



DRIVING QUESTION

How can I use what I learn about my current health habits and family history to design a realistic plan that improves my well-being now and reduces my risk for chronic disease in the future?

PROJECT SUMMARY

In the Personal Health Project, students will take on the challenge of evaluating and improving their own health behaviors to promote long-term wellness. They will learn about eight essential health-promoting behaviors, explore how family health history can influence personal risk for chronic disease, and understand how daily choices impact overall well-being. Students will track their habits over five days, analyze the results, and identify strategies for positive change. The project will culminate in a personalized health improvement plan that reflects their findings and sets realistic goals for a healthier future. Along with a group-created PSA highlighting one of the essential health-promoting behaviors.

REAL-WORLD CONTEXT

This project mirrors the way health professionals, coaches, and wellness experts track and analyze health behaviors to make informed recommendations. Students explore habits that directly affect their current and future well-being, connecting classroom learning to personal life choices.

PRODUCTS & AUDIENCE

Students created and presented their health improvement plans.

STUDENT REFLECTIONS

- “I learned to take criticism well, but also give feedback in a respectful manner. I learned how to work alone on some of the project but still explain what I did to my teammates. I also learned how to give a presentation by talking to the audience who is supposed to listen, not to my teammates or stare at the slides.”
- “I really learned that organization is strictly necessary. Without organization, the whole group is a disaster.”
- “I learned how to not be overbearing because I’m usually the type to want to take over the project to make it perfect.”

NC PORTRAIT OF A GRADUATE SKILLS GAINED



COLLABORATION



LEARNER'S MINDSET



COMMUNICATION



PERSONAL RESPONSIBILITY



CRITICAL THINKING

TEACHER REFLECTION

This project was an excellent opportunity to see students connect their daily habits with larger health outcomes. I was impressed with how engaged students were in tracking their behaviors and making honest reflections about their strengths and challenges. Many students demonstrated growth in their self-awareness and applied self-regulation strategies effectively. In the future, I'd like to provide more structured time for peer feedback on the presentation drafts to strengthen their final products.