Wellness Literacy in Action

Students in Terri Mitchell’s Health Education course HED 1000: Personal and Family Health gain an understanding of a variety of health issues that will enable them to make informed decisions about their future. The course focuses on health issues specific to a college-aged population, from healthy communication to dispelling cultural myths about what is “normal.” Dr. Mitchell makes it understood from the beginning of the semester that respectful discussion and collaborative learning will play a significant role in the way the class is structured. Students appreciate this opportunity to share and grow in a safe, stimulating environment. They gain a deeper knowledge of health topics through research projects, presenting at a class-wide “Health Fair,” and exploring their own health history with a Family Health Tree. Dr. Mitchell created HED 1000 using the guidelines for General Education Wellness Literacy courses. Many of these guidelines were inspired by the six priority health-risk behaviors identified by the Center for Disease Control and Prevention (CDC): injuries, tobacco use, alcohol and other drug use, sexual behaviors that cause pregnancies and sexually transmitted diseases (including HIV), dietary patterns that cause disease, and inadequate physical activity. Dr. Mitchell finds great joy in developing effective methods for teaching her class, which “gives students a skill set for life.”

(Above and below): Students in Dr. Mitchell’s HED 1000 present about their chosen health topic in a class-wide “Health Fair.”
“...students come to better understand how fictional stories are significant in the process of shaping our perceptions...”

Researching the Reality of Fiction

“To understand the experience of others, it is important that we try to put ourselves in their shoes.” It is with this rationale that Dr. Rennie Brantz assigns his research project for students in UCO 1200: Jews and the Holocaust. After reading the fictional book Man From the Other Side students are randomly assigned a character type: Jew, perpetrator, bystander, rescuer, or world leader. These types can be seen throughout literature, both fictional and nonfictional. The intention of this research project is to use these character types as a springboard to bridge fiction and fact, make-believe with reality. Enlisting the help of Lead Librarian for Desk Services Susan Jennings in the Belk Library, students utilize current research strategies to identify and learn about an actual historical figure that fits within their assigned character type. Students must prepare a 4-6 page paper explaining how that person behaved during the Holocaust and attempting to discern the motives behind his/her actions. In this way, the students come to better understand how fictional stories are significant in the process of shaping our perceptions of real human personalities and actions.

More Gen Ed Transfer Courses Added

The Office of General Education recently completed a review of elective coursework transferred from the North Carolina Community College System (NCCCS). The General Education staff identified an additional 97 Community College courses that can count toward fulfilling General Education credit. This represents an increase of 76% in the total number of courses from the NCCCS receiving credit in the General Education curriculum. The Office of Transfer Articulation has added these 97 courses to the transfer articulation tables where they can be seen by incoming and prospective transfer students, Community College advisors, and ASU administrators and advisors. The General Education staff are now undertaking a similar review of courses at other institutions, beginning with Appalachian’s top feeder schools.

New Designations Courses Approved

On January 20, General Education Council approved six additional courses for designation credit. The designation credit will take effect in fall 2012 for these courses, along with four other courses that were approved for Fine Arts designation credit by General Education Council this past October.

Historical Studies designation:
HIS/MSL 3823 American Military History (Empire, Colonialism, and Globalization theme in Local to Global Perspective)
IDS 2200 Race and Resistance: Perspectives on African Americans in the Jim Crow South (Revolutions and Social Change theme in Local to Global Perspective)

Literary Studies designation:
WGC 3103 Japanese Literature and Identity (Understanding Culture through Social Practice theme in Historical and Social Perspective)

Fine Arts designation:
DAN 2030 Dance Media and Culture (Performance of Culture theme in Local to Global Perspective)
MUS 2615 Music and Propaganda (Identity, Culture and Media theme in Local to Global Perspective)
MUS 2616 Cuban Music and Culture (Identity, Culture and Media theme in Local to Global Perspective)
Spring Workshops

The Office of General Education is sponsoring the following workshops for faculty (2/9/2012-3/6/2012):

**Gen Ed Overview** - This workshop is for faculty and staff who want to better understand the General Education Program. We will describe the Program philosophy, goals, and curriculum and answer any questions you may have.
Facilitated by: Paulette Marty, Director of General Education
Offered on: 2/16 @ 11am
Location: 1114 Anne Belk
Workshop Registration URL: http://workshops.appstate.edu/detail.aspx?key=621

**Creating a Learning Centered Syllabus for First Year Seminar**
This workshop will assist First Year Seminar faculty in refining their course syllabus using a learning centered model. Learning centered syllabi are intentionally crafted to clarify course expectations, learning outcomes, and processes that support academic success. This workshop will specifically address ways to include the common expectations in FYS, such as problem based learning, active learning, multiple modes of inquiry and co-curricular components. The graphic syllabus model will also be introduced as a method for assisting students in making meaningful visual connections between course objectives, activities, and assignments. Faculty should bring a copy of their current FYS syllabus to the workshop. Laptops are also encouraged.
Facilitated by: Elaine Gray
Offered on: 2/10 @ 12 – 1:30pm; 3/5 @ 2 – 3:30pm
Location: 1114 Anne Belk
Workshop Registration URL: http://workshops.appstate.edu/detail.aspx?key=657

**Advising Students on General Education** - This workshop is for faculty who serve as advisors to students majoring in their department or program. We will review the General Education Program and discuss how advisors can use available tools and resources to ensure students have fulfilled General Education requirements.
Facilitated by: Kristin Hyle, Assistant Director of General Education
Offered on: 3/5 @ 4pm; 3/7 @ 11am
Location: 1114 Anne Belk
Workshop Registration URL: http://workshops.appstate.edu/detail.aspx?key=622

**Designing Effective Research Assignments in First Year Seminar** - Looking for more “research” in your students’ research assignments? This workshop will provide insight into how students find and use information in the digital age. Participants will learn tips and strategies for creating effective research assignments and discover how collaboration between librarians and FYS faculty can result in more effective research assignments.
Facilitated by: Kelly Rhodes McBride & Amanda Bird, Information Literacy Librarians
Offered on: 3/6 @ 10-11:30am
Location: 028 Belk Library & Information Commons
Workshop Registration URL: http://workshops.appstate.edu/detail.aspx?key=659

Call for Award Nominations

University College and the Office of General Education invite nominations for the following awards:

**Wayne D. Duncan Appalachian State University Faculty Enrichment and Teaching Fellowship**
This award will be given to a full-time faculty member at Appalachian State University in recognition of innovative and successful teaching in the General Education Program. The $1700 fellowship may be used for travel, equipment, or other approved purposes for enhancement of the faculty member’s teaching and/or scholarship or creative activity. Mr. Duncan is a past Chairman of the Appalachian State University Board of Trustees and a current member of the ASU Foundation Board of Directors.

**Faculty Award for Excellence in General Education Teaching (NTT)**
This award will be given to a part-time or full-time faculty member who is not on the tenure track at Appalachian. The award is given in recognition for innovative and committed teaching in the General Education Program and comes with a $1000 stipend that may be used for travel, equipment, or other approved purposes for enhancement of the faculty member’s teaching and/or scholarship or creative activity.

**Rennie W. Brantz Award for Outstanding Teaching in the First Year Seminar**
This award honors a First Year Seminar instructor who demonstrates exemplary teaching and has made an impact on student lives in the First Year Seminar classroom. It includes a $500 stipend. Examples of outstanding teaching in FYS may include: Enthusiasm in the classroom, Evidence of innovation in pedagogy, Creation of a safe and open space in the classroom where students are free to take intellectual risks and form meaningful relationships, and Connection of learning in the classroom to the life of the broader community.
Eligible candidates include anyone who taught UCO 1200, HON 1515, or WGC 1103 in Spring 2011, Summer 2011, or Fall 2011.

**Harvey Durham Outstanding Freshman Advocate Award**
This award is given to a full-time Appalachian State University employee who has contributed significantly to improving the freshman experience on our campus. A modest stipend is included. Faculty, staff, and administrators with sustained contributions to the freshman experience over at least a three-year period are eligible for consideration. Nominators should consider persons who have demonstrated extraordinary personal commitment to freshmen, have provided effective classroom instruction to freshman classes, have shown dedication to programs that have supported and served freshmen, or have repeatedly exhibited exceptional individual commitment to freshman success.

To nominate a colleague for one of these awards, please send the nominee’s name, e-mail address, and a brief statement of the reasons for your nomination to Kristin Hyle, Assistant Director of General Education, by 5:00 p.m. Friday, February 24 (hylekm@appstate.edu). Nominees will be contacted for further information.

Information about these awards are also posted on the web at: http://www.generaleducation.appstate.edu/grants-and-awards.