

**HEALTH 11- “Growth Mindset” Notebook:**      **NAME:** \_\_\_\_\_

Chapter 1: Accessing Your Health

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 2: Promoting and Preserving Your Psychological Health

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 2 FOCUS: Cultivating Your Spiritual Health

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

### Chapter 3: Managing Stress and Coping with Life's Challenges

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 3 FOCUS: Improving Your Sleep

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 4: Preventing Violence and Injury

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 5: Building Healthy Relationships and Understanding Sexuality

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
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- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 6: Considering Your Reproductive Choices

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?



## Chapter 7: Recognizing and Avoiding Addiction and Drug Abuse

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 8: Drinking Alcohol Responsibly and Ending Tobacco Use

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
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- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 9: Eating for a Healthier You

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 10: Reaching and Maintaining a Healthy Weight

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

- 1.
- 2.
- 3.
- 4.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 10 FOCUS: Enhancing Your Body Image

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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## Chapter 11: Improving Your Personal Fitness

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

What was interesting to you from the reading and Power Points?

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How does this relate to your life (why is this important)?

How are you going to use this information in your life?

## Chapter 12: Reducing Your Risk of Cardiovascular Disease and Cancer

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

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## Chapter 12 FOCUS: Minimizing Your Risk for Diabetes

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to the chapter?

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How are you going to use this information in your life?



## Chapter 13: Protecting against Infectious and Noninfectious Diseases

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

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## Chapter 14: Preparing for Aging, Death, and Dying

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

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## Chapter 15: Promoting Environmental Health

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

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