Health Fair: Inquiry

**Why**: To apply critical thinking strategies and demonstrate an understanding of healthy life strategies and principles that you find important/interesting.

**What to do:**

1. Develop an inquiry question that personally reflects an aspect of health you are interested in.

* **Areas or research**: Physical activity, sexual health, bullying, social aspects of substance abuse, stress, anxiety, depression, sexual orientation, relationships, nutrition, exercise, sleep, etc.
* **Developing your question**:
  + What is your health area?
  + Why is it important to you?
  + How do we advocate and promote health and well-being?
  + What are the short/long term consequences of the decisions related to your topic?
  + What is the relevant/important information regarding your question?
  + How can you present strategies for others to protect themselves?
  + What are strategies that can be implemented to improve this health area? Short/long plans/strategies?
* **Examples of questions**: How does the lack of sleep effect my physical health? What are the negative impacts of media on youth? How can schools create an inclusive environment for LGBTQ2S+ students?)

1. Collect reliable research that helps support answers to your question.

|  |  |
| --- | --- |
| Reliable Sources | Unreliable Sources |
| Books—authored, edited and published  Newspapers and magazines  Peer reviewed journals  Peer reviewed articles  PhD or MBA dissertations and research  Public library  Scholarly articles  Isolated studies or academic research  Educational institutions and their websites | Wikipedia (although this is a good starting point for finding initial ideas about a topic, some of their information and attached resources may not be reliable)  Blogs, tweets, Personal websites  Sites created by organizations that may have political or biased agendas  Sites that provide biased information  Self-published sources  Opinionated articles such as editorials  Online sources with an URL that ends in **html, which is the basic building blocks of web pages** |

1. Organize and present findings at the Health Fair.

* PowerPoint, project board, ??

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| RUBRIC | 5 Exceeding | 3 Meeting | 1 Incomplete | 0 | Total |
| Inquiry Question | Created an inquiry question that critically examines a specific aspect of health | Created an inquiry question that examines a broad aspect of health | Created an inquiry question that is vague | Did not submit |  |
| Research | >4 reliable sources | 4-2 reliable sources | <1 reliable source | Did not submit |  |
| Content | Provided thorough background information about health area | Provided some background information | Provided limited background information | Did not submit |  |
| Strategies | Included >3 strategies to promote health area, short & long term | Included <3 strategies to promote health area, short & long term | Missing short or long term strategies | Did not submit |  |
| Presentation | Clearly states inquiry question, clearly provides background information, and clearly includes strategies to promote health area | States inquiry question, provides background information, and includes strategies to promote health area | Is missing 1 or more of the following:  states inquiry question, background information, strategies to promote health area | Did not submit |  |
| Self Reflection | Completed Self Reflection |  |  | Did not submit |  |
|  |  |  |  |  | /30 |