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It is my personal belief that health care workers must practice a wellness way of life to be most effective in the workplace.

## The Wellness Project

### The Idea

The Wellness Project is an integrated project involving many learning dimensions culminating in a community-wide Wellness Fair. During this project, students:

- identify a wellness goal they would like to meet;
- write the goal in specific, measurable terms;
- complete a research paper validating the benefits of their goal;
- implement and evaluate the goal;
- create a display based on a specific rubric; and
- participate in the Wellness Fair.

Participating students receive an organizer with specific indicators, rubrics and a timeline.

### Impact

The students complete a self evaluation that discusses not only how they viewed the project but the impact it has had on their life. I have students who come back and tell me that they are still striving to meet their personal goal. I have never had a student who did not complete this project.

### Logistics

- In which career and technical educational program area did this project take place?  
Health Science Technology Education
- What was the topic area covered by this project?  
Wellness

- What grade level did this project address?  
9-12

- How much did this project cost?

The cost can be minimal for the price of the display materials. If you hold the culminating wellness fair and have games, there would be a cost for the prizes. For ours, we gave healthy snacks and bottles of water.

- How much time is needed to prepare for this activity?  
More than 10 hours

- How much time is needed to deliver this project?  
3-5 hours

- How was the project delivered?

This project has individual and group components.

- Please describe any necessary professional development needed to present and use this project.

I have a PowerPoint that outlines the project for those who would like to implement "The Wellness Project" as well as a packet of materials and a student organizer each student gets. The packet can also be used for those who wish to implement the project. That material is available online.

- How was the curriculum for this project secured?  
It was developed

- Please describe any collaboration, if any, related to this project.

The community hospital participates in the wellness fair, bringing a computer to measure body fat, nutritional information and other displays. The American Cancer Society has provided us the skin analyzer to show skin

damage. The health department also provides information.

- **What national, state or local standards were addressed by this project?**

There are many steps to the wellness project; each meets an aspect of the National Health Care Skills standards. In a general sense, it addresses:

**Foundation Standard 9:  
Health Maintenance Practices**

Health care professionals will understand the fundamentals of wellness and the prevention of disease processes.

Specifically, it addresses the following:

Identify a wellness behavior you want to change.-

1. Write a SMART goal.
2. Develop a plan.
3. Implement the plan.
4. Create an evaluation tool to monitor progress.
5. Write a 2-4 page paper explaining and supporting the wellness behavior you chose.
6. Create a display describing your wellness project.
7. Develop a questionnaire to assess their knowledge of your wellness behavior.
8. Present your displays at the Wellness Fair hosted by your class.
9. Complete the Wellness Project Self-Evaluation

- **Was this project or activity linked to improving technical skills?**

Yes, it was. Components require both computer skills and the ability to take vital signs.

- **Was this project or activity linked to improving academic skills?**

Yes, it was. The students need to write a research paper based on their chosen behavior. It must be objective and well referenced.

- **Was this project or activity linked to improving workforce readiness skills?**

Yes, it was. It is my personal belief that health care workers must practice a wellness way of life to be most effective in the workplace.