

Individual Assignment (30%)

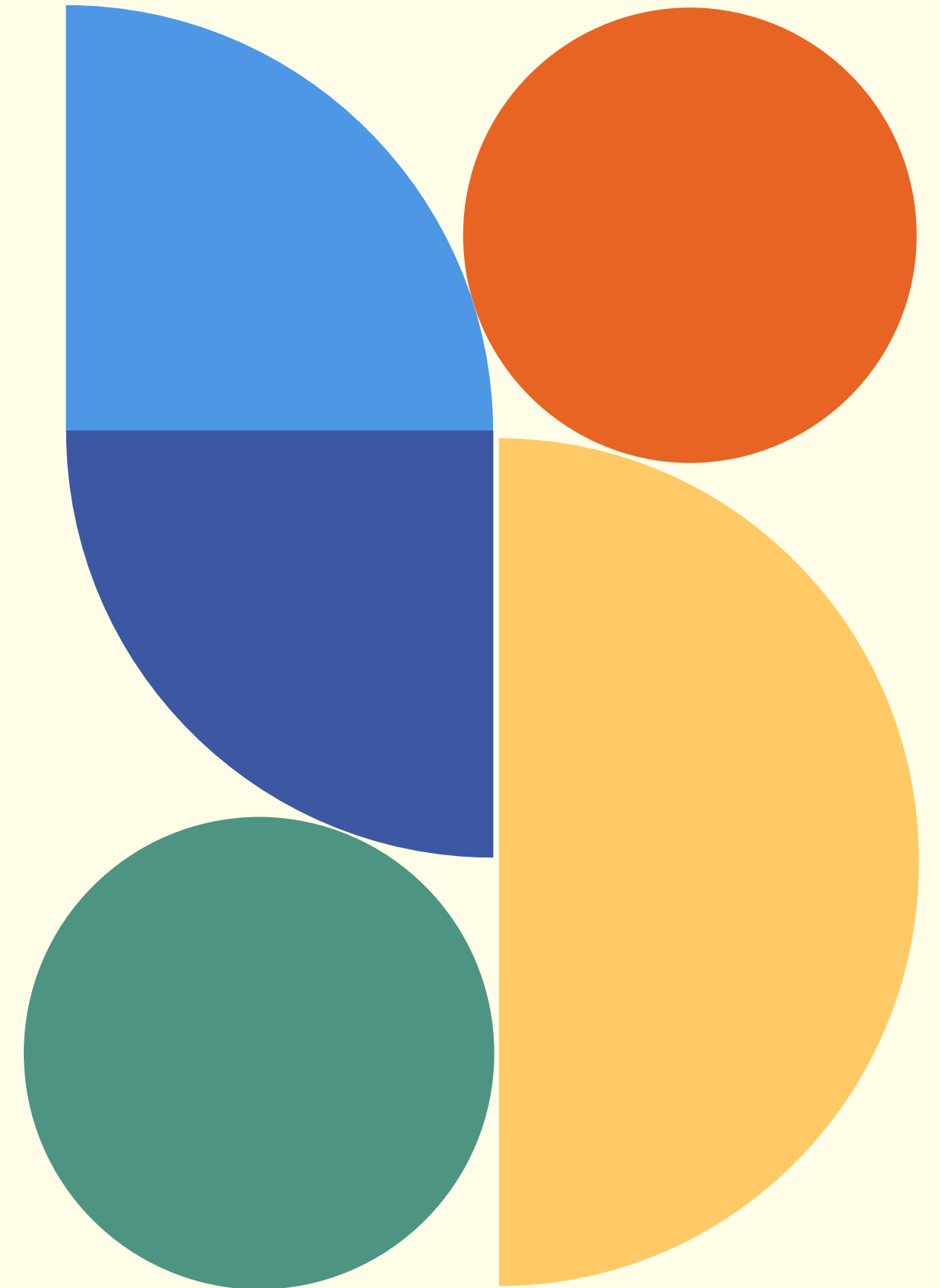
Health and Wellbeing Behaviour Change Journey

(Student Briefing Deck)

DUE on **Monday 20 Nov 2023 at 6:00 p.m.**



Assignment Handout is available in NTULearn Assessment Folder





Goal

To enact and reflect on a behaviour change that improves one's health and wellbeing through critical application and reflection on course content.

Apply what you have learned from the course in meaningful ways to a lifestyle behaviour that you would like to change in real life

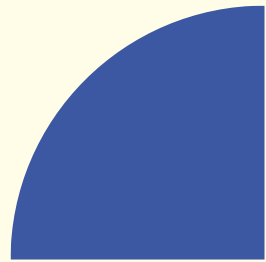
Assignment Task

Choose a lifestyle behaviour you want to work on. For example, it can be:

- A specific issue
- An unhealthy habit
- A behaviour that affects your health and wellbeing
- A behaviour that affects people around you
- A behaviour in which you are currently engaged but would like to strengthen/improve upon



Learning Objectives



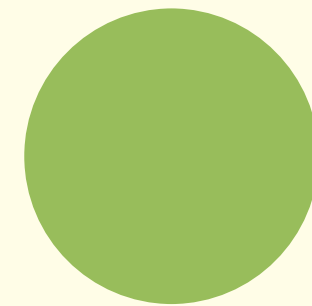
Practice

To enact and engage through an authentic behaviour change journey



Application

To accurately explain an understanding of the materials covered in the course

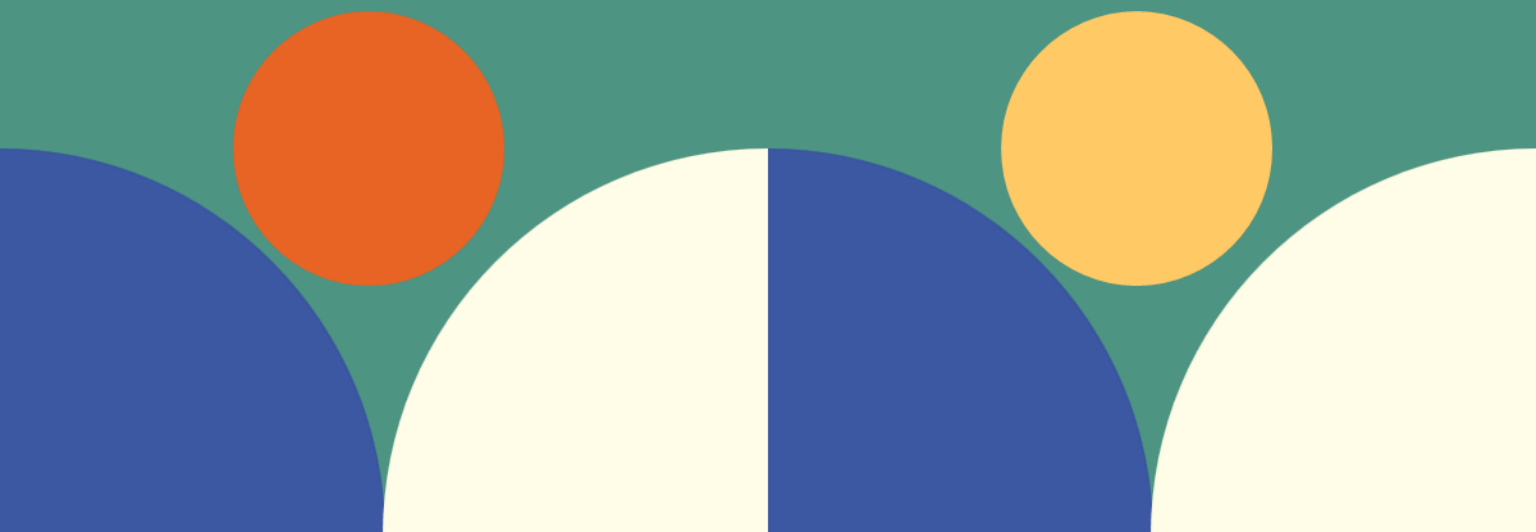


Reflection

To critically analyse and reflect on the behaviour change journey in relation to the knowledge and skills acquired in the course in a holistic manner

What is a Behaviour Change Journey?

- Choose ONE lifestyle behaviour that you want to develop or improve
- Design plans to enact the change
- Apply course content related to that behaviour
- Reflect critically and holistically along the way
- Feel free to evolve as you relate new knowledge gained in the course to modify your plans
- Critically analyse the impact of your journey in a holistic way



Suggested Milestones through the Semester

1

Week 2

Identify a lifestyle behaviour you want to work on

2

Week 4

What are the concrete plans you are making towards this change

3

Week 6

What is working or why is it not working

4

Week 9

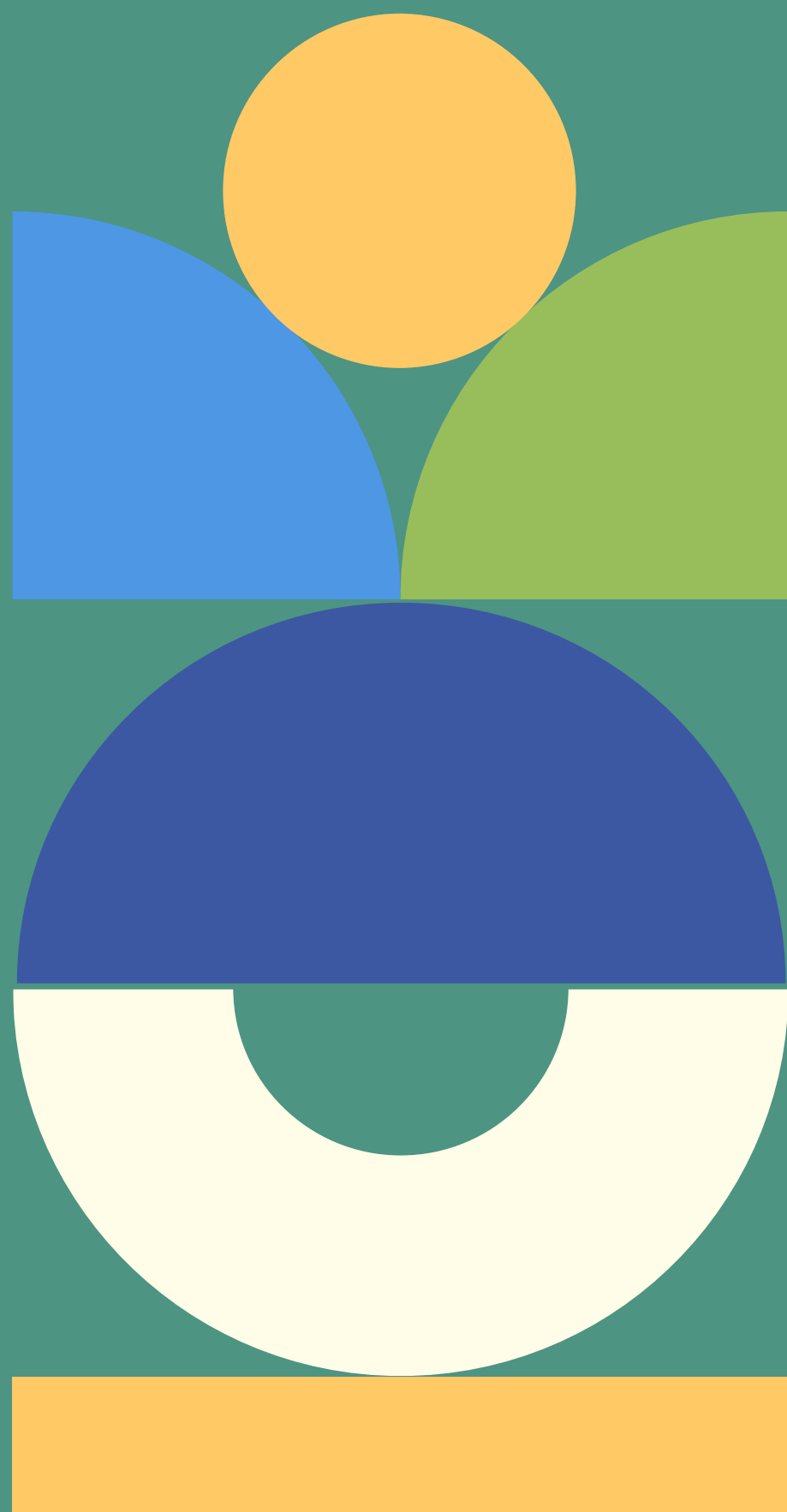
Are you able to apply relevant course content or have you evolved your plans due to new knowledge

5

Week 12

What are new or different insights that have emerged from your change process





Behaviour
Change... is an
evolving journey

It is neither static or linear

Written Component - Formatting

At the top of your written assignment, please ensure to include the following:

- **Name (As per class register):**
- **Tutorial Group No.:**
- **Name of Current Tutor:**
- **Number of Words (excluding in-text citation, paragraph headers, and reference list)**

01

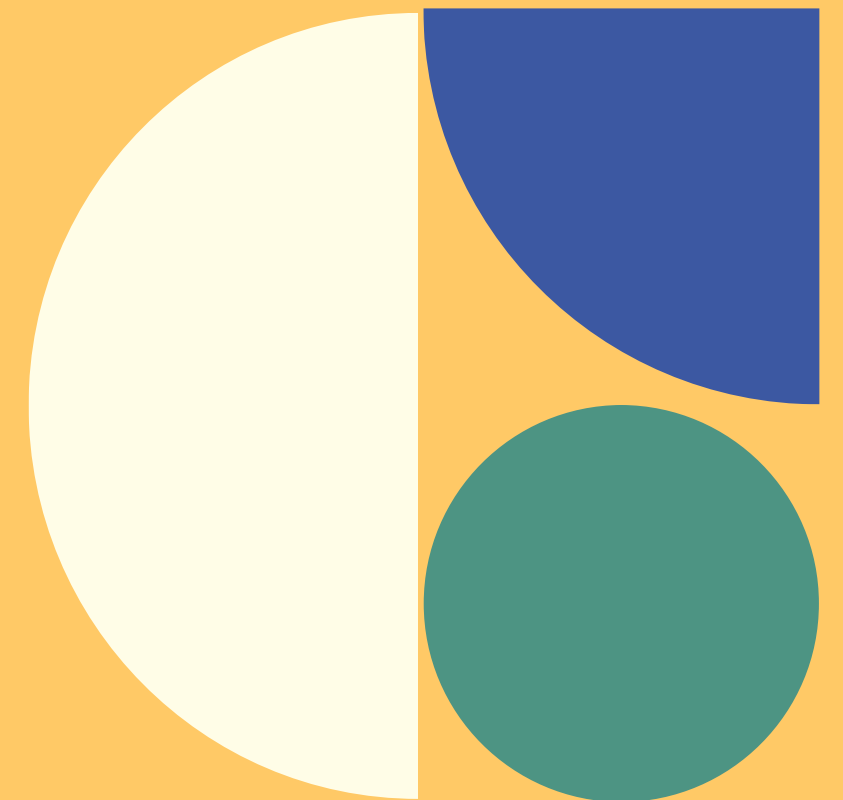
Word Count:
800 – 1,200 words
(excluding in-text citations,
headers, reference list,
text in illustrations)

02

**Referencing Style
recommended:**
APA 7th edition
If using other styles, be
consistent in use in essay.

03

Naming Convention:
FullNameAsPerClassRegister
TutorialGrouponNTULearn
(e.g. BobSternberg T46)



Visual Illustrations (Supplementary to written component)

You may wish to provide visual illustration such as, but not limited to photographs, infographics, diagrams, tables, mind maps, concept maps or data collected

These will serve as artefacts of your change process

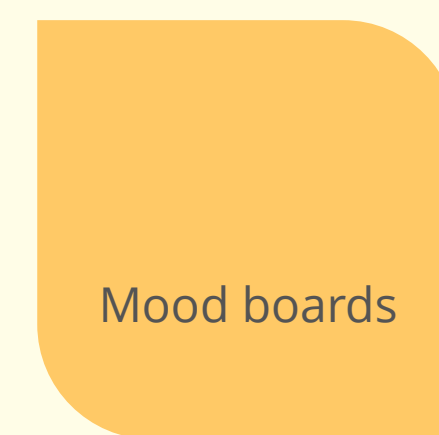
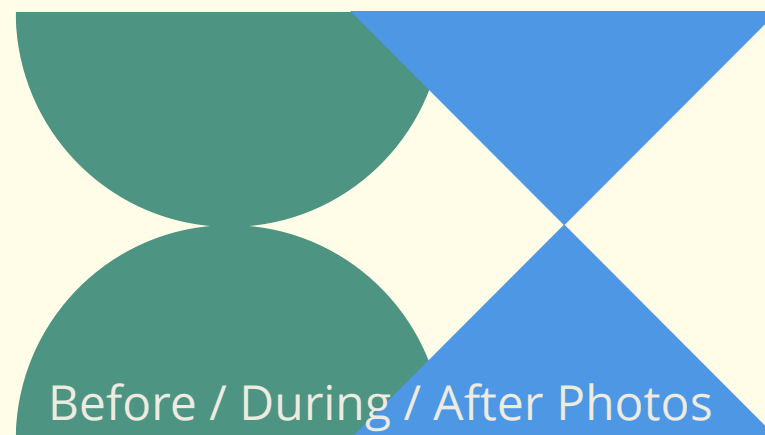
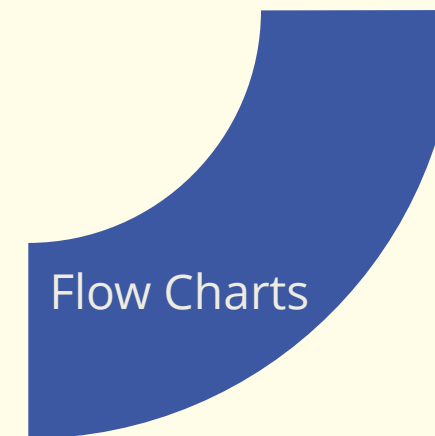
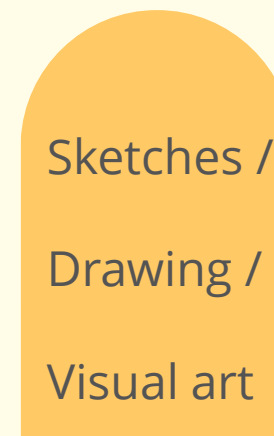
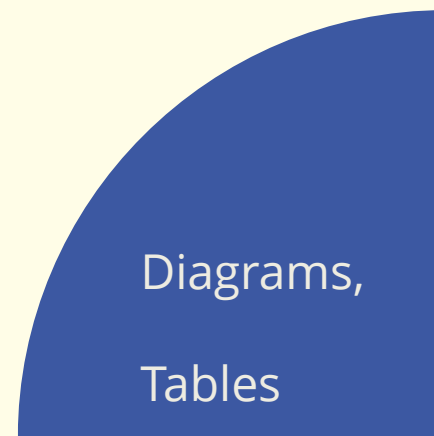
The use of illustrative diagrams is allowed as supporting evidence, hence the text in these diagrams is not included in the overall word count.



Visual Ideas

Some elements as visual illustration ideas to augment your essay.

Happy designing!



Submission through



- The Turnitin report provides information on the degree of overlap between your written assignment and existing essays, other sources of information, or contemporary submissions to the repository.
- Turnitin has also added AI Writing Detection to the Similarity Report. **Please note that even with acknowledgement, copying of output generated by AI tools (in part or whole) may still be regarded as plagiarism.**
- Turnitin will update all similarity reports for the Individual Assignment after the deadline to capture overlaps between submissions within the same cohort. Therefore, your similarity index may change if later submissions overlap with your earlier one.
- Save the **digital receipt** of your Turnitin report and a digital copy of your submission.
- For a video step-by-step guide on uploading to Turnitin, please refer to www.turnitin.com

Turnitin Similarity Report

Not more than 15%



You are encouraged to view the Similarity Report, revise your assignment based on the Similarity Report and resubmit your assignment accordingly.

You can submit via the Turnitin Assignment multiple times and receive a new Similarity Report.

Expect to wait 24 hours after a resubmission to see a new Similarity Report.

NOTE: Please note that Turnitin rejects resubmissions after the due date and time set.

Import Notice

By submitting this assignment, you declare that:

1. You are aware of the definitions regarding academic integrity and corresponding potential penalties for such offences presented in the NTU Academic Integrity Handbook;
2. You uphold the [Student Code of Conduct](#) and your pledge to integrity in learning; and
3. Your submission contains *only* your original work, and any references to existing sources are appropriately cited in-text.



Refer to Section F. Upholding Academic Integrity for more details.



Assessment Rubrics

Engagement in the Process
of Change (30 pts)



PRACTICE



CONCEPT

Application of Course
Content in the Process of
Change (30 pts)

Reflection on Impact of the
Process of Change (30 pts)



REFLECTION



QUALITY

Overall Quality of Written
Assignment (10 pts)



Refer to the Assignment Handout for detailed description of Rubrics.

Writing Tip

Your writing should be
PERSONALISED and AUTHENTIC.

Comm Cube

If you need more assistance for your essay, you may consider making a free appointment at Comm Cube

Assignment is DUE on **Monday 20 Nov 2023 at 6:00 p.m.**

Late Submission: Within 24h (Tuesday 21 Nov 2023 at 6.00pm,
there will be a 10-marks deduction of essay score.

Submissions past the 21 Nov 2023 6pm will NOT be graded)



All the Best!

Consult your tutor if you have any questions.