

Senior Exit Response

1. What topics should be covered in a high school wellness curriculum? Explain.

In my opinion, high school wellness should include topics about building good habits for when they are in college and away from the guidance of their parents. It should probably be long-term skills, and ones that will not already be covered in other classes. If it pertains to high school too, it makes sense that it should come earlier in the wellness curriculum, such as **healthy relationships, physical fitness, and substance abuse**. For advice about decisions more associated with later stages in life (college and beyond), **leisure pursuits/lifetime fitness, nutrition, alcohol poisoning, the and the baby project should be in the junior/senior curriculum**.

I also believe that there should be physical activities interspersed throughout all four years, rather than being concentrated in freshman and junior years. This will not only encourage students to be more active throughout the year, but may also help keep things more interesting and lively for the students. Perhaps, if it can be tied into the curriculum, this would be very interesting.

However, there are a few parts of the wellness curriculum that I feel were very necessary, but it's possible that this is due to my more introverted personality. For example, I don't feel that ballroom dance is a very necessary skill in the future. I also feel that a lot of the topics covered are better learned through experience than through a classroom setting, such as teambuilding. Yet other topics, such as bias/stereotypes/discrimination, self reflection/making changes, and advocacy are skills learned in other classes, and I don't think they are very necessary units in the wellness curriculum.

2. What dimensions of wellness are more critical in the next chapter of your life? What skills are you leaving with that will help you stay healthy?

Occupational and intellectual wellness are the ones that come to mind immediately for me. We are entering a time when we all have to go out in the world and live on our own, studying hard in college (intellectual wellness), so that we can develop the mental skills

necessary to have a career in the competitive job force. During and after college, students will be focusing on finding a job and working up their way on the career ladder so that they can secure a stable future for themselves and their future families. Social wellness is also important because it has to do with the connections necessary to find better jobs.

After intellectual and occupational wellness, I believe that emotional wellness is most important after leaving high school. With all of this competitive learning and job-seeking, there's guaranteed to be a lot of stress, and not being able to handle the stress can lead to physical harm or lowered mental performance. On top of that, the increased level of hormones that teenagers and people in their early-twenties have make emotional swings more likely.

I think that finding a way to decrease mental stress to keep emotional wellness up is the most important way to stay healthy after high school. A lot of people may find solace in physical fitness (physical wellness), which is a great solution because it helps two dimensions of wellness at once. Whatever a person can do to keep themselves calm and focused will help a person persevere through these tough stages and improve their intellectual and mental growth.