, you must receive “Met” on 6 of the 7 competencies.

10504168 Wellness, 2 Associate Degree Credits

Course Description: Understand how to maintain a healthy lifestyle, including stress management and relaxation, weight control, effective sleep, minimization of alcohol and tobacco use, financial stability, and spirituality. Recognize factors contributing to suicide within the criminal justice profession.

Introduction: Briefly introduce yourself to the reviewer summarizing your experiences related to this course and your future goals.

Competency 1: Measure progress toward wellness goals

Criteria: Performance will be satisfactory when:

- you include wellness components
- you include current personal status for each component
- you include a personal goal for each component
- you discuss thoughts on differences between current status and goals
- you identify barriers that may interfere with goal achievement
- you discuss strategies for dealing with barriers

Learning Objectives:

- a. Identify the components of wellness
- b. Determine current personal wellness levels
- c. Discuss barriers to maintaining wellness
- d. Examine the components of effective goal setting
- e. Examine the components of a wellness plan

Required Artifacts: None

Suggested Artifacts: Personal Wellness Journal/Log, Wellness Training Certificate(s)

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 2: Maintain physical fitness

Criteria: Performance will be satisfactory when:

- you identify exercise goals
- you include a seven-day exercise plan that includes strength, aerobic, and flexibility activities
- you evaluate current level of physical fitness
- you discuss progress toward exercise goals
- you describe barriers and efforts to reduce barriers in achieving exercise goals

Learning Objectives:

- a. Analyze the effects of exercise
- b. Examine exercises that develop strength
- c. Examine exercises that develop aerobic capacity
- d. Examine exercises that develop flexibility
- e. Discuss the benefits of an exercise plan that includes a variety of activities
- f. Develop a process to start and maintain positive exercise habits

Required Artifacts: None

Suggested Artifacts: Personal Fitness Training Log, Fitness Training Certificate(s)

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 3: Maintain nutritional health

Criteria: Performance will be satisfactory when:

- you identify nutritional goals
- you include a seven-day meal plan that is nutritionally sound
- you evaluate current dietary habits including water intake
- you discuss progress toward nutritional goals
- you describe barriers and efforts to reduce barriers in achieving nutritional goals

Learning Objectives:

- a. Identify the components of a balanced diet
- b. Discuss the role of vitamins and minerals in a healthy diet
- c. Discuss the role of fiber in a healthy diet
- d. Discuss the role of water in a healthy diet
- e. Discuss the effects of excessive salt and fat
- f. Examine the pros and cons of processed versus organic foods (whole foods)
- g. Plan balanced and appetizing meals
- h. Develop a process to start and maintain positive nutritional health habits

Required Artifacts: None

Suggested Artifacts: Personal Nutrition Log, Nutrition Training Certificate(s)

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 4: Manage a healthy weight

Criteria: Performance will be satisfactory when:

- you identify healthy weight goals
- you discuss progress toward healthy weight goals
- you describe barriers and efforts to reduce barriers in achieving healthy weight goals

Learning Objectives:

- a. Discuss calories and their role in weight management
- b. Discuss how to calculate BMI (body mass index) and its role in weight management
- c. Examine effects of unhealthy dieting strategies such as binge diets, severe calorie reduction, etc.
- d. Examine the components of healthy weight management plans
- e. Develop a process to start and maintain a healthy weight

Required Artifacts: None

Suggested Artifacts: None

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 5: Maintain a healthy lifestyle

Criteria: Performance will be satisfactory when:

- you identify healthy lifestyle goals
- you discuss progress toward healthy lifestyle goals
- you describe barriers and efforts to reduce barriers in achieving healthy lifestyle goals

Learning Objectives:

- a. Examine the effects of smoking
- b. Examine the effects of alcohol
- c. Examine the effects of sleep deprivation
- d. Identify factors that facilitate healthy relationships
- e. Discuss strategies that facilitate positive choices
- f. Develop a process to start and maintain a healthy lifestyle

Required Artifacts: None

Suggested Artifacts: AODA or Related Certificate

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 6: Manage personal finances

Criteria: Performance will be satisfactory when:

- you include personal finance goals
- you discuss progress toward personal finance goals
- you describe barriers and efforts to reduce barriers in achieving personal finance goals

Learning Objectives:

- a. Develop a personal budget
- b. Examine personal spending habits
- c. Discuss methods for tracking personal spending
- d. Identify spending and investment options
- e. Examine ways to build your financial savings

Required Artifacts: None

Suggested Artifacts: Personal Budget, Personal Finance Certificate(s)

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

Competency 7: Maintain mental health

Criteria: Performance will be satisfactory when:

- you identify mental health goals
- you identify strategies to reduce stress
- you include scheduled recreational activities
- you include scheduled stress relieving activities
- you describe personal self-perception and relation to mental health
- you describe causes of stress in life
- you discuss progress toward mental health goals
- you describe barriers and efforts to reduce barriers in achieving mental health goals

Learning Objectives:

- a. Relate self-perception to mental health
- b. Identify the causes of stress
- c. Examine the effects of stress on body, mind, and spirit
- d. Identify ways to relieve stress
- e. Discuss the importance of planning recreation time
- f. Examine the factors of suicide
- g. Develop a process to start and maintain positive mental health habits

Required Artifacts: None

Suggested Artifacts: None

Describe your learning and experience with this competency:

Met/ Not Met Evaluator Feedback:

