PC 103 University Skills
Gathering Agenda for Week 03
Healthy Habits

Gathering Purposes

- Counsel about academic planning and your Introductory Certificate Courses
- Teach one another about physical, spiritual and mental health
- Review effective goal setting

Preparation

- For *face-to-face Gatherings*, arrive early to setup the room, prepare any visual aids, and greet students as they arrive.
- For *virtual Gatherings*, start the meeting early, share your screen with a message welcoming them to the gathering and letting them know you will start soon.
    - When the Gathering Agenda asks that students meet in small groups, use Breakout Rooms.
    - When the Gathering Agenda asks you to display things on "the board," you can use the whiteboard

Min.	Activities		Teaching Tips
Welcome and Devotional			
10	Welcome	Welcome, announcements, and housekeeping	
	Hymn or Thought, Prayer	Please sing one or two verses of a hymn. If you meet with a virtual gathering, the lead student or another student should be invited to share a brief spiritual thought. A volunteer will then give an opening prayer.	
	BYU-Pathway Worldwide Devotional	Students were asked to watch the BYU-Pathway Worldwide devotional this week, as contained in the course. They should have done this prior to the gathering. As a class discuss the devotional using the discussion questions provided in the course.	Look up the questions in advance so you are ready.
Next Steps Discussion			
15	Application to Online Certificates and Degrees	Give students a chance to discuss their progress and help each other with issues involving the application process.	
	Graduation Plan Check-in	Remind students to be looking at their degree map. See this week's module called "Next Steps" in the course.	
	Introductory Certificate Course	Give students time to discuss their experiences, ask for help and advice, and generally support each other in their Introductory Certificate courses. You may use the following	**Teaching Tip**: Choose a couple of students ahead of

	Discussion and Help	suggestions to guide this portion of the gathering. ● Ask a few people to share a significant challenge they are facing in their course. As a class, brainstorm possible approaches and solutions to these challenges. ● Ask a few people to share what is going well with their Introductory Certificate course.	time (before class) to think about one or more of the following topics to discuss during class while the whole group listens and asks follow-up questions.
Student Skills Lesson Review and Discussion			
20	Discuss	For one to two minutes, tell the class about one big thing you learned in this week's Student Skills. Invite a class member to read the following quote: "I remember the story of a bird that started to trade his feathers for worms. It was easy to get food that way, and the bird thought he had plenty of feathers. As he continued to trade his feathers, the bird enjoyed not having to get up early to hunt for worms anymore. He could sit in his nest all day and never have to move a muscle. Eventually, however, the bird got too used to this and realized he could no longer fly because he had lost his vital feathers." --Elder Adrian Ochoa, "Be Strong, Be Healthy, Be Smart," New Era, October 2013 Ask: ● What principle stands out to you in this story? ● How does this story relate to experiences you have had in your own life?	
	Write and Discuss	Invite the class to write their answers to the writing prompt below. Write for 60-90 seconds. Then discuss the questions that follow. **Writing Prompt.** ● What connections can you make from this story to our physical, spiritual and mental health? **Discussion Questions.** ● **What did you write about? Why?** ● How are these areas of physical, mental and spiritual health connected? ● How does your health affect your academic success?	Think of some connections before class in case you need to encourage discussion.

<table>
<tr><td></td><td>Review</td><td>The application activity this week was to set goals in each wellness area: physical, mental and spiritual. Goal setting allows you to identify what is most important in your life and take small steps of action to get there. In our lesson, we learned how to set effective goals, called SMART goals.

Review SMART goals and what each letter stands for:
● S-Specific
● M-Measurable
● A-Attainable
● R-Relevant
● T-Time Bound

Why is goal setting important?
What is the difference between good ideas and goals?</td><td>Consider writing the acronym on the board and asking the class what each letter stands for.

See “Physical Preparation” instructions if gathering virtually</td></tr>
<tr><td colspan="2">Student Skills Application- Wellness Plan Group Share</td><td></td><td></td></tr>
<tr><td rowspan="2">15</td><td>Large Group Sharing</td><td>As a large group, invite participants to share some of their SMART goal ideas that they have been working on for their Wellness Plan. Consider copying the chart below on the board to capture the ideas that are shared.

<table><tr><td>Spiritual</td><td>Mental</td><td>Physical</td></tr><tr><td></td><td></td><td></td></tr></table>
ASK:

1. How did your wellness plan turn out?
2. What did you learn in the process of completing your wellness plan?
3. Why is it important to remember our priorities when goal setting?
4. How can our pacing guides from last week help with progress on the SMART goals in the Wellness Plan?
5. What questions would you like to ask your classmates to help you improve your specific goals?</td><td>For virtual gatherings See “Physical preparation” at the top of this document

Remind the class that they should not feel obligated to share goals personal in nature.</td></tr>
<tr><td>Testimony and Prayer</td><td>Bear a 30-90 second testimony of the importance of taking responsibility for your physical, mental, social and spiritual health.

Invite the participants to remember their priorities as they complete their health and wellness plan this week.

End with a prayer by invitation.</td><td></td></tr>
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