

# Personality Collages

- 3 Total Goals (on the back of the poster board)
- ✓ Goals that you want to have for the semester (one of each of these)
- ACADEMIC
- SOCIAL
- PERSONAL

Three (3) ways that you promote OPTIMAL health (Personal)

Ex: Get at least 8 hours of sleep a night...

Three (3) ways you DO NOT promote OPTIMAL health (Personal)

Ex. Stay up too late playing games or on social media...

Poster board

Name must be on the front.

Pictures, Hobbies, Personal Identity, Etc.

What are the things that make you unique??

Be creative, not too many things, but don't be boring.

The front of the poster board is worth 20 points.

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Total 40 points.