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Maria

Health

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**Portfolio Piece:** The Class

**What was this project about?**

 In Maria’s health class, we often took notes on a variety of issues. There were topics like healthy relationships, STIs, and the reproduction systems in humans. To enhance our learning, Maria showed us diagrams, pictures, and videos and movies. We watched movies that had to do with relationship stability and what not to do if you want to stay safe. In one movie, a girl met a man over the internet and the man lied to her, saying he was a younger age than he really was. The movies were full of valuable information that I could take into real life situations. When the class was done, I always was told to do an exit ticket that related to what we had gone over in class. There were even times that we did activities where we would be put into difficult situations and we had to come up with a solution our group was satisfied with. The class was very hands-on and a fun way to learn about health. Before, I didn’t know all of the ways that a condom had to be tested for freshness. Now, I know that the package has to be checked for an air bubble, and the expiration date has to be checked. Now, I do feel more comfortable about the topic because I know more.

**Which Habit of Mind does this Project meet?**

 The Habit of Mind that I have shown through this class is Attentiveness. Attentiveness is the ability to observe, listen, focus, and respond appropriately. I show Attentiveness through this class because in doing all of the activities and watching the many movies, I had to always pay attention to the details and be able to regurgitate the theme of them back to Maria to show my understanding. By listening to directions and forming answers that my group agreed on, I showed that I can comprehend what is said out loud and that I am able to use what I hear in a valid way. By answering the exit ticket questions about what we had taken notes on and watched, I show that I concentrated throughout the period. The exit tickets show that I responded appropriately because I used what I had learned in the lass and translated it into my own words and thoughts on the subject. One thing I noticed that I did was realize that internet predators will lie over and over again to whomever they want. Lately, I’ve noticed more and more people saying that they’ve met people over the internet yet they’re sad they can’t meet the person. I think I’ve learned what they have yet to realize. You need to always be suspicious of people from over the internet, even if they say you can trust them. This is only one of the lessons I took from the class while paying attention to details in what we watched.