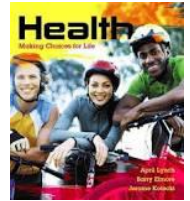


Health Education 202

Online Short Course



Welcome - My name is Sarah Spencer-Guglielmo, and I am the Instructor for your online course. All requirements (assignments, exams, discussion activities, etc.) are completed online. There are **NO** mandatory meetings. Access instructions will be sent to your **MyCuesta** email account before the course begins. If you need to get in touch with me, please use the following email: sgugliel@cuesta.edu. Here are some important items.

- **Contact Information:**

- Phone: 591-6200 ext 4320
- Email: sgugliel@cuesta.edu
- Office: Allied Health Science Building North County Campus - Room 2435
- Office Hours: Tuesday & Thursday 1-2pm

Focus of the Class: Presents a broad-based survey of major health topics, with an emphasis on prevention, promotion, and application as it applies to these topics. Health issues will be discussed from a multi-dimensional perspective using relevant examples from a variety of diverse populations.

Textbook: The required textbook is Health: Making Choices for Life by April Lynch, Barry Elmore and Jerome Kotecki. The textbook is available for purchase at the Cuesta College Books Store. The textbook has rental options also.

Student Learning Outcomes:

- Critique sources of health information to learn relevant health facts.
- Analyze one's own health status and risk factors for illness.
- Describe basic communication skills and the role that they play in interpersonal relationships involving emotional and sexual intimacy.
- Recognize good health practices as regards to physical, mental and spiritual health.

Computer Requirements: You will need a reliable computer and internet connection. A Current Web Browser such as Safari, Firefox, or Internet Explorer (Mac or Windows) is necessary. Reference the Cuesta College LMS [browser requirements/minimum computer specifications](#).

Access Instructions: *Canvas* is the learning management system for your course. [For instructions and other help](#).

This link is a quick reference guide on how to log in and access the course. The guide also has a variety of useful links, please read it thoroughly. Once logged in, precede to the orientation assignments found in the learning modules.

Technical Support: Cuesta students are encouraged to direct all technical support inquiries to support@my.cuesta.edu. If you are having issues with Canvas, you should contact the Canvas Support Hotline at (877) 921-7680, or click on the help button on the Canvas Navigation to report a problem. You can also access the following [link](#) for assistance.

College and Course Policies

- **Course add/drop:** You must log into the course during the first week, or you will be dropped from the course. If space is available, students may add the course. However, late adds (after the first week of the semester) are not accepted. Please see the administration and records website for more information regarding adds and drops:
 - [Add Policy](#)
 - [Drop Policy](#)
- **Waitlist:** Please review [Cuesta's waitlist procedure and instructions](http://www.cuesta.edu/student/studentservices/admrrreg/arpolicies/Waitlist.html):
<http://www.cuesta.edu/student/studentservices/admrrreg/arpolicies/Waitlist.html>
- **Academic honesty policy:** Please review the following link for information regarding the [Cuesta College academic honesty policy](#).
- **Student Support Services:** If you have a disability and might need accommodations (support services) in this class, please contact [Disabled Student Program & Services](#) as soon as possible to ensure that you receive the accommodations in a timely manner.
- **Veteran Services:** If you are a Veteran, please contact Karen Andrews, Cuesta College's VA Certifying Official - 546-3142. The Veteran Center is in room 6903. The Veteran Center hours are Mon. - Thurs. 9:00am to 4:00pm.
- **Counseling Center:** College life can compound other issues in one's life. If you are feeling overwhelmed and feel, you need help to maintain your personal balance – please contact our counseling center at 546-3138.

First Assignment: Your first assignment is to log into the class through Canvas (cuesta.instructure.com). A simple assignment, but you can get started by logging in and viewing the course. You will see the initial assignments due during the first week of class as well as an online orientation. To log into the course, you need a username and password.

- Your login ID is the same as your my.Cuesta login. It is: `firstname_lastname`.
- Your password is the same as your Cuesta password.
- You will NOT be able to access Canvas until the semester begins. Once you locate the site, please bookmark it or add it to your favorites for future reference.

Please make sure you fill out all registration material. If you do not use your *MyCuesta* email account, then I cannot communicate with you. If I cannot communicate with you, then you will be dropped from the course.

- **Instructor Contact Expectations:** The best and fastest way to contact me is email. Please use my Cuesta email which is sgugliel@cuesta.edu. I will generally respond to your emails within 24 hours during weekdays only. During busy times of the semester, the response time may increase to 48 hours. On weekends, I will do my best to get back to you ASAP but I cannot guarantee an expeditious response.

Take care.

Sarah Spencer-Guglielmo

Kinesiology, Health Sciences and Athletics -Cuesta College