



Welcome to ITV - The Week-End College!

You are enrolled in:

Health 11 (7958) (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. 7162
health11professor@gmail.com

Office Hours
Wednesdays, 4:30 PM – 7:30PM
and
Thursdays, 4:30 PM – 7:30 PM

Getting Started

Even though you do not meet with your instructor until the first weekend of the semester, your class begins online October 27, 2008. 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.

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, Southwest, Mission, Valley, and Pierce Colleges or from most online bookstores.

3. Log In

The class website opens **Oct. 27**, 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 can expect to spend 10 to 12 hours per week completing the assignments. 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, also note those times and set the timer on your Tivo or DVD recorder in advance. You can find the broadcast schedules on the back of this page

Classroom Location Schedule

Attend class at any one of the four campuses: L.A. City, L.A. Pierce, Southwest 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
	Southwest College	1:30 P.M. – 4:30 P.M.	Lecture Lab., Rm. 112
Sunday	L.A. Pierce College	9:00 A.M. – 12 Noon	Business Bldg., Rm. 3204
	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.

Fall 2008 CALENDAR

October 27 – December 20, 2008

Important Dates and Deadlines

Last Day to Add classes by STEP or Online	Oct. 26
Semester Begins	Oct. 27
Last Day to Drop or Change Classes	Nov. 1
<i>(without Incurring Fees)</i>	
Cablecasts Begin on Cable Channel LA 36	Nov. 3
Last Day to ADD by FAX or in-person.....	Nov. 7
Last Day to Drop Classes Without a "W".....	Nov. 12
<i>(no refund)</i>	
Last Day to File for Credit/No Credit	Nov. 19
Last Day to Drop with a "W"	Dec. 7
<i>(After this date a grade must be issued)</i>	

Class Meeting Schedule

Class Meeting	Nov. 1 & 2
Class Meeting	Nov. 8 & 9
Class Meeting	Nov. 15 & 16
Midterms Exams.....	Nov. 22 & 23
No Class Meeting.....	Nov. 29 & 30
Class Meeting	Dec. 6 & 7
Class Meeting Saturday.....	Dec. 13
Final Exam Sunday	Dec. 14
Final Exam Saturday	Dec. 20

A photo ID is required to take exams.

Textbooks

Required:

Title: An Invitation to Health, Brief Edition
Edition: 5/E, 2008
Author: Hales, Dianne
Publisher: Thomson Learning
ISBN: 978-0-495-11175-7



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. Generally, students must have a valid student ID *for the campus they intend to use*, to check out or use 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:
Tuesdays, Nov. 4 – Dec. 16 @ 8:00 AM – 10:00 AM
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, Southwest, 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. 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.

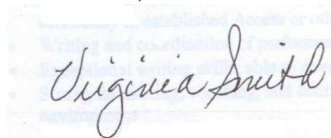
In our time together, we'll be covering a breadth of important material. I encourage you to keep an eye on deadlines and participate actively in our discussions, both online and during our weekend meetings. Please be sure to purchase the textbook, [An Invitation to Health, Brief Edition](#) by Dianne Hales, and determine how you will watch the required videos. And now that you've logged in, do the following: Print this syllabus and the attached chart, and make note of requirements and important dates. Then, go to Discussion Forums and respond to the "Class Introductions" thread.

A few words about my background: I taught Health with ITV in spring 2008 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 as the Director of Human Resources/Quality at Los Angeles Air Force Base Medical 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.

This course invites you – through the text, the videos, and our discussions – to engage in a journey. I'm delighted to have the chance to work with each of you in your quest toward academic success and overall wellness.

I look forward to meeting you soon. Once the course begins, feel free to contact me during office hours or via email at health11professor@gmail.com. If you have any questions or concerns. Office hours are held from 4:30 PM to 7:30 PM on Wednesdays, and Thursdays, 4:30 PM to 7:30 PM from October 27 to Dec 18, 2008. I am available on the course site via discussion, private messages, or by email at health11professor@gmail.com, or by phone at (818) 364-7600, extension 7162. 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,

A handwritten signature in cursive script that reads "Virginia Smith". The signature is written in black ink on a light blue background that appears to be a scan of a document or a watermark.

Virginia Smith, RN, MSN

-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