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*Personal
Wellness*

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Course Details

- I was the Student Facilitator for Richard Powell's COR 101 section 811 class
- The class was 12 students
- They were all pre-majors (undecided)

Topic Summary:

My topic was on Personal Wellness

I talked about subjects like lifestyle, mental mindset, physical training, different campus resources, how to manage different kinds of relationships, etc.

I went into this topic and presentation with some of my own experiences, tips, and tricks

Purpose of the Lesson:

I WAS GIVEN THIS TOPIC BY MY INSTRUCTOR AS HE FELT IT WAS ONE OF THE TOPICS I COULD TALK THE MOST ON.

I DIDN'T REALIZE HOW MUCH I COULD REALLY SAY ABOUT PERSONAL WELLNESS UNTIL I DID A PRESENTATION ON IT. I'M A BIG SUPPORTER OF MENTAL AND PHYSICAL HEALTH, AS I STRUGGLE WITH IT MYSELF, AND HAVE BEEN FOR A GOOD AMOUNT OF TIME NOW.

I HAD PROVIDED MY OWN EXAMPLES OF THINGS THAT HELPED MY MENTAL AND PHYSICAL HEALTH AS WELL AS A SPREADSHEET I HAD USED TO KEEP MY HOMEWORK ORGANIZED, WHICH I RECEIVED AN OVERWHELMING AMOUNT OF SUPPORT FROM MY STUDENTS ABOUT.

Google Spreadsheet:

My google spreadsheet I had created, I found from a TikTok that was reposted on Instagram.

Essentially, it was set up to where it would read going down, your homework being in order by date, going down.

To create: open a spreadsheet in any resource you choose, in the first column, type the subject, the second column, type the homework assignment, and the last column, the date the assignment is due. Repeat for all subjects/courses needed and color coordinate them

To organize everything by date, on the top bar (I used google), click data, and sort sheet A to Z.

	A	B	C	D	E	F	G
1	-	China's One Child Policy	9/12/22	week 3			
2	FRE 201	Mindtap assignment due	09/04/22		COR 101		
3	HIS 386	"Funeral" China under Mao 1-15	09/07/22		FRE 201		
4	FRE 201	Mindtap assignment due	09/11/22		PSY 101		
5	GOR 101	Course Syllabus due to Lori	9/12/22		HIS 386		
6	GOR 101	Learning Contract due to Lori	9/12/22	2			
7	PSY 101	Chapter 1 and Quiz due	9/13/22				
8	HIS 386	Japan after 1945	9/16/22				
9	FRE 201	Mindtap assignment due	09/18/22				
10	PSY 101	Chapter 2 and Quiz due	9/20/22	week 4			
11	HIS 386	Religion in Postwar Japan 111-130	9/21/22				
12	GOR 101	Progress Survey available in Starfish	9/23/22				
13	FRE 201	Mindtap assignment due	09/25/22				
14	GOR 101	Finalized Weekly schedules due to Lori	9/26/22	week 5			
15	HIS 386	History of Manga visual culture and graphics in Japan	9/26/22				
16	PSY 101	Chapter 3 and Quiz due	9/27/22				
17	HIS 386	Korea: An Introduction	9/30/22				
18	FRE 201	Mindtap assignment due	10/02/22				
19	HIS 386	Division of Korea and Korean War	10/03/22	week 6			
20	PSY 101	Chapter 6 and Quiz due	10/04/22				
21	GOR 101	Progress Survey closes in Starfish	10/9/22				
22	FRE 201	Mindtap assignment due	10/09/22				
23	GOR 101	Personal Wellness topic due	10/10/22	week 7			
24	HIS 386	Country News Release Part II	10/10/22				
25	PSY 101	Chapter 7 and Quiz due	10/11/22				
26	FRE 201	Mindtap assignment due	10/16/22	week 8			
27	PSY 101	Chapter 8 and Quiz due	10/20/22				
28	FRE 201	Mindtap assignment due	10/23/22				



Lesson Preparation:

- I had gotten input from friends and my instructor on my presentation, about if it made sense, if it flowed, if my information made sense, etc.
- I had the presentation all ready for the class about a month prior to when it was due, so I had ample amount of time to look it over and figure out what needed to be fixed or changed.
- It was my first presentation to the class, so of course I was nervous, but I find myself to be a confident public speaker and I was talking to other people my age, which helped me a bit as well.



Lesson Preparation Cont.

- I cited sources from SUNY Cortland's website to help guide the students towards resources I couldn't help with immediately.
- I had also used my own examples and experiences as sources that were accepted by my instructor.
- I had mentioned the Student Life Center quite a bit, more information could be found on SUNY Cortland's website

Lesson Importance:

- Academically speaking, this lesson should help show them how to become not only a responsible college student, but a responsible adult as well.
- With my students being pre-majors, it's hard to adjust my material to students who aren't in my major but it's easier to make it to students who don't know what they want to do.
- I feel as if I could've been a little more detailed in my presentation as most of them want to do something in the field of physical education, or sports management

Lesson Importance Cont.

- Personally, this lesson was important for me to take pride in because I felt as if it needed to be addressed in specific terms since Covid.
- The pandemic ruined me physically, mentally, emotionally, socially, and I knew that my students had also struggled with it firsthand as well.

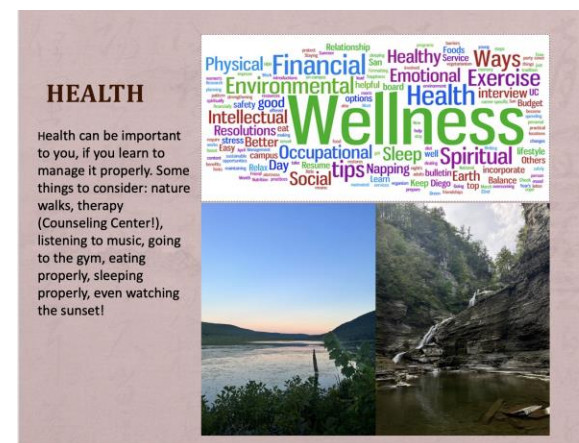
Mastering the Moneyed Mind, Volume IV : The Gyroscope-A Personal Money Wellness Strategy



- This book by Christopher Bayer, suggests many ways to improve your health and wellness.
- The author talks about meditation quite a bit and how it has affected many lives in a positive manor. With meditation, comes different breathing techniques. Bayer talks about many of them, how to do them and the result from them.
- "Many people write meditation off without ever giving it a chance." (pg. 79)
 - This quote, really stuck with me because I have never tried meditation before, and I might try it in the future.

Execution:

- While I didn't have any handouts, activities or games to do or to go with the presentation, I tried my best to keep my students engaged with what I was saying.
- Not directly reading off of the PowerPoint was important to me because I didn't want it to seem scripted, I wanted some freedom and to show my students that I knew what I was talking about. The slide to the left is one from my presentation.



Execution Cont.

If I did have activities or handouts to go with my presentation, I feel as if it would've been a little more effective and would've helped the presentation last longer.

I believe my presentation was effective in the sense that it gave my students a good representation and reminder of how to handle their health (physical and mental), lifestyle, eating habits, etc. throughout their college career.



Reflection and Feedback:

- My students didn't have any initial response to the lesson, except for the fact that they wanted to see my homework spreadsheet I had created.
 - Most of the topics I discussed were self-explanatory to the students, I was simply just reinforcing them.
- I didn't include a quiz or assignment
 - I feel as if I should've, being I was talking about mental and physical health, I could've taken a poll on how they were feeling and if my presentation made them feel differently.

An orange brushstroke graphic with a rough, textured edge, containing the text 'What I learned:'.

What I learned:

- As an education major, giving a presentation in front of students for the first time in a professional environment, it helped me understand where my public speaking and presentation skills are at and what I need to do to improve them
- I learned that I like to keep the energy up, make things practical, funny, and open.
- This also helped me to understand how to make a presentation, what audience I should form the presentation around, and how to prepare to present the presentation.

Final Thoughts:

- My presentation was shorter than I expected it to be, I got done with it quite early. However, I got several emails later regarding one of the topics I discussed in it.
- My instructor felt I did well and got all my points across to the students.
- When looking around the room while presenting, not all the students were completely engaged, but I was just thankful they came to class that day to see my presentation.
- Lastly, this gave me more skills and knowledge in what I need to improve for later presentations.

References:

- Richard Powell (instructor)
- Mastering the Moneyed Mind, Volume IV : The Gyroscope--A Personal Money Wellness Strategy
 - By Christopher Bayer
 - Bayer, Christopher. Mastering the Moneyed Mind, Volume IV: The Gyroscope--A Personal Money Wellness Strategy. Business Expert Press, 2020.
- My Homework Spreadsheet
 - https://docs.google.com/spreadsheets/d/1j3R-mQkPaJJzLJQhQzdJXX4KsYR6MTIYFjxkl1Mfu_o/edit#gid=0
- Counseling Center
 - <https://www2.cortland.edu/offices/student-development-center/counseling-center/index.dot>