Behavioral Change Plan

Post Secondary

Overview

For students to create a Behavioral Change Plan and give a presentation by power point to show students outcomes and goals.

Objective

If students perform correct tasks student will be able to:
- For students to take the initiative to change bad behaviors.
- Practice using Empressr
- For students to get the opportunity to have class discussion

Standards

Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risk.
Standard 6 - Students demonstrate the ability to use goal-setting and decision making skills to enhance health.

Materials

Computer, internet connection, screen, hand-out.

Procedures

1. Teacher will use Empressr presentation to go over an example of a behavioral change plan.
2. Teacher will have a hand-out created asking students:
   - What is your behavioral change?
   - To break down 3 mini goals to get to long term goal.
   - To create 3 awards for mini goals.
   - What are the steps to retrieve goal.
   - What will you do for motivation?
3. Have students complete work sheet while walking around checking goals to make sure it is behavioral or not.
4. Have students create a presentation on Empressr explaining:
   - Goals
   - Results
   - Obstacles
   - Awards
   - Personal Comments
5. Have students present during class and have a discussion after each student.

Evaluation

Assess students on effort in making presentation with Empressr and if the questions were answered correctly or not. In addition, give a short quiz on behavioral change goals saying if it’s behavioral or not.