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Spring Semester Week 5, 2017

Dr Jeannette Stirling, Senior lecturer, Learning Development



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Spring semester,
2017

NMIH108: The
Health Behaviour
Change Diary.

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Learning Development



Subject	Assessment 1	Assessment 2	Assessment 3	Assessment 4
NMIH105	Week 4 Formative in-class quiz	Week 6 Essay 2000 words 40%	Weeks 8 & 9 Group presentation 20%	Exam Period Final exam 100 MCQ 40%
NMIH106	Week 4 Formative Basic Life Support (BLS) laboratory	Week 9 In-class quiz MCQ 20%	Week 10 Case Study 2500 words 40%	Exam Period Final exam 100 MCQ 40%
NMIH107	Week 4 Case study 1500 wds 40%	Week 5 Formative on-line Moodle quiz	Week 13 Case study 2,500 wds 60%	Week 13 WPE/NCAS
NMIH108	Week 4 Formative in-class quiz	Week 7 Essay 1500 wds 60%		Exam Period Final exam 40%

But first

Anything from the last couple of weeks
that you want to revisit?



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NMIH108

Do I have a plan?
A cunning plan??



- *My baseline behaviour* is ...
- *My SMART goal* is
- *My plan* involves
- *Possible barriers* may include
- *Enabling strategies* have included
- The *Transtheoretical Model* is
- *The TM constructs* that relate to my health behaviour
- *On reflection*, I have learned

With more detail ...

My goal is ...

- Baseline & short term goal
- Progress timeline;
- Self reward.

Possible barrier / motivational strategies will be ...

- Initial thoughts (i.e. barrier might be: ...)
- an enabler might be: I walked with my dog).

My weekly plan is ...

- Progress will be measured by ...
- The actual barriers have been ...
- My most valuable enablers / motivational strategies have been ...

Weekly progress discussion will entail ...

- Appraisal of my own progress: challenges / effective strategies
- Constructive feedback on the progress of others.

The Transtheoretical Model involves ...

- These constructs relate to my health behaviour change plan by ..

Reflection on my plan.

- My progress towards my goal and this experience has the potential to assist me as a health practitioner because



**NMIH108: Introduction to Health Behaviour Change
Assessment 1: Marking Guide**

Thursday 7th September, 23:55hrs (Week 7)

Criteria	Fail	Pass	Credit	Distinction	High Distinction	Marks
Development of health behaviour change plan, including <ul style="list-style-type: none"> • baseline behaviour • health behaviour goal and action plan • discussion, with reference to best evidence, as to why particular health behaviour change is required and is beneficial for health/quality of life • planned rewards • identified potential barriers and enablers 	0-9	10-12	13-14	15-16	17-20	/20
Development and completion of a health behaviour change diary to monitor progress	0-7	7.5-9	10-11	12	13-15	/15
Weekly reflections on your progress and plan, including discussion of how your experience relates to the Transtheoretical Model	0-17	18-22	23-26	27-29	30-35	/35
Final reflection on your overall experience, including how it relates and its potential to assist you as a health practitioner	0-9	10-12	13-14	15-16	17-20	/20
Structure, organisation & presentation	0-2	2.5	3.5	4	4.5	/5
Research & Referencing <ul style="list-style-type: none"> • adequate reference materials • referencing as per School policy 	0-2	2.5	3.5	4	4.5	/5

This assignment is worth 60% of the total assessment for this subject.

TOTAL / 100

And the marker will be considering whether you have clearly addressed the following ...

So what do these criteria look like in practice?

Where to next?

*On to the case
study?*



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