



What is the best Grocery Store?

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Talk with at least three new people!

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**The University of Washington acknowledges
the Coast Salish peoples of this land,
the land which touches the shared waters
of all tribes and bands within the Suquamish,
Tulalip and Muckleshoot nations.**

**UNIVERSITY OF WASHINGTON
LAND ACKNOWLEDGEMENT**

Today's Plan

1. Time Management Activity
2. Values Discussion
3. Introduction to Population Health

Time Management Game

Jamal is a busy college student who, truthfully, is just trying to keep their head above water. They have a list of things that they want to get done today, but only a little bit of time. Some of the things they want to do are connect with friends, attend a lecture, complete homework, take care of some adulting responsibilities, exercise, and nourish their body. You will have five minutes to run through Jamal's schedule and prioritize the tasks of your choice. Let's see if you can finish his list!

Goal of Game

Complete as many of the stations as you can within five minutes. I wish you the best of luck!

5 Minute Timer



Spoon Chart Examples

Good morning! Here's to another brand new day!
In your hands are 15 spoons.
Each spoon represents the energy needed to complete a part of your daily routine.
Once you're out of spoons, you're out of energy. But don't worry,
Tomorrow always brings more spoons.

This is the spoon theory, an everyday reality
for those who live with a chronic illness.

UNDERSTANDING CHRONIC ILLNESS THROUGH THE Spoon Theory

So, how would you like to use your spoons today?

			
 ☐ get out of bed	 ☐ take a shower	 ☐ visit your doctor	 ☐ grocery shopping
 ☐ call your parents	 ☐ manage meds	 ☐ walk your dog	 ☐ take kids to school
 ☐ get dressed	 ☐ make dinner	 ☐ socialize	 ☐ go to work

original 'Spoon Theory' written by Christine Miserandino
For more information please visit www.MollysFund.org

 **Molly's Fund**
fighting lupus

YOUR STARTING NUMBER OF SPOONS:

 Get out of Bed 1 Spoon	 Instant Meal 1 Spoon	 Read 1 Hour 1 Spoon
 Get Dressed 1 Spoon	 Cook a Meal 3 Spoons	 Study 30 min 2 Spoons
 Bathe 2 Spoons	 Makeup 1 Spoon	 Conversation 20 min 1 Spoon
 Hair/Shave 1 Spoon	 TV/Internet 1 Hour 1 Spoon	 Chores 15 min 2 Spoons
 Shave Legs 2 Spoons	 Play Video Games 30 min 2 Spoons	 Drive (Each way) 2 Spoons
 Shopping 4 Spoons	 Take Meds 1 Spoon	 Exercise 10 min 2 Spoons
 Hang out with Friends 1 Hour 3 Spoons	 Hobby 30 min 2 Spoons	 Work/School 4 Hours 5 Spoons
 Pick up Item 1 Spoon	 Emotional Stress 2 Spoons	

HOW TO RECHARGE YOUR SPOONS

To recharge your spoons choose one of the 3 options below.
Use a random number generator to decide how many spoons you will receive from doing this. For someone with chronic health issues (AKA Spoonie) it is impossible to tell if they will get more spoons (or lose any) by doing these activities.

 Nap 1 Hour 1-3 Spoons	 Caffeine 1-2 Spoons	 Sit and Relax 30 min 1 Spoon
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If you exceed the number of spoons you have this will take away from tomorrow's spoons, therefore you will be able to do less tomorrow. A chronically ill person could do everything right and have plenty of spoons left the night before but still wake up with little or no spoons the next day.

THIS DOCUMENT WAS MADE BY SPOON CULTURE.

My Spoon Chart!

My spoon chart is a record of my spoon use.

It shows how many spoons I use each day.

I use spoons to help me with my work.

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Schedules and Spoons

Visit Day for RC
9am – 12pm

Lunch and Hobbies
12:10 – 1pm

Article 3 Analysis for Lit Review
1 – 2pm

Psychology Reading for Module 12
2 – 3:15pm

Orientation Leader Class(Den 113)
3:30 – 4:50pm
Denny Hall (DEN)

Commute Home and TV Watching
5 – 6pm

List of Values

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Bravery
- Calm
- Careful
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Love
- Loyalty
- Meaningful work
- Openness
- Optimism
- Peace
- Pleasure
- Recognition
- Respect
- Security
- Anything else you can think of!

Possible Discussion Questions

- What was your experience like doing this activity?
- What value did you end up with? Do you consider this one of your top values overall?
- What was it like to discard your values so quickly?
- What was it like to have someone else take one of your values?

 *2-min Breakout Discussion*
(Talk with the person next to you)

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Group Debrief

- Are there any clear differences between the general top values that people chose and the top values that people chose as activists?
- How do you think that values impact people's activism, including yours?
- How might your personal values and values as an activist impact your experiences and engagements at UW?

Privilege Walk

BE BOUNDLESS

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Privilege Walk & Population Health

- Race is a large factor of life expectancy
- Access to a car expands access to medical treatment
- Having English as a first language means medical appointments are more accessible
- No grocery store within 1 mile = Food Desert
- Distrust in western medicine in oppressed communities
- Full time student + working = Less time to care for oneself

CoRe Part Two

BE BOUNDLESS

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Population Health & CoRe Part Two

- Analyze the different aspects of the community you are visiting
- Decide if they are assets or barrier to the community
- CoRe Part two highlight how things that seem like small aspects of a community can play a large and complex role in the populations health outcomes
- CoRe Part Two also highlights the intersections between different population health topics

Wrap Up

Are there any additional questions?

Ethan please connect with me for just a second

Reminders:

- CORE Part 1 is due tomorrow at 11:59 pm
- Projecting Forward due date is October 21st at 11:59pm