

HUMA 50 FINAL

“Bringing It All Together”

- The final for HUMA 50 has 3 parts worth 25 points total,
- It must be submitted to me in hard copy format (NO e-mail or soft copies)
- **DUE DATE: Thursday, December 10th at 11:30 am**
- Please refer to the information on my website at: www.deanza.edu/faculty/wooshireen
- **Note: YOU MUST COMPLETE THE FINAL AND BE PRESENT ON THE LAST DAY OF CLASS TO PASS THIS CLASS.**
- Remember to breathe and relax 😊

I. PART 1 – True or False Questions, 1 point each (worth 5 possible points):

Circle the correct answer

1. When faced with very stressful situations, the physiological functions of the body prepare us to fight, flee, or sometimes freeze. TRUE or FALSE

2. In this state of arousal, blood flows to our hands and feet, where we need it most to prepare us to either fight or run away TRUE or FALSE

3. Guided imagery stimulates the optical cortex in the brain, much the same way if you were actually experiencing a real situation TRUE or FALSE

4. Mastering Mind-Body Medicine skills such as meditation, guided imagery, biofeedback, writing and drawing can help you reduce symptoms of illness and lower stress. TRUE or FALSE

5. What and how we eat is less important than developing a daily meditative practice

TRUE or FALSE

II. PART II – brief essay questions, 3 points each (worth 15 possible points):

- These following brief questions are to be typed, in 12 point times new roman font,
- EACH QUESTION MUST BE ANSWERED in 8 to 10 sentences
- Try to avoid spelling and grammatical errors or points will be deducted
- Your answers should pertain to your personal experiences in this class, so if you have kept up with your reflection writing this should be relatively easy

1. The three most common meditative practices are: Concentrative, Expressive and Mindfulness Meditation. Please give a brief example of each and which one you prefer to use the most and why?
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2. **Review all of your reflection writings and choose ONE stressful situation where you successfully applied a mind-body techniques.** The technique MUST BE one that was PRACTICED IN CLASS. Please see me or refer to my website if you are unclear. For example, you may decide to write about how you applied soft belly breathing or the Hatha 4-7-8 yoga breathing practice when you got stressed at work. Also, please include the following:

- Briefly describe the events leading up to the situation, what was said, how you felt,
 - Name the mind-body/stress reduction technique you applied,
 - Include how you felt both physically and emotionally before and during the stressful situation (ie..heart racing, loss of breath, like you wanted to scream, etc..),
 - Describe how you felt afterwards? (ie.. sleepy, at peace, able to breathe deeply).
 - Please explain why you feel this particular technique was successful?
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3. **Choose a DIFFERENT situation where successfully (or unsuccessfully) applied a DIFFERENT mind-body techniques (Concentrative or Hatha breathing can only be discussed in question 2 or 3 since they are both breathing techniques).**

- Include everything outlined in question #2, ie.. thoughts and feelings before, during and after.
 - Also explain why you think this second technique was successful (or unsuccessful).
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4. Once this class has ended, which one (or two) of the techniques (that you learned in class) will you continue to utilize and why?
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5. What did you learn about yourself throughout this course?

- During group processing, was it difficult to sit silently while others shared? Why or why not?
 - Was it difficult to utilize the talking stick? Why or why not?
 - On a scale of 1 to 10 (**1 the lowest**) and (**10 the highest**) level of stress, please rate your stress levels, before and after this class.
 - Has anything changed about how you now deal with stressful situations? Please explain
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III. PART 3 - IN CLASS PARTICIPATION ON 12/10/15 (worth 5 points)