



# POSITIVE DECISION MAKING

## SEMESTER WELLNESS COURSE FOR JUNIORS



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Students: Grades 11  
Semester 1 or 2 (Quarters 1&2 or Quarters 3&4)  
Credit: 1 Physical Education Credit

### A. Course Description:

Positive Decision Making is a required one semester Wellness core course for students in grade 11. The completion of this course will earn a student one Physical Education credit out of the two needed for the year. The course meets twice a week in the classroom and is a comprehensive health course designed specifically for students in grade 11 that will address current teen health issues and strengthen decision making skills and life skills. It will provide students the tools on how to navigate through some of these difficult teen issues through the use of strong communication skills, positive decision making skills, and an increased self awareness and assertiveness. The overlying goal of the course is to help students make more positive decisions for increased levels of health-enhancing behaviors and to reduce risky behaviors and personal health risks.

### B. Course Goals:

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.

### C. Classroom Rules:

1. Be Respectful (yourself, classmates, and your teacher)
2. Be Prepared (binder, writing utensil, journal)
3. Be On Time

### D. DAILY Required Materials:

1. 1-inch Binder & a writing utensil
2. Single subject notebook (40-45 sheets) that you will use as your daily journal
3. Positive Attitude 😊

### E. Attendance/ Class Cuts/ Tardiness:

*Students must attend at least 60% of the class meetings each quarter to pass for the quarter. This is a participatory class and you earn daily points during class. I closely track attendance and tardies on a daily basis. Work and quizzes missed during an absence are to be made up within the outlined timeline in the student handbook. Extensions may be granted if a student has discussed their circumstances with the teacher within a reasonable timeframe.*

### F. Assignments/ Quizzes:

1. Assignments are to be turned in at the beginning of class on the day that they are due. Late work will only be allowed to be turned in the very next SCHOOL day, not class day, for up to 50% credit. *Half credit is better than a zero! Late work can be slid under my door if I'm not in my room by 8am the next school day for credit. It will not be accepted after 8am.* You will have some homework assignments to complete, but not every class.
2. You will have short quizzes throughout the course. You must earn a passing score on all quizzes to receive credit and will have to retake them until you receive a passing score. You will be allowed to use your own notes and own handouts on *some* quizzes. You will receive the average score of any retakes.
3. You will have a short daily journal entry to complete at the start of each class that is related to the day's topic.
4. You will have a Media Project to complete that is the capstone of the course that is significant to your grade. Part of it will be due the 1<sup>st</sup> quarter of the course and the final product will be due at the end of the course.
5. There is no final exam for the course, but instead there is a Pre/Post Test that will be used to measure improvement. The post-test will be worth 50 points.

## G. Grading Breakdown:

*This course uses a standard letter grade system.* Students need to earn a 60% or higher for the quarter to pass for the quarter. Students need to earn a cumulative average of a 60% or higher at the end of the semester to pass the course and receive one Wellness/PE credit and to fulfill the requirement of completing this course.

### Points Break Down

1. Each Class=20 points EACH class (about 16-18 classes a quarter)
  - \* Journal Entry (10 points)
  - \* Prepared for Class, On Time, Daily Participation, Cooperative, Active In-Class Dialoguing (2 points each)
2. Homework Assignments (10 points each)
3. Unit quizzes (15 points each)
4. Final project: Media Project = (230 points in total)
  - \*Brainstorm/Inquiry Sheet- due first quarter of the course=10 points
  - \*Project Proposal- due first quarter of the course=30 points
  - \*Rough Draft- due first quarter of the course=60 points
  - \*Final Script - due second quarter of the course=20 points
  - \*Self Evaluation/Peer Group Evaluation- due second quarter of the course =20 points
  - \*Fact Sheet on Topic- due second quarter of the course =10 points
  - \*Film- due second quarter of the course = 80 points

## H. Course Sequence:

Factors Influencing Your Health  
Prevention & Treatment Methods  
Nutrition  
Physical Fitness  
Healthy Relationships  
Communication Skills & Methods  
Communication Break Downs  
Coping with Emotions  
Anger Management  
Dealing with Anxiety  
Depression & Suicide  
Grieving and Dealing with a Loss  
Stress Management

Being Assertive & Peer Pressure  
Active Listening & Assertiveness- Conflict Resolution  
Alcohol-Binge Drinking, Drinking & Driving, Alcoholism  
OTC Drugs & Prescription Drugs  
Tobacco-Smoking and Smokeless Tobacco Products  
Drugs and Other Substances  
Drug Addiction & Dependency  
Reproductive System Health  
Abstinence, Sexual Activity and Protection  
Sexually Transmitted Infections  
Refusal Skills, Setting Limits & Communication  
Post-Test  
Media Project Presentations

## AND FINALLY...

I am looking forward to sharing this course with you. I have a strong passion for what I do and am excited to be your teacher. Please feel free to stop by during the day or after school with questions or concerns. I look forward to getting to know all of you and having some fun. You can do anything you put your mind to. Just have the confidence in yourself and always put your best foot forward. You are going to make mistakes...we all do. Just be honest with yourself about them and learn from them!

~Mrs. Marino  
GO SOX!!!



*"Do not plant your dreams in the field of indecision, where nothing ever grows but the weeds of "what-if."*  
~Unknown

*"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."*  
- Mark Twain (1835 - 1910), American Novelist and Journalist

*"To change a habit, make a conscious decision, then act out the new behavior."*  
- Maxwell Maltz (1899 - 1975), American Author

*"In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing."*