

**Welcome to HEED 208 Multicultural Health Education
Distance Education summer 2017**

Welcome to HEED 208! I look forward to working with you all this summer 2017 semester! Please read the information below which will give you information related to class access and the textbook requirement. If you have any questions, please email me at the email listed below. I'm looking forward to a great summer semester with you all!

Instructor: Dr. Angela C. Neary
Email: angela_neary@cuesta.edu

Course Start Date Online: Monday June 12, 2017

Reminder: This is a 4 week course. The last day of our class is on Friday July 7, 2017

****Please note the class will not be visible/available to you until Monday June 12, 2017 at 9:00am****

➤ **This course is fully online. There are no mandatory meetings.**

COURSE DISCRIPTION: Examines the major health problems facing non-dominant/minority ethnic groups related to acculturation, assimilation, and biological variations. Various health beliefs systems, folk remedies, health practices, and attitudes toward health will be analyzed to promote prejudice reduction and understanding of cultural differences. A variety of non-traditional and experiential teaching/learning strategies will be used to examine alternative approaches to healthy lifestyles and to develop a personal health plan.

REQUIRED TEXTBOOK

How to purchase your textbook: You can purchase an electronic book (EBook) online **OR** a Hard Copy of the textbook in the Cuesta Bookstore.

Hard Copy Information from the Cuesta College Bookstore:

Health: Making Choices for Life Authors: Lynch, A., Elmore, B., Kotecki, J.

ISBN#: 0321516419. You can purchase the used book **you do not need the access code.**

Ebook Purchase Information: Online Registration Instructions

Click on the link below to purchase the ebook and follow directions

<http://www.coursesmart.com/health-making-choices-for-life/april-lynch-barry-elmore-jeromekotecki/dp/9780321897695>

ONLINE MODALITY: CANVAS

Canvas is our Online Modality for this Course.

How to access Canvas quickly:

1. Go to www.cuesta.edu
2. On the top of the page, click on "Canvas"
3. Log in with your cuesta college username and password.
4. Click on your summer class (HEED 208) to get started.

****Remember, you will not be able to view this summer class until 9:00am Monday June 12th ****

Cuesta Tech Support Email: support@my.cuesta.edu

Please contact tech support if you have questions or technical difficulties accessing the class.

- Quick Link Reference for Students accessing Canvas
http://www.cuesta.edu/student/documents/distance_ed_students/Canvas_Quick_Reference_Students.pdf
- Link for Cuesta College Distance Education: <http://www.cuesta.edu/academics/distance/index.html>
- Canvas Tutorials for Students:
http://www.cuesta.edu/academics/distance/fac_de_resources/Student_Videos.html
- Canvas System Requirements: http://www.cuesta.edu/academics/documents/distance-docs/distance_ed_students/Canvas_System_MinReq.pdf

Please recognize that an online class does require just as much time as a traditional face to face course. It is very important that you keep up with the readings, assignments, quizzes, tests, discussions, etc. Once you get behind it can be a challenge to catch up in this 4 week course. Also I **do not** accept any late assignments no exceptions.

If you have questions regarding the class, please feel free to contact me at the email listed above and I will do my best to answer your questions or refer you to someone that can answer your technology needs. I look forward to “seeing” you soon.

Sincerely,

Dr. Angela C. Neary

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