HUMA 50 FINAL: “Bringing It All Together”

- The final for HUMA 50 has 3 parts worth 20 points total,
- Part 1 (worth 10 points) is an essay format. It must be submitted in hard copy format (No soft copies). It must also be TYPED, double spaced, BETWEEN 500 and 600 words, 12 point & Times New Roman font and with minimal spelling and grammatical errors, or points will be deducted.
- Part 2 (worth 4 points) consists of participating in the closing ceremony on the last day of class
- Part 3 (worth 6 points) are brief essay questions that can be hand written

TO PASS THIS CLASS, YOU MUST COMPLETE ALL 3 PARTS OF THE FINAL

I. PART 1 (worth 10 possible points):
If you have kept up with your reflection writings this should be relatively easy. Review all of your writings and choose three (3) different stressful situations where you successfully applied at least two (2) different mind-body techniques to each different situation. For example, for the first situation, you may decide to write about how you applied soft belly breathing or the Hayha 4-7-8 yoga breathing practice. PLEASE DO NOT CHOOSE the Haytha and Soft Belly breathings as your 2 techniques. They count as one since they are both breathing techniques. Also, be sure to:

- Briefly describe each situation & the mind-body/stress reduction technique you applied,
- Include how you felt both physically and emotionally in each stressful situation (ie.. heart racing, loss of breath, like you wanted to scream),
- Describe how you felt afterwards? (ie.. sleepy, at peace, able to breathe deeply),
- Which one of the techniques will you continue to utilize once this class has ended?

II. PART 2 – Participation in the closing ceremony on the last day of class (worth 4 points):

III. PART 3 – brief essay questions (worth 6 possible points: 2 each):
- Please base your answers to following questions on your personal experiences in the class
- Be sure to CLEARLY PRINT your answers
- Try to avoid spelling and grammatical errors
- Remember there is no right or wrong answer here so breathe and relax 😊

- These following brief questions are to be answered in 4 to 5 hand written sentences (per question) and will pertain to your personal experiences in this class.

1. The three most common meditative practices are: Concentrative, Expressive and Mindfulness Meditation. Please give an example of the one you prefer to use the most and explain why?

2. What did you discover about yourself and your communication style in group processing? Was it difficult to utilize the talking stick? Why or why not?

3. On a scale of 1 to 10 (1 being the lowest and 10 being the highest level of stress), please rate your stress levels, before and after this class. How has anything changed? and why or why not?