

## success at MJC:

- ✓ go to class
- ✓ create short term and long term goals
- ✓ ask questions...  
get help when you need it
- ✓ we want to help you succeed! →
- ✓ get involved...you get out of an institution what you put in: clubs-arts-athletics
- ✓ time management is the key to your success in college

*make it a great semester!*

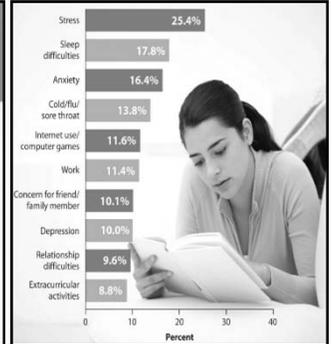
student success | mjc  
**PATHWAYS CENTER**  
Services include:  
Assistance for New Students  
Core Services (Orientation, Assessment, Educational Planning)  
Student Success Workshops  
Counseling  
Locations:  
MJC East Campus  
Student Services Building, Room 128  
MJC West Campus  
Youssif Hall, Room 122  
Coming Soon to Yosemite Hall, Room 128  
**OPEN 8am-8pm**

## 2018 reality check: *not in texts*

Educational Attainment and Income<sup>1</sup>

	Median Salary	Starkness	Colleges
Less than HS diploma or GED	\$18,240	23.4%	10.9%
HS diploma or GED	\$21,447	28.8%	28.8%
Some college / Associate's degree	\$32,069	31.6%	28.8%
Bachelor's degree	\$48,570	10.8%	13.4%
Graduate or Professional degree	\$65,528	5.3%	11.1%

## top 10 barriers to success in college: *13th and 12th edition, p. 2*



## six components of a healthful life

*13th and 12th edition, pp. 6-7 (different diagram)*



## Everyday occurrence...

*(not in text books)*

<http://www.youtube.com/watch?v=Sb7mzUCpTyY>

*How will you react when you are confronted with a similar situation challenging your success in college and transition into a healthful adulthood?*

*Make this a productive semester... walk up the escalator!*

Review chapter 1 for next class  
buy 20 5x8 cards

**Failure is continuing the same behavior and expecting different results...**

**What are you doing to walk up the escalator?**

**Become a better student:**

- ✓ Study Skills 78 (3 units) is offered at many times throughout the week which teaches you how to succeed in college
- ✓ College Skills 100 (3 units) is a semester length class with also reaches college survival skills
- ✓ Take a guidance class and see a counselor and set-up a academic plan
- ✓ Seek help and ask questions!

## defining health and wellness

13<sup>th</sup> edition, pp. 5-8; 12<sup>th</sup> edition, pp. 6-7

- definition has evolved through the ages...early on defined simply as the absence of illness
- in 1947, the W.H.O. defined health as: 'the state of complete physical, mental, social well being, not just the absence of disease or infirmity'
- today in the United States, one of our challenges is to separate out from the sheer 'quantity' of life a 'quality' of life: trinkets vs. treasures
- we must strive to find a 'balance'



## determinants of our health

13<sup>th</sup> edition, pp. 7-9; 12<sup>th</sup> edition, pp. 3-8



All Ages	Number of Deaths
Disease of the heart	614,248
Malignant neoplasms (cancer)	593,268
Chronic lower respiratory diseases	147,101
Accidents (unintentional injuries)	138,003
Cardiovascular diseases (stroke)	125,143
<b>Age 15-24</b>	
Accidents (unintentional injuries)	11,809
Stroke	9,079
Assault (homicide)	4,144
Malignant neoplasms (cancer)	1,268
Disease of the heart	903
<b>Age 25-44</b>	
Accidents (unintentional injuries)	63,235
Malignant neoplasms (cancer)	14,881
Disease of the heart	13,709
Stroke	13,276
Assault (homicide)	6,747
<b>Age 45-64</b>	
Malignant neoplasms (cancer)	161,116
Disease of the heart	159,264
Accidents (unintentional injuries)	38,840
Chronic liver disease and cirrhosis	21,419
Chronic lower respiratory diseases	20,884
<b>Age 65+</b>	
Disease of the heart	486,722
Malignant neoplasms (cancer)	413,885
Chronic lower respiratory diseases	124,693
Cardiovascular diseases	113,308
Alzheimer's disease	87,954

**70% of all diseases and cancers are lifestyle choices!**

## what influences your health?

13<sup>th</sup> edition, pp. 7-9; 12<sup>th</sup> edition, pp. 6-12

- Individual behavior**  
lack of physical activity leading to overweight & obesity  
poor nutrition characterized by too much processed & junk food, plus additives  
excessive alcohol consumption leading to diseases such as cardio and accidents  
tobacco use (*first and second hand*) leads to 20% of deaths in US
- Biology and Genetics**  
Genetically inherited traits, condition, and predisposition to diseases such as cardio, diabetes, and certain cancers...  
you typically cannot modify biology or genetics



## what influences your health?

13<sup>th</sup> edition, pp. 7-9; 12<sup>th</sup> edition, pp. 6-12

- Social Factors**  
Access to education, income, availability of healthy foods, exposure to violence in communities, sources of stress, peer and family group influence
- Economic factors**  
Access to affordable health care, health education opportunities  
Living in poor housing without drinkable water & sanitary conditions  
Being able to pay for nourishing food, clothing, and utilities  
access to employer health care and affordable medications  
Health and wellness is increasing being defined by what zip code you live in (*refer to Focus on Achieving Health Equity, pp. 26-35*)
- Environmental factors**  
our living environment: neighborhoods, access to recreation facilities/activities, exposure to pollutants and toxic/infectious sources, weather, advent of climate change.



## key factors to live a healthful life

13<sup>th</sup> and 12<sup>th</sup> edition, pp. 2-12

- Getting enough sleep (*minimum of 7 hours*)
- Maintaining healthy eating habits
- Managing a healthy weight
- Participating in physical exercise
- Avoiding tobacco products (*cigs-cigars-chew*)
- Use drugs only as prescribed and only when necessary
- Practicing safe sex...avoiding STD's and STI's
- Consuming alcohol responsibly
- Utilizing the healthcare system with regular check-ups and exams
- Controlling stressors
- Making time for yourself: *exercise, prayer-meditation, writing*

**Leading causes of preventable death in the United States**



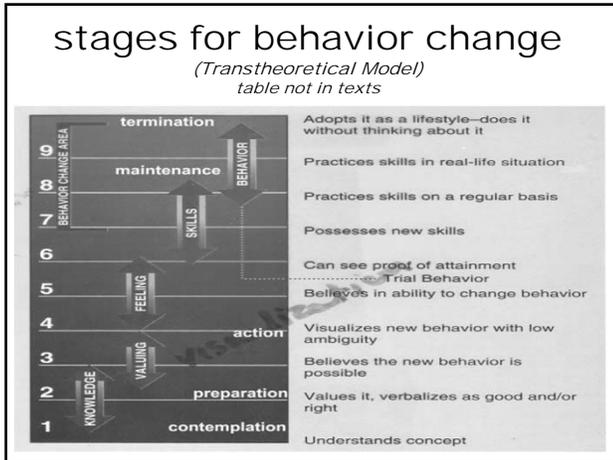
So you've identified areas in your life that you want to change?

## Stages for behavior change:

(*Transtheoretical model*) 13<sup>th</sup> and 12<sup>th</sup> edition, pp. 12-19

- Precontemplation:** unaware or sometimes in denial that a problem or challenge exists
- Contemplation:** one begins to realize they have a challenge and need to make a change. Increased awareness comes from education, societal, family or peer influence
- Preparation:** creating a plan or setting goals with incremental steps to help assure success
- Taking action:** putting you plan into action. It's important to solicit help from mentors, family, and friends to create a support network to share in the challenge
- Maintenance:** The behavior change begins to become habit
- Termination:** by this point the behavior change becomes part of your normal routine without thinking about it





### S.M.A.R.T. model for goal setting

*13th and 12th edition, p. 16*  
*also refer to handout in class or on class website*

- S** pecific...**be specific in defining your goal**
- M** ake it measurable ...**score/grade achieved, lbs. lost**
- A** chievable ...**be sure you can achieve the goal you create**
- R** elevant ...**be sure that the achievement of the goal is important to YOU**
- T** ime frame ...**set a realistic time table to achieve your goal**

***Don't forget behaviour change contract and calendars to document your progress on the class website!***

### behavior change strategies

*13th and 12th edition, pp. 17-19*

- ✓ **Shaping:** involves creating incremental steps to success
- ✓ **Visualization:** use your mind to imagine or visualize you practicing your goal behavior...*block out negative images!*  
modify yourself talk to a positive 'can do' tense
- ✓ **Modeling:** you don't have to reinvent the wheel! Find someone who has achieved similar goals and utilize their expertise and enthusiasm ...they may become a powerful mentor and champion to help achieve your goal
- ✓ **Reinforcement:** use reinforcements to reward yourself
  - ✓ **Consumable reinforcers:** meals, sweets, comfort foods
  - ✓ **Activity reinforcers:** holidays, movies, parties
  - ✓ **ProceSSIONal reinforcers:** a new car, T.V., or item that you've wanted
  - ✓ **Social :** approval or appreciation from family, friends, co-workers
- ✓ **Support networks:** set-up a support group of friends, family or join a class, team or gym

### challenge the thoughts that sabotage change

*13th and 12th edition, pp. 18-19*

- ✓ **Finding time:** In our busy lives schedule time and set priorities while eliminating less important activities.
- ✓ **Worried about what others will think:** How much do other influence your behaviors such as drinking, sex, eating habits, etc. Work to grow your self-esteem to become more independent and less reliant on what others think.
- ✓ **Breaking the habit:** Many habits are difficult to break...not impossible. Identify triggers, what you can do to avoid those triggers and ask for help form family and/or friends.
- ✓ **Over ambitious goals:** Remember to set realistic goals and take small incremental steps to achieve your goal
- ✓ **Self-defeating beliefs and attitudes:** Changing your self-efficacy to a 'can do' attitude