Expression

Experience

Exploration

Exit Slide

Experience

E#1 - How are universities and research related to each other? What do you think about the pros and cons of this relationship?

E#2 – How might other disciplines aside from Social Science approach research on Self-Compassion?

E#3 - What does it mean for UHM to be a “Hawaiian Place of Learning”?

E#4 – What are some of the distinctive geographical, social, and cultural features of Hawaii? How do these play into the health and well-being of the people of the State?
Experience

P#1 – Without consideration of the fact that you will age, how might you use your study of aging in your professional future?

P#2 Please provide at least one specific example of how the concepts covered in the first section in this class relate to the physiological systems covered in the second section? Example: How does cohort membership influence the experience of cardiovascular disease? How might arthritis be explained by various theories of aging?

P#3 Please provide one or more specific example of how mental and physical health are related? Example: Do people with specific mental health problems get ill more frequently than other people? Are some personality traits related to positive physical health?

P#4 What does Optimal Aging mean to you? How will you apply your knowledge of aging to promote optimal aging in your life?

Exploration

The Marshmallow Challenge
Exit Slide aka Conventions