

## Plans for Moderate-Stress / Low-Distress Completion of HS1

Initially distributed and discussed 4/24/03 Edited, posted, and discussed 4/29/03

### Completion of Required Paper #3

1. The initial deadline was 5/6. There will be a one-week grace period. No penalty will accrue until after 5/13 (the last day of class).
2. Papers handed in between ~~5/7 and 5/13~~ 5/13 and 5/15 will be penalized 10 points.
3. If you want me to return your graded paper you must attach a self-addressed stamped envelope with sufficient postage (e.g., *two* 37¢ stamps). Otherwise your paper will not be returned.
4. For writing assignment #3 you may choose to rewrite paper #2 or complete paper #3 as originally intended. *If* you choose to rewrite paper #2, you *must*: (a) make this commitment to me in writing (sign below, turn in today: 4/24), (b) format your paper according to APA standards (see the link on our course website for the most complete information on how to use APA style and (c) rewrite your paper by rethinking each sentence and paragraph. Rewriting is NOT merely fixing punctuation, grammar, and formatting. Writing is rewriting, writing is thinking, and rewriting is rethinking.

I've decided to rewrite the research paper to fulfil my third writing assignment:

Signed \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

5. We will discuss the criteria for paper #3 in class today (4/24).

### Retake the Online Live Well (Wellness) Inventory

1. You took this survey at the beginning of the semester. *You must retake this survey.*
2. A link to the site is on the [www.sjsu.edu/faculty/gerstman/hs1](http://www.sjsu.edu/faculty/gerstman/hs1).
3. Recall that you are to use an 8 character "code" to identify yourself. The code is: M or F (for male or female), first 3 letters of your mother's maiden name, first 2 letters of the month you were born, and last 2 digits of your zip code (e.g., MBARMA03).
4. You must print out you scores (not the entire survey) to receive your participation point.
5. *Due ~~5/1~~ 5/6. Half credit if received 5/13. No credit if received thereafter.*

### Final Exam

1. On 5/6 and/or 5/8 we will review for the final. I will go over specific items that you must know from the first half of the course.
2. By requirement of the GE certification the final *is* cumulative.
3. I will let you know the emphasis of the on 5/6 or 5/8.

### Miscellaneous Topics

1. **Very late papers.** Nearly everyone has handed their papers in on time. *If* you are one of those unfortunate people who have not met their commitment to turn in their paper on time I will accept very last papers BUT they will receive, at most, 50% of the possible score. Missing one or more papers makes it difficult to pass the course.
2. **Website.** Check the course website *at least* one per week.
3. **Come to class.** It is in your best interests to attend each class session.
4. **Communicate.** If you have any questions, please raise them in class. If you are shy, raise them after class or in private.
5. **NO current events.** The syllabus mentions the need to present current events in class. We've deleted this requirement.
6. **Topic and Readings (page 4 of the syllabus).** The syllabus also states "The Professor reserves the right to modify the schedule depending on the progress of the class . . . ". We will cover all chapters (some in modified form) EXCEPT Chapter 14 and Chapter 15.

*Thanks for being a good group!*