



Welcome to ITV - The Week-End College!

You are enrolled in:

Health 11 (7020) (CSU) 3 Units

Principles of Healthful Living

Implements the World Health Organization's definition of health that Health is the state of physical, mental and social well-being, not merely the absence of disease.

The Weekend College classes combine video lessons and online activities with weekend class meetings. You should complete all three components to successfully pass the class. The course requirements are in the online syllabus. If you have questions contact your instructor via email or by telephone during their office hours listed above.

Instructor
Virginia Smith, RN, MSN.
 (818) 364-7600, ext. 7165
 health11professor@gmail.com

Office Hours
 Thursdays, 1:00 PM – 8:00 PM

Getting Started

Even though you do not meet with your instructor until the second weekend after the semester begins, the online component begins June 15, 2009. Follow the checklist below to get started in your class now.

1. Choose a Campus

Select the campus to attend your weekend class and make note of its time and location. Directions and maps to the campuses can be found at: www.laccd.edu/our_colleges/.

2. Buy Your Books

The back of this page lists the required and recommend books for your course. Buy your books as soon as possible so that you can get started on your assigned readings. Textbooks can be purchased at City, Mission, Valley, and Pierce Colleges or from most online bookstores.

3. Log In

The class website opens **June 15**, log in and read your course syllabus. It will list all assignments and quizzes times and due dates. You can find log-in instructions on the last page of this letter.

4. Email Your Instructor

Once you have logged in, email your instructor and let her know that you have successfully logged in to the class website.

5. Plan Your Schedule

Weekend College courses are fast paced—covering a lot of material in a short period of time. At a minimum, you should expect to spend approximately 15 hours per week on the class. Schedule time in advance for reading the textbooks, watching the video episodes and completing the online assignments. If you plan to watch or record the videos on the educational cable channel LA 36, note those times and set your Tivo or DVD recorder in advance. The broadcast schedule is on the back of this page.

Classroom Location Schedule

Attend class at any one of the four campuses: L.A. City, L.A. Pierce, L.A. Harbor or L.A. Valley College. The instructor teaches at all four locations.

Day	Campus	Time	Location
Saturday	L.A. City College	9:00 A.M. – 12 Noon	DaVinci Hall, Rm. 306
	Harbor College	1:30 P.M. – 4:30 P.M.	Northeast Academic Hall, RM. 205
Sunday	L.A. Pierce College	9:00 A.M. – 12 Noon	Pierce Village, 8111
	L.A. Valley College	1:30 P.M. – 4:30 P.M.	Foreign Language Bldg., Rm. 106

Attendance at the class meetings is expected.
 If you fail to attend, you may be dropped from class.

Summer 2009 CALENDAR

June 15 – August 2, 2009

Important Dates and Deadlines

Semester Begins	June 15
Cablecasts Begin on Cable Channel LA 36	June 17
Last Day to Drop or Change Classes	June 19
<i>(without Incurring Fees)</i>	
Last Day to ADD Classes	June 26
Last Day to Drop Classes Without a "W"	June 29
<i>(no refund)</i>	
Last Day to File for Credit/No Credit	July 8
Last Day to Drop with a "W"	July 20
<i>(After this date a grade must be issued)</i>	

Class Meeting Schedule

Class Meeting	June 20 & 21
Class Meeting	June 27 & 28
No Class Meetings	July 4 & 5
Midterms Exams.....	July 11 & 12
Class Meeting	July 18 & 19
Class Meeting	July 25 & 26
Final Exams.....	Aug. 1 & 2

A photo ID is required to take exams.

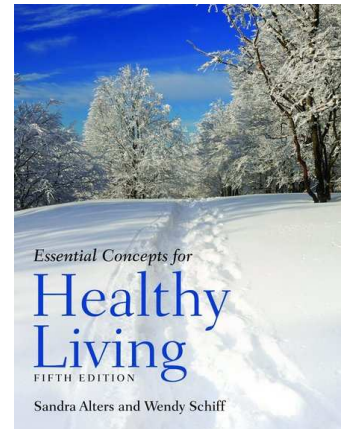
Textbooks

Required:

Title: Essential Concepts for Healthy Living
Edition: 5/E, 2008
Author: Alters, Sandra & Schiff, Wendy
Publisher: Jones and Bartlett
ISBN: 978-0-7637-6199-8

Recommended:

Title: The Human Condition Study Guide
Edition: 5/E, 2008
Author: Alters, Sandra & Schiff, Wendy
Publisher: Jones and Bartlett
ISBN: 978-0-7637-6376-3



Textbooks are available in the college libraries. Most libraries have the texts on Reserve, (two hour use, in the library) some libraries have copies in the General Collection. Individual Library Policies apply and they may be different at each campus. Students must have a valid student ID **for the campus they intend to use** the library materials. For example, to check out books from Pierce College Library students must have a valid Pierce College Student ID. Students who enrolled only in ITV classes may obtain a Mission College ID through the Admissions Office at Mission College.

Video

The Human Condition

Four Ways to Watch the Videos

1. Available on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:
Wednesdays, June 17 – July 29 @ 10:00 AM – 12:00 Noon
2. Purchase a complete set of the DVD's from the L.A. Pierce College Bookstore:
www.piercebookstore.com or 818-347-0313
3. Available in Broadband at: www.lamission.edu/ITV
4. Watch the video lessons at the Learning Resource Centers at City, Pierce, Harbor, Valley, and Mission Colleges. You must bring your student ID or fee receipt to view the videos.

Dear Students,

Welcome to Health 11: Principles of Healthy Living for Summer 2009. This course will provide a comprehensive overview of the key health issues that affect human individuals and populations. We will also deepen our understanding of healthy choices, and develop practical tools to apply health information to our daily lives. In our time together, we'll be covering a breadth of important material. This term will be very fast paced and challenging. I encourage you to keep an eye on deadlines and participate actively in our discussions, both online and during our weekend meetings.

As part of your introduction to this course, I would like you to go to the "Discussion and Private Messages" and answer the first thread "Class Introduction". It will ask you to introduce yourself to the class. Tell us a bit about yourself. Why you are taking this course? What are your educational goals and what are your plans for the long term? What is some other information you are comfortable sharing with the class? As part of this assignment, you will need to "reply" to at least one other student's introduction and welcome him/her into the class. This will help us all get to know one another a little better before the class even actually begins!

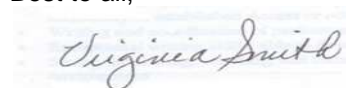
The class begins on June 15, so please participate in the "Academic Forums" for week 1 at the web site, immediately. Through group participation in the discussion topics each week, there is an opportunity to experience the multiple perspectives from your classmates (and to some extent from myself) and to listen to one another about important topics related to this course. Also, to get started you should:

- Immediately purchase the textbook, *Essential Concepts for Healthy Living*, 5th Edition (2009) by Sandra Alters and Wendy Schiff, ISBN 978-0-7637-6199-8. Contents of this textbook are used extensively throughout the course; successful completion of the course will require access to the textbook contents.
- Purchase *The Human Condition Study Guide*, 5th Edition (2008) by Sandra Alters and Wendy Schiff, ISBN 978-0-7637-6376-3. This workbook complements the required textbook and contains practice exercises and tests to help you succeed in the course.
- Finally, *The Human Condition* is compelling video series that explores the major health concerns and issues that we face at the beginning of the 21st century. This video is a valuable part of this course content. More information about the videos can be found on page 2 of this letter and under "Discussion and Private Messages", Student Forums, The Human Condition Video Series.
- Download the syllabus from the ETUDES web site under the "Classroom" icon at the upper left of the home page.

A few words about my background: This is my second year teaching Health with ITV/The Weekend College and am looking forward to exploring the many aspects of health and the human response to our environment with you. When I'm not teaching, I work fulltime for a Department of Defense health clinic. I have been a Registered Nurse since 1975 and retired from the US Air Force in October 2006. I have worked in multiple healthcare settings, from hospital to clinic, and for the past 14 years in healthcare administration. I hope to share my many and varied experiences with you while also gaining additional perspective from you during our time together.

Once the course begins, feel free to contact me during office hours from 1:00 – 8:00 PM every Thursday from June 17 – July 29. I am available on the course web site via discussion or chat, by email at health11professor@gmail.com or by phone at (818) 364-7600, extension 7165. I encourage you to make use of office hours - my job is to facilitate every opportunity for you to succeed in this course – online and in person!

Best to all,



Virginia Smith, RN, MSN
Instructor

-OVER-

Online Class Website

Step 1. Where do I go to log on to this course?

- Go to <http://etudes-ng.fhda.edu/portal>
- Bookmark this page!
- Enter your user ID

Step 2. What is my User ID?

In lowercase letters and with no spaces:

- use the first 2 letters of your first name
- *and* the first 2 letters of your last name
- *and* the last 5-digits of your student ID #

Example: Donna Smith:

Student ID #: 88 455 6789

User ID:

My User ID is: _____

Step 3. What is my Password?

Using four numbers together with no spaces:

- use two numbers for your birth month
- *and* use two numbers for the birth day

Example: if your birth date was January 3

Password:

My Password is: _____

Once you have logged in you will see two sections on the top left of the page, My Workspace and on the right, your class website. Your class website begins with LAMCITYV. Click on the tab to enter the course. See the example below:



E-mail your instructor once you have successfully logged in to the course website.

NOTE TO AOL USERS: Launch either an Internet Explorer or a Netscape browser after you connect using AOL and minimize the AOL Browser. DO NOT USE THE AOL BROWSER.

Add/Drop Classes & Check Grades

Forms for adding/dropping a class or requesting an official transcript can be found at www.lamission.edu/itv. These forms can be faxed to (818) 833-3598 or brought in to our office.

To Add/Drop a class and check Official Grades online, visit www.laccd.edu.

To Add/Drop classes through the Student Telephone Enrollment Process (STEP):

1. Call (213) 689-8888 or (310) 605-0505 or (323) 226-1999 or (818) 988-2222
2. Press 0 for ITV/The Weekend College
3. Follow the instructions to complete your request

We're here to Help

If you need technical assistance logging in to your course, contact ITV Technical Support at (818) 833-3596 or send an email to mckennpg@lamission.edu. Be sure to include:

- Your full name
- Course title and instructor
- Student ID
- Your phone and e-mail address
- Date enrolled