

**NANYANG TECHNOLOGICAL UNIVERSITY  
INTERDISCIPLINARY COLLABORATIVE CORE (ICC)  
ACADEMIC YEAR: 2023-2024, SEMESTER 1  
INDIVIDUAL ASSIGNMENT**

<b>Module Code and Title</b>	CC0005 Healthy Living and Wellbeing
<b>Assessment Title</b>	Individual Written Assignment
<b>Weightage</b>	30% of Module Grade
<b>Topic</b>	Behaviour Change Journey

**A. Task & Deadline**

In the spirit of holistic learning, submit a **written assignment (800-1200 words)** on your applied learning journey of healthy living and wellbeing-

Please upload a **WORD** document of your Individual Assignment to the Turnitin assignment folder on your NTULearn Tutorial site by **20 November 2023 (Monday), 6pm**.

**Late Submission Penalty:** Submissions **within 24hr of deadline, by 21 November 2023 (Tuesday), 6pm** will incur **10 marks penalty** of the individual written assignment score.

**NO submissions after 6pm on 21 November 2023 will be accepted.**

**B. Learning Goal & Objectives**

**Goal:** To enact and reflect on a behaviour change that improves one's health and well-being, through critical application of and reflection on course content.

*Learning objectives:*

1. *Practice* – To enact and engage through an authentic behaviour change journey.
2. *Application* – To accurately explain an understanding of the materials covered in the course.
3. *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.

**C. Assignment Task**

Choose **ONE** lifestyle behaviour that you want to develop or improve. Illustrate the steps you plan to enact that change, apply course content on related healthy living and wellbeing aspects of that behaviour, and reflect critically and holistically on the evolution and impact of your behaviour change journey.

**Your writing should be personalised and authentic.** This assignment aims to help you apply what you have learned from the course in meaningful ways to a lifestyle behaviour that you would like to change in real life, in relation to the personal impact of the change process. **You are required to provide visual illustration** such as, but not limited to, photographs, infographics, diagrams, or data collected to bolster your writing. These will serve as artefacts of your change process.

## D. Formatting and Submission

### 1. Word Count:

- The **800-1,200-word** count **excludes** in-text citations, paragraph headers, and reference list.
- The use of illustrative diagrams (such as, but not limited to, photographs, infographics, data collected, tables, mind maps, concept maps) is required as supporting evidence and *not* to replace your writing. The text in these diagrams is not included in the overall word count.

### 2. Formatting the Essay:

- Use a standard 12-point font Arial or Calibri, set line spacing to 1.5 and side margins to Normal (1").

### 3. Referencing Style:

- APA 7<sup>th</sup> edition reference and citation style is recommended. Other academic reference and citation style from your discipline is acceptable and must be consistent throughout the written assignment.
- Guide to APA 7<sup>th</sup>: <https://libguides.ntu.edu.sg/c.php?g=935202&p=6768552>
- Proper referencing, citation, and research integrity must be applied for **any** materials you have used, quoted, paraphrased, or referred to in your written assignment. Such materials included (but are not limited to):
  - a. Specific information or interpretive comments
  - b. Lecture notes/slides, and any electronic media such as websites, images, videos, podcasts, and other recordings
  - c. Published work, including your previous published work
  - d. Diagrams, tables or images

### 4. Naming Conventions:

- FullNameAsPerClassRegister TutorialGrouponNTULearn (e.g., BobSternberg T46)

## E. Written Assignment Heading

*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 (as of Week 13):**

**Number of Words (excluding in-text citation, paragraph headers, and reference list):**

## F. Upholding Academic Integrity

According to the [NTU Academic Integrity Handbook](#), **all parties involved in, contribute or agree to plagiarism and other academic fraud including collusion will receive the same penalty**. Plagiarism and collusion violate academic integrity and carry penalties, including (but not limited to) receiving a 0 on this assessment.

NTU upholds exacting standards regarding academic integrity. Please ensure that you adhere to the academic writing requirements and do not commit acts of academic dishonesty, including:

- a. *Plagiarism*: To use or pass off as one's own, writings or ideas of another, without acknowledging or crediting the source from which the ideas are taken.
- b. *Collusion*: To submit an assignment, project or report completed by another person and passing it off as one's own.
- c. *Academic fraud*: A form of academic dishonesty which includes cheating, collusion, falsification of data, false citation, and contract cheating.
- d. *Facilitating academic dishonesty*: Allowing or contributing to another student to copy your work/assignment/ assessment/exam.

NTU expects students to uphold the Student Code of Conduct at all times. **The act of taking words or ideas from other sources, including ChatGPT and other AI technologies, and present them as your own without proper citation of the source(s), will be treated as misconduct. Please note that even with acknowledgement, copying of output generated by AI tools (in part or whole) may still be regarded as plagiarism.**

One of the key goals of this module is for students to gain self-awareness of their current habits and identify ways that foster desired positive changes. Therefore, students shall not use Generative AI in the course assessments. To optimise the benefits gained from your learning, we designed assessments that involve applying the module content to improve students' physical and mental health outside of the classroom. **Identified use of Generative AI in your assessments may be deemed as violating academic integrity, and such violations carry penalties, including (but not limited to) a 0 on the assessment.**

### IMPORTANT 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.**
- 3. Your submission contains *only* your original work, and any references to existing sources are appropriately cited in-text.**

## G. Turnitin Report

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. You are encouraged to view the Similarity Report, revise your assignment based on the Similarity Report and submit your assignment accordingly. Turnitin allows multiple submissions and will generate a new Similarity Report within the due date and time set. **Please expect to wait 24 hours after a resubmission to receive a new Similarity Report.**

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

**It is your responsibility to ensure that your submission contains only *your* original work, and that the similarity report for your final submission is at (or below) the threshold of 15%**

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 see [Submit to an assignment \(turnitin.com\)](https://turnitin.com)

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### H. Assessment Rubric (30% of Module Grade)

	Excellent A+, A, A-	Good B+, B	Adequate B-, C+, C	Marginal D+, D	Unsatisfactory F
<b>PRACTICE:</b>  <b>Engagement in the Process of Change (30 pts)</b>	<p>Illustrated clear and practical steps taken to enact one identified lifestyle behaviour in ways that are creative and insightful.</p> <p>Demonstrated excellent in-depth thinking and engagement in the process of change, including excellent use of visual evidence.</p>	<p>Illustrated mostly clear and practical steps taken to enact one identified lifestyle behaviour in ways that are somewhat creative and insightful.</p> <p>Demonstrated good in-depth thinking and engagement in the process of change including good use of visual evidence.</p>	<p>Illustrated somewhat clear and practical steps taken to enact one identified lifestyle behaviour in ways that are conventional.</p> <p>Demonstrated adequate thinking and engagement in the process of change including some use of visual evidence.</p>	<p>Provided superficial steps to enact one identified lifestyle behaviour in ways that are not well thought-out.</p> <p>Demonstrated superficial thinking and engagement in the process of change, with weak use of visual evidence.</p>	<p>Provided unclear or impractical steps to enact one identified lifestyle behaviour.</p> <p>Demonstrated poor thinking and engagement in the process of change, with no use of visual evidence.</p>
<b>APPLICATION:</b>  <b>Application of Course Content in the Process of Change (30 pts)</b>	<p>Excellent application of relevant course content.</p> <p>Evaluation of course content related to the process of change in ways that are specific and holistic.</p>	<p>Good application of relevant course content.</p> <p>Evaluation of course content related to the process of change in ways that are mostly specific and holistic.</p>	<p>Some application of relevant course content.</p> <p>Evaluation of course content related to the process of change in ways that are somewhat specific and holistic.</p>	<p>Vague application of course content.</p> <p>Evaluation of course content related to the process of change but lacks specificity and congruence.</p>	<p>Poor to no discernible application and evaluation of course content with little to no specificity and congruence.</p>

<p><b>REFLECTION:</b></p> <p><b>Reflection on the Impact of the Process of Change (30 pts)</b></p>	<p>Excellent attempt to critically reflect on the evolution of behaviour change journey over time.</p> <p>Excellent description of the impact of the behaviour change journey related to personal development of healthy living and wellbeing as an undergraduate student.</p>	<p>Good attempt to critically reflect on the evolution of behaviour change journey over time.</p> <p>Good description of the impact of the behaviour change journey related to personal development of healthy living and wellbeing as an undergraduate student.</p>	<p>Adequate attempt to critically reflect on the evolution of behaviour change journey over time.</p> <p>Adequate description of the impact of the behaviour change journey related to personal development of healthy living and wellbeing as an undergraduate student.</p>	<p>Weak attempt to critically reflect on the evolution of behaviour change journey over time.</p> <p>Vague description of the impact of the behaviour change journey related to personal development of healthy living and wellbeing as an undergraduate student.</p>	<p>Poor to no attempt to critically reflect on the evolution of behaviour change journey over time.</p> <p>Poor to no description of the impact of the behaviour change journey related to personal development of healthy living and wellbeing as an undergraduate student.</p>
<p><b>Overall Quality of Written Assignment (10 pts)</b></p>	<p>Well-written with a clear and coherent flow.</p> <p>Accurate formatting and referencing. Free of grammatical and spelling errors.</p>	<p>Generally well-written with a clear and coherent flow.</p> <p>Mostly accurate formatting and referencing. Mostly free of grammatical and spelling errors.</p>	<p>Generally comprehensible but lacking in coherence.</p> <p>Formatting and referencing were somewhat haphazard. Quite a few grammatical and spelling errors.</p>	<p>Generally poorly written and lacking in coherence.</p> <p>Formatting and referencing were error-ridden. Numerous grammatical and spelling errors.</p>	<p>Poorly written, with little to no coherence.</p> <p>Formatting and referencing were inaccurate and/or non-existent. A substantial amount of grammatical and spelling errors.</p>