

**ENDURING UNDERSTANDING: PERSONAL CHOICES**  
**IMPACT CURRENT AND LONG TERM OUTCOMES ON**  
**INDIVIDUALS, FAMILY, AND SOCIETY.**

**ESSENTIAL QUESTION:** In a culture where we are  
bombarded by other people trying to define us, how do  
we make decisions for ourselves?

“When I started reading young adult fiction, I suddenly felt understood. These writers became my closest friends, able to articulate life and feelings in ways I needed to, but could not.”  
--Sheila Heti, publishing writer for the *Globe and Mail*

One goal in Health is to try to help you manage the challenges of becoming an adult, physically, mentally, socially, and emotionally. The units in the course include ***Wellness and Environmental Health, Physical Wellness and Nutrition, Mental and Emotional Health, Reproductive Wellness and Human Sexuality, and Diseases and Disorders***. Themes in *Young Adult literature* often focus on the challenges of youth transitioning to young adulthood and are sometimes referred to as problem novels or coming-of-age novels. Why? Teenagers are trying to figure out their place in the world and to assimilate all the challenges and feelings that come with becoming an adult. The themes of these novels fit into our Health units.

Another goal in Health is to inspire you to read --- and to keep reading! We are fortunate that our LMC has a wonderful collection of young adult fiction. You will have the opportunity to select your own book. A *Health Independent Reading List* is accessible under LMC Resources:

1. At your computer, click on the following links: ***LMC Resources > Catalog > Copy Categories***
2. Then scroll down and click on any of the 5 lists:
  - **Health Read. U1 &2: Nutrition and Wellness**
  - **Health Read. U3: Emotional Health**
  - **Health Read. U4: Reproductive Health**
  - **Health Read. U5: Diseases**
  - **Health Read. U6: ATOD**
3. If you want to find out more about your book, click on ***Details*** and ***TitlePeek***.
4. Once you have selected a book, go back and click again on ***Catalog*** and then on the ***Visual Search*** tab. Scroll down to **Health Independent Reading**, click on the image, and complete the form to submit your book choice for approval.

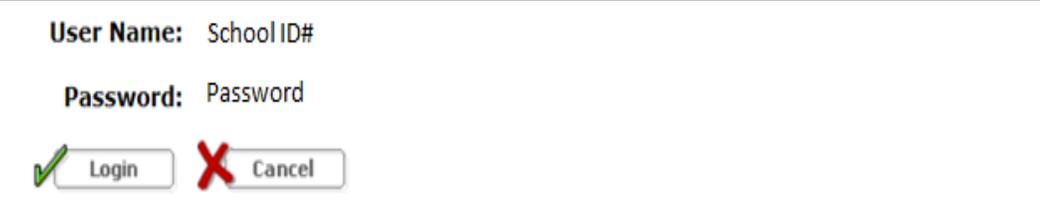
Peer recommendations are also important in fostering a culture of reading. After you have read your book, you will reflect on your reading designed to help you share your reading experience with your classmates.

- ★ Written book reflection
- ★ Small group discussion
- ★ Listener journal

(Chesla/Laffin, 2013)

# Renew your WVHS library book from any computer!

Not available if you have overdue materials or fines. You can also place holds, review books, & more.

<p>Go to WVHS Library Catalog (Resources)</p> <p>Click 'Login'</p>	 <p>Waubonsie Valley High School</p> <p>Home Catalog <b>Login</b></p> <p>WVHS Library Catalog Home Page</p>										
<p>Enter your school ID &amp; password</p> <p>Click 'Login'</p>	 <p><b>User Name:</b> School ID#</p> <p><b>Password:</b> Password</p> <p><input checked="" type="checkbox"/> Login <input type="checkbox"/> Cancel</p>										
<p>Click on 'My Info'</p>	 <p>Waubonsie Valley High School Jane Doe (Logout)</p> <p>Home Catalog Circulation <b>My Info</b></p> <p>Status for Jane Doe</p>										
<p>Select 'Renew'</p>	 <p><b>Items Out</b></p> <p>Library Materials</p> <table border="1"> <thead> <tr> <th>Due Date</th> <th>Title</th> <th>Call Number</th> <th>Price</th> <th>Checked Out</th> </tr> </thead> <tbody> <tr> <td>10/2/2012</td> <td> <b>Bumped</b> (Copy: 3001000150989-)</td> <td>FIC MCC</td> <td>\$14.49</td> <td>10/1/2012</td> </tr> </tbody> </table> <p><input type="button" value="Renew"/> <input type="button" value="Renew All"/></p>	Due Date	Title	Call Number	Price	Checked Out	10/2/2012	<b>Bumped</b> (Copy: 3001000150989-)	FIC MCC	\$14.49	10/1/2012
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