

Composition and Speech I Well Said Reflection Journal Topics

RJ #1 (Week #1 – in class)

What have you liked least and best about teachers whom you have had? Use specific examples (teacher initials only) to support your opinions.

RJ #2 (Week #2 – online)

Describe the pros and/or cons to physical activity.

RJ #3 (Week #3 – online)

Use specifics to explain the process of making a healthy behavior change.

RJ #4 (Week #3 – online)

Describe how goal setting can improve one's optimal wellness/health.

RJ #5 (Week #4 - online)

Use examples to explain why muscular strength and endurance are important for everyday living.

RJ #6 (Week #5 – online)

What role does nutrition play in your overall wellness?

RJ #7 (Week #6 – online)

What is the purpose of fad diets? How do they impact a person's health?

RJ #8 (Week #6 – online)

Explain how nutrition and weight control/management are related to your personal wellness.

RJ #9 (Week #7 – online)

Use examples to explain and support ways in which you are able to lower your risk of cardiovascular disease.

RJ #10 (Week #8 – online)

Explain the process of how to use a relaxation technique. Use specifics to support your process explanation.

RJ #11 (Week #9 – online)

Explain the importance of flexibility to a person as he or she ages.

RJ #12 (Week #10 – online)

Pick one environmental situation and describe how it impacts your wellness.

RJ #13 (Week #11 – online)

Explain the basic steps to avoiding common exercise injuries.

RJ #14 (Week #12 – online)

Compare and/or contrast your reaction to this class during the first week of the semester with the way you feel about the class now.

RJ #15 (Week #13 – online)

Contrast having a habit with having an addiction.