

ECE115

INTRODUCTORY COURSE IN EARLY CHILDHOOD EDUCATION (ECE)



ASSIGNMENT 1 – I

DUE Week 3 – Wednesday May 21st

Learning Outcomes

2. Apply the principles of a health promotion philosophy including a definition of holistic health from an Indigenous perspective to facilitate personal and professional wellness
11. Apply the determinants of health as they relate to individual and community wellness to understand the relationship between professionals and communities.

Purpose

The purpose of this assignment is for you to introduce yourself as you reflect on your personal wellness. The assignment will assist you interpret the components of wellness and their impact on development to support healthy growth and development. As Early Childhood Educators we need to be strong and resilient and learn how to respond to challenges, both for ourselves and the children and families we care for.

Mode of Completion: Infographic - be creative - maximum 2 pages

Helpful Links:

What is an infographic: [h](#)

Choosing a tool:

Website: [l](#)

Video: [l](#)

Free Infographic Resources:

Part 1: All About Me

Write a short reflection about yourself that includes:

- Where you were born, where you live (do not include address), languages you speak, what you enjoy doing for relaxation, hobbies.
- **Reflect** on why you have chosen the ECE Program at Humber and what you hope to achieve/do once you graduate from the program.
- **Identify** and **describe** something that you currently do in your everyday routine that you would consider a form of meditation/relaxation activity. This should be something that you believe helps your personal wellness.

Part 1B: Reflection

Complete the following checklist....

https://www.colorado.edu/health/sites/default/files/attached-files/personal_assessment_-_8_dimensions_of_wellness.pdf

Please note, the checklist is for your personal use, it should NOT be submitted with the assignment.

After completion of the checklist, reflect, summarize, and/or explain the following:

- How are you feeling about yourself? Why do you think you are feeling this way?
- Which dimension surprised you the most and why?
- Which dimension surprised you the least and why?
- Which dimension would you like to focus on and why?

Part 2: Application

- Why is it important to reflect on our personal wellness and self-care while working with children and families? (2 reasons)
- What can you do regularly to promote personal wellness and self-care (include one strategy connecting to part one)
- Identify one alternative way that you can promote personal wellness and self-care regularly that would connect to an Indigenous way of being and doing. How does this relate to the Indigenous traditions, culture, or rituals?
- How will you incorporate these 2 strategies (listed above) in your regular routine?

Some helpful resources in addition to your class text...

Please note, these are just suggested, you are encouraged to use other resources if you choose to.

College of Early Childhood Educators Personal Wellness Page:

[\[Redacted Link\]](#)

Humber College Wellness and Accessibilities:

[\[Redacted Link\]](#)

Mental Health and Wellness Services for Indigenous Children and Youth:

[\[Redacted Link\]](#)

First Nations Perspective on Personal Wellness:

[\[Redacted Link\]](#)

Reminders:

- Assignment to be handed in through BlackBoard, in appropriate Drop box by deadline date and time stated on critical path/week at a glance.
- Proper citing and APA formatting is required.
- Cover Page (including academic integrity statement) and reference page is required.
- **Copy and pasted content from the internet, AI generated papers or the reuse of past assignments will result in a grade of zero – academic integrity will be practiced and reinforced.**

**Personal Wellness Reflection
EVALUATION RUBRIC (10%)**

Criteria/Content	Exemplary	Developing	Seek Assistance
All About Me and Reflection	<p>Reflection is:</p> <p>*Complete *Includes an introduction of yourself including all prompts outlined *Includes a reflection of feelings linked to results of personal check-in chart *Meeting requirements with clear descriptions and connections (including examples) to the personal wellness check-in chart *Describes what is currently practiced regarding personal wellness</p> <p>Writing demonstrates a good level of respect and authenticity.</p> <p>5</p>	<p>Content is:</p> <p>*Brief *Missing Detail from required sections: incomplete introduction, reflection with examples linked to personal wellness chart and feelings associated to results of personal wellness chart</p> <p>Writing demonstrates a somewhat level of respect and authenticity.</p> <p>2-4</p>	<p>Content is:</p> <p>*Incomplete *Missing many details of required sections: introduction, reflection with examples linked to personal wellness chart and feelings associated to results of personal wellness chart</p> <p>Writing does not demonstrate a level of respect and authenticity.</p> <p>0-1</p>
Application	<p>Application is:</p> <p>*Complete *Includes identifying and explaining the importance of personal wellness *Strategies on how to promote personal wellness in everyday life (one strategy is connected to alternative indigenous ways *Clearly identifies and explains how the strategies of personal wellness will be incorporated into everyday practices</p>	<p>Application is:</p> <p>* Brief * Missing detail or parts from required sections: explaining the importance of personal wellness, strategies on how to promote personal wellness in everyday life (one strategy is connected to alternative indigenous ways, does not clearly identify and explain how the strategies of personal wellness will be incorporated into everyday practices</p>	<p>Application is:</p> <p>* Incomplete *Missing parts and/or many details of required sections: explaining the importance of personal wellness, strategies on how to promote personal wellness in everyday life (one strategy is connected to alternative indigenous ways, does not clearly identify and explain how the strategies of personal wellness will be strategies of personal wellness will be</p>

	Writing demonstrates a good level of respect and authenticity.	10	Writing demonstrates a somewhat level of respect and authenticity.	5-9	incorporated into everyday practices Writing does not demonstrate a level of respect and authenticity.	0-4
Format and APA	<p>Formatting and APA requirements are:</p> <p>Complete</p> <ul style="list-style-type: none"> *No more than 1 or 2 spelling and grammar errors *Proper APA formatting *Title page and reference page properly formatted *Presented as an infographic *Integrity pledge statement included on cover page *Proper citations throughout paper *No academic integrity factors evident (for example, plagiarism, copying and pasting) *No evidence of AI generated papers/sections are evident 	3	<p>Formatting and APA requirements are:</p> <p>Incomplete</p> <ul style="list-style-type: none"> *3 to 5 spelling and grammar errors *Inconsistent APA formatting *Title page and reference page inconsistently formatted *Presented as an infographic *Integrity pledge statement not included on cover page * Inconsistent citations throughout paper * Inconsistent academic integrity factors evident (for example, plagiarism, copying and pasting) *Some evidence of AI generated papers/sections are evident 	2	<p>Formatting and APA requirements are:</p> <p>Brief</p> <ul style="list-style-type: none"> *More than 5 spelling and grammar errors *No APA formatting *Title page and reference page are incorrectly formatted *not presented as an infographic * Little to no citations throughout paper * Many academic integrity factors evident (for example, plagiarism, copying and pasting) *Evidence of AI generated papers/sections are evident 	0-1
Creativity	<ul style="list-style-type: none"> *Infographic is legible (font and style) *Infographic includes a minimum 3 pictures with proper citing *Infographic has a good flow of content – easy to read and organized 	2	<ul style="list-style-type: none"> *Infographic is legible (font and style) and has somewhat of a good flow – some areas are unclear or incomplete *Infographic includes 1 or 2 pictures and incomplete citing is evident 	1	<ul style="list-style-type: none"> *Infographic is difficult to read, and content included does not have a good flow – content is difficult to follow *Infographic does not include any pictures and citing *Infographic not evident 	0
Total						20