

Teen Health & Wellness

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Teen Health & Wellness Case Study: Naperville Central High School

This case study is courtesy of Ruth Kuzmanic, Health Instructor & Physical Education Instructor, Naperville Central High School, Naperville, Illinois.

Summary

Approximately 400 sophomore students in 14 Health Education classes at Naperville Central High School used the Teen Health & Wellness database throughout the second semester of the 2006-07 school year. In addition to meeting Illinois state learning standards, teachers used the database as a teacher resource, teaching aid, and student resource at both school and home for class assignments and personal wellness information. In a survey, 99% of students said information was easy to locate in the database, 95% said the material was helpful, and 89% said they would use Teen Health & Wellness again.

About Naperville Central High School

Naperville Central High School is one of two large, suburban high schools in Naperville, Illinois. The school enrollment is approximately 3,100 students. Nearly 99 percent of Naperville Central High School students attend two-year or four-year colleges. About 800 sophomore students take Health Education each year. Find out more about Naperville Central High School here: <http://www.ncusd203.org/central>.

Health Education and Teen Health & Wellness

Health Education is a graduation requirement that all students take in lieu of Physical Education. It is a one-semester course for sophomores. Naperville Central High School has three full-time health educators responsible for teaching a total of 14 sections of Health Education each semester. A typical class has 28 to 31 students.

Naperville Central High School used Teen Health & Wellness throughout the second semester of the 2006-07 school year. Teachers gave students access to the database in several ways. Each teacher has a laptop and data projector in their classroom. They also have access to a computer lab with 35 computers, to which they can bring students periodically. Since the computer lab is in high demand, teachers also have a portable cart of 15 laptops with wireless access. They share this cart between the two Health Education classes conducted during each period of the school day.

Learning Standards

The Illinois state learning standards that apply to Health Education are:

- » Illinois State Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.
- » Illinois State Goal 23: Understand human body systems and factors that influence growth and development.

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Teen Health & Wellness Case Study: Naperville Central High School (cont.)**Results**

Teen Health & Wellness has been instrumental in helping Naperville Central High School students achieve the above learning standards. Teachers have used the database in a variety of ways, including as a:

- » Teacher resource to review content information prior to teaching a lesson
- » Teaching aid when presenting material to students
- » Student resource for assignments
- » Resource for students to access from home for personal wellness information

A goal of Naperville Central High School is to teach students to be self-directed learners. Teen Health & Wellness lends itself to that objective by allowing students access to accurate and reliable information geared directly to their medical and emotional needs. Students also found the site design to be very user-friendly.

Student response to Teen Health & Wellness has been positive. A library survey asked health students their opinion of the database in several areas:

- » Did the database provide you with helpful information? Yes—95%.
- » Was the information you found easy to locate? Yes—99%.
- » Would you use this database again for information? Yes—89%.

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**Teen Health & Wellness Case Study: Naperville Central High School
Health Education Class Assignment****Cancer/Diabetes Magazine Article**

Congratulations! You and your research partner have been contracted by *Wellness World* magazine to write an article for their April issue. The editor, your teacher, has assigned your research team a specific type of cancer or diabetes. Your editor highly recommends using Microsoft Publisher's newsletter template to assist you in the layout of your article.

Include the following content in your magazine article:

1. General description of the disease
2. The risk factors for this disease
3. The symptoms of this disease
4. The commonly accepted treatments for this disease
5. Any alternative treatments for this disease
6. Lifestyle choices one can make to reduce their risk of getting this disease

Evaluation

Your article will be evaluated on the following components:

- » Quality of your research sources (2 sources per team)
- » Resources correctly and fully cited
- » Content that is listed above
- » Concise explanation of the content
- » The quality of your product—layout, visual appeal, graphics
- » Grammar and punctuation

Possible Diseases to Research

- » Breast Cancer
- » Testicular Cancer
- » Cervical Cancer
- » Colon and Rectal Cancer
- » Lymphoma
- » Leukemia
- » Lung Cancer
- » Oral Cancer
- » Ovarian Cancer
- » Prostate Cancer
- » Skin Cancer
- » Type I Diabetes
- » Type II Diabetes
- » Gestational Diabetes

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Teen Health & Wellness Case Study: Naperville Central High School Health Education Class Assignment—Magazine Article Scoring Rubric

Name: _____

	1	2	3	4	5
Content X2	<ul style="list-style-type: none"> Includes less than 2 content areas and/or most information is inaccurate 		<ul style="list-style-type: none"> Includes 4 or more content areas and/or information has few inaccuracies 		<ul style="list-style-type: none"> Includes all 6 content areas and information is accurate
Quality of Product X2	<ul style="list-style-type: none"> No support of content Layout detracts from the flow of the article Graphics are missing or detract from the reader's understanding 		<ul style="list-style-type: none"> Content supported with adequate details Layout is not a factor in the flow of the article Graphics assist the reader's understanding 		<ul style="list-style-type: none"> Content supported with rich details Layout adds to the flow of the article Graphics definitely enhance the reader's understanding
Resources X2	<ul style="list-style-type: none"> No works cited 		<ul style="list-style-type: none"> 1 source and/or sources not fully cited 		<ul style="list-style-type: none"> 2 or more sources that are accurately and fully cited
Grammar and Punctuation	<ul style="list-style-type: none"> More than 3 errors in grammar and punctuation 		<ul style="list-style-type: none"> Less than 3 errors in grammar and punctuation 		<ul style="list-style-type: none"> Grammar and punctuation are correct