

Week of Monday, May 9, 2016 – Sunday, May 15, 2016

Service Provider:	Module Name	Module Start and End Date	This Week's Topic/Focus
NYPL	Health	May 1st- May 31st	Sleep and Meditation

Goals for the entire module: [enter below]

- To provide understanding and discussion around various topics around mental health and wellness.

Goals for sessions this week: [enter below]

- To participants understand what the brain needs to repair itself and how not allowing it to repair affects multiple parts of our lives.

Sessions this week build on Participant's ability to ... [enter below]

- Engage and contribute to useful discussion mental wellness
- Understand the importance of sleep and meditation

Sessions this week prepare Participant's to ... [enter below]

- Engage and understand different forms of meditation
- Participate in group discussion and shared reading
- Create a meaningful group dynamic.

Supporting Material:

1. Sleep Munchies: Why It's Harder To Resist Snacks When We're Tired By Frank Scheer
2. Being sleep deprived makes people much more likely to give false confessions By Brian Resnick
3. Infographic: Brain Conditioning
4. Movie: Free The Mind

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Learning Objectives

- Engage and examine concepts that are new and restate textual concepts in his own words
- Recognize interrelationships among concepts and combines them into potentially useful primary statements with supporting evidence
- Be a productive member of these conversations which requires that students contribute accurate, relevant information; respond to and develop what others have said; make comparisons and contrasts; and analyze and synthesize a multitude of ideas in various domains.

Student Work Product for this Week (i.e. activities/assignments/submissions that demonstrate learning)	Session Assessment Tool, if applicable (Quiz, Tests, Presentation, etc.)
Answer Question of the Day	Exit Tickets

Instructional approach used to differentiate instruction and promote active participation. Click to indicate/highlight/circle/check all that apply.

Direct	Indirect	Experiential Learning	Independent Study	Interactive Instruction
<ul style="list-style-type: none"> ❖ Lecture ❖ Drill & Practice ❖ Compare and Contrast ❖ Demonstration ❖ Guided reading, listening, viewing 	<ul style="list-style-type: none"> ❖ Problem-solving ❖ Case studies ❖ Reading for meaning ❖ Reflective discussion ❖ Concept formation 	<ul style="list-style-type: none"> ❖ Simulations ❖ Games ❖ Focused Imaging ❖ Creativity/imaging ❖ Role Play ❖ Surveys ❖ 	<ul style="list-style-type: none"> ❖ Computer-assisted instruction ❖ Essays ❖ Correspondence Lessons ❖ Learning Contracts ❖ Homework ❖ Assigned Questions 	<ul style="list-style-type: none"> ❖ Debates ❖ Panels/ Discussion/ Q&A ❖ Brainstorming ❖ Group work ❖ Problem-solving ❖ Tutorial groups ❖ Interviewing

Certificate for module completion: indicate certification will the students earn?

☐ **Technical Skill** = mastery of a specific skill or technique

☐ **Module Completion** = passing grade on cumulative assessment

☐ **Industry-recognized**

☐ **Attendance** = present or has excused absence for all sessions