Welcome, Co-Creators of the Future.

The Healthy Mind Platter

SERVICES FOR THE DISABLED:
Any students with disabilities should contact Cynthia Ukoko, Coordinator of Disability Services, at 681-5162 or go by 304 Founders Hall. Any student with a disability who needs an accommodation, for example in arrangements for seating, examinations, note taking, or access to events, should inform their instructor.
FOR A HEALTHY CLASSROOM COMMUNITY:
1. You do not get attendance points if you are absent, regardless of the reason. If you miss class you may complete other Smorgaspoint options (see the next page) to make up for those points.
2. I start taking roll (using a seating chart) the minute our class time starts. When I’ve marked all the empty seat numbers on my list, I call out the seat numbers of missing students. If you respond when your # is called, you will not be counted late or absent. YOU must let me know AT THE END OF CLASS if you came in after I called the numbers and I will mark you tardy instead of absent. Five points off for being tardy or leaving class early.
3. All of you paid in some way for attending this class and I’m sure you don’t want to see your time wasted by rudeness, lazy habits, distractions, or other attention-seeking behaviors. Since we are one of the largest classes at Lincoln, we all need to exercise added patience and self-discipline.
4. Your addiction to electronic devices will distract you and others during class.
5. Missed Whisper Quizzes may only be made up during finals week.
6. I teach 4 sections of this class: (1) 8 MW, (2) 12 TR, (3) 2:25 TR and (4) 5:30 R. If you are not able to attend at your official time, see me about attending another section of the class.
7. All your communications and submitted work needs to have your name, section # and seat # inside the email, in the upper right-hand corner of the page for quizzes and papers or on the back for posters. You will lose 2 points each time those items are missing.
8. You are encouraged to get to know me and your other classmates. Stating your name when you talk helps. Class partners can help you keep up with your assignments if you have to miss class and help you process class ideas.
9. All assignments and due dates are spelled out either in this Handout or on Moodle under Lessons/Important Dates. Only Moodle activities (e.g. papers, online quizzes) will be recorded on Moodle. Physical paperwork will be given back with your points noted. Midterm and final grades are officially posted on Web Advisor, not Moodle. It is your responsibility to check my work for any recording mistakes I might have made. I do NOT give progress reports.
10. We each have opinions and viewpoints. You will hear plenty of mine and I hope to hear yours as well. I believe what we call reality is unique to every individual. Information that we consciously share in or out of class is our effort to express and/or interpret our beliefs, feelings, experiences, theories, fantasies, and dreams. Each of us being fully present will add dramatically to the class.

CONTACT INFORMATION:
Dick Dalton, Ph.D., Associate Professor of Health and Wellness
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Office Hours: MW 1:30-4:30 p.m.
Phone: 573-681-5335 (w) or 636-6453 (h) Be considerate.

I VALUE:
Playfulness, family, service, gratitude, curiosity, love, zest, health, forgiveness, the past, the present, and the future.

CLASS VISION:
Interactive Dialogue on the memes of Health and Wellness

CLASS MISSION
(VISION + ACTION):
To co-create a healthier future for ourselves and our world community through awareness and gradual integration.

MY CLASS GOALS:
1. To increase awareness of each person’s interdependence within the Earth/Gaia and with all her offspring.
2. For each person to appreciate the subconscious mind-body, how it develops, and how to influence it.
3. To encourage you to investigate the possible you living in a possible society adapting to the chaordic changes in our planet.
4. To share various perspectives on many of the health related topics that will affect us and our grandchildren’s grandchildren.

MY OBJECTIVES FOR YOU:
To gradually integrate changes into your subconscious mind/body that will enhance your personal health and the health of our world.

FROM THE STUDENT CONDUCT CODE:
“PLAGIARISM includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgement. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.” An example: copying phrases from the internet without quoting and citing the source.

If I detect cheating or plagiarism, I can give you an “F” for the semester and file a report with the Student Conduct Board. It has happened in prior semesters, but I hope will not happen again. Any questions?

You are a unique indivisible being, interdependent and interconnected with all other beings.
Each of these areas is interconnected and involves multiple layers of complexity. Health is a continuum from neutral to optimal. Illness, injury, and disease are on the same continuum from neutral to death. Wellness is always moving toward optimal health.

WE CAN BE RELATIVELY HEALTHY OR SICK IN MANY ASPECTS OF OUR LIFE:
1. Physically: genetics, epigenetics, amino acids, brain, the new biology
2. Mentally: Memetics, mind-body-relationships-self, subconscious mind, and creativity
3. Emotionally: limbic system, opiate receptors, molecules of emotion
4. Relationally: the five+ senses, the ‘6th’ sense, communication, culture, judging, war.
5. Spiritually: Forgiveness, gratitude, love, joy, peace and Universal interdependence.
6. Vocationally: Passion, one’s lifelong learning, working for dollars and/or satisfaction.

COMMUNITY (Cultural and/or Sub-Cultural) HEALTH INCLUDES:
The respectful interactions of friends, family, tribes, gangs, clubs, teams, classes, bands, villages, towns, cities, communes, regions, networks, campaigns, ethnic groups, genders, age-groups, sexual orientations, religious affiliations, corporations, governments, countries, cultures, layers of education, classes of economic wherewithal, the world, metaphysical entities, and aliens. By extension, a cell in the body is a community and the body itself is a community. A healthy community has a fulfilling role for each member of the community.

ENDURING UNDERSTANDING builds on the fractals of the archetypal patterns.

ENGAGING PEDAGOGY IN THIS CLASS INCLUDES: Lecture/Discussion, Q&A, small group discussion, acting, role-playing, reading, writing, the use of parables, activities, songs, analogies, posters, stories, paradigm shifters, use of multimedia and lots of eye contact.

EVOLVING WORLDVIEW acknowledges that education and experience change our view of the world and considers that alteration to generally be a good thing.

Do you know what triggers your thoughts and strings them together?

STUDENT EVALUATION:
Your grade is based on the points you accumulate. Points are given for time you spend (invest) in class and health-related activities. Keep track of your own points and plan your strategy to achieve your grade goal.

Wherever you are, that is your world.

SMORGASPOINTS:
250—attendance (10 pts per class; -5 for tardy or leaving early) perfect att. = +25 pts
100—two 1000-word Papers @ 50 pts each submitted on Moodle
240—in class and 6 on-line quizzes @ 20 pts each
100—the 1st 8 weeks online exam (in-class info + Moodle documents)
100—the 2nd 8 weeks final online exam (in-class info + Moodle documents)
50—Community Service @ 1 point per hour as itemized on your Log Sheet
10—your one-page (250-word) typed Community Service report
15—your 250-word Behavior Modification Paper submitted on Moodle
20—2 student/teacher discussions @10 pts each (one discussion is about the book)
50—3 Forms (30), Folder (10), and Poster (5-10)
25—Possible points for your end-of-semester Doodle Report
960 total points possible

Notice there are 960 possible points this semester, but your grade is based on 666 points. That means you have 295 points to fill in for points you miss in attendance, papers, and tests. That’s why you do NOT get attendance points whenever you are absent, regardless of the cause.

A (100% of 666) = 666 Points or
A (85% of 666) = 566 Points + Evidence of reading 1 of 4 assigned books.
B (80% of 666) = 533-665 Points
C (70% of 666) = 466-532 Points
D (60% of 666) = 400-465 Points
F (Less than 60%) = Below 400 Points

For Students seeking an 85% A:
Read one of these books, type and hand-in a 250- word “I... I... I...” reflection paper, and discuss it in one of our student/teacher discussion groups:

The Vagina Monologues by Eve Ensler

Man’s Search for Meaning by Viktor Frankl

The Shack by William P. Young

The Immortal Life of Henrietta Lacks by Rebecca Skloot
All your papers are kept confidential and are not shared.

You are to write a minimum of 1000 words with the title: “P1 Your Name Section# - Seat#”.

Use this exact outline for full credit:

1. Introduction: Take the free VIA Survey and in 50 words or less share your top five Values in Action strengths.

   After carefully reading this, write seven paragraphs on how you manage your: a. sleep time, b. physical time, c. focus time, d. connecting time, e. play time, f. down time, and g. time in.

3. My Health History.
   Write one paragraph on each of the following:
   a. Give a health history of 3 generations of your family (you and your siblings may be one of the three) and how it may relate to your present and future health. Share only what’s comfortable.
   b. Reflect on where your beliefs came from and how they have played a role in your wellness and/or illnesses thus far in your life.
   c. Discuss what methods you use to become aware of and change your own subconscious embodied mind habits?
   d. Describe what you like to do and/or actually do to relieve stress.
   e. What unhealthy habits do you intend to stop or change in order to improve your personal health and the health of the planet?

   Write one paragraph per answer for each question:
   a. How did we get here? Why are we here? Now that we are here, how do we make the best of it?
   b. Do you have day-to-day freedom of choice or is our future already predetermined by childhood experiences or by a God?
   c. Who or what controls your thoughts and actions (gets you to do things you don’t really want to do)?
   d. Who or what determines what is good and evil, right and wrong, healthy and unhealthy?
   f. Do you think the world can be free of greed, hatred and judging?
   g. What things are valuable to you?

I cannot give full credit for papers not submitted according to the stated instructions. All papers must be submitted according to instructions at their respective P1, P2 or P3 assignments on Moodle. Type your name, Section #, Seat # and phone # in the top right hand corner of each paper.

“...I have lived nearly fifty years, and have seen life as it is. Pain, misery, hunger...cruelty beyond belief. I have heard the singing from taverns and the moans from bundles of filth on the streets. I have been a soldier and seen my comrades fall in battle...or the more slowly under the lash in Africa. I have held them in my arms at the final moment. These were men who saw life as it is, yet they died despairing. No glory, no gallant last words...only their eyes filled with confusion, whimpering the question: “Why?” I do not think they asked why they were dying, but why they had lived. When life itself seems lunatic, who knows where madness lies? Perhaps to be too practical is madness. To surrender dreams—this may be madness. To seek treasure where there is only trash. Too much sanity may be madness. And maddest of all, to see life as it is and not as it should be...”—spoken by Don Quixote in Man of La Mancha.

“In your world, the value of the individual is constantly weighed against the survival of the system, whether political, economic, social or religious, any system actually. First one person, and then a few, and finally many are easily sacrificed for the good and ongoing existence of that system. In one form or another this lies behind every struggle for power, every prejudice, every war, and every abuse of relationship. The ‘will to power and independence’ has become so ubiquitous that it is now considered normal. It is the human paradigm. It is the matrix; a diabolical scheme in which you are hopelessly trapped even while completely unaware of its existence.”—Papa, The Shack

***If it is to be, it is up to US!***