



UTAH
WOMEN &
LEADERSHIP
Project

BENEFITS OF COMPLETING COLLEGE: **Healthier and Happier** **Lifestyles**

LESSON PLAN #2

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EXTENSION 

Benefits of Completing College: Healthier and Happier Lifestyles

PURPOSE

Students will learn about the personal health benefits they will gain from education beyond high school.

LEARNING OUTCOMES

Students will understand how obtaining education beyond high school can aid them in becoming healthy and happy individuals in their work life and personal life. This will show students that finishing secondary education will most likely help them find a career that makes them happy and gives them the opportunity to lead healthy productive lifestyles in and out of their work life.

OPENING JOURNAL PROMPT

Answer the following question: What are some reasons why you would want to go to college? Do you think that finishing an education beyond high school will make you happy? Why or why not?

INPUT FROM YOU

The teacher will pass out the *Benefits of Completing College: Healthier and Happier Lifestyles* handout to the students and together as a class they will read the information and discuss as needed.

VOCABULARY ACTIVATION

The teacher will pair the students and pass out the *Active Vocabulary Sheet* to students. Together the class will read the directions and start the task. The vocabulary words include the following: Lifestyles, Empowered, Environment, Resilient, Obese, Satisfaction, and Well-being. Students will also be asked to create a sentence using each word to show understanding.

INPUT FROM YOU

The class will come back together and review the vocabulary words while creating examples of each for an even firmer understanding.

The teacher will then hand out *The Healthier and Happier Lifestyles Quiz*

GUIDED PRACTICE

The students will pair up and share their *Healthier and Happier Lifestyles Quiz* answers with each other. If they have different answers they will have a few minutes to convince one another which answer is right and decide which one to choose.

Benefits of Completing College: Healthier and Happier Lifestyles

CLOSURE

The class will come back together and go through the quiz and answers. Together the teacher and students can explain the answers they chose through a class discussion.

CHECK FOR UNDERSTANDING

Closing Journal Prompt: Do you believe that finishing an education beyond high school will in fact make people more happy or healthy? Why or why not?

ASSESSMENT

This can be assigned as homework or in class assessment. The students will be asked to write a letter to a friend or family member. In this letter they will explain the reasons why they think education beyond high school is important to health and happiness.

MATERIALS

Benefits of Completing College: Healthier and Happier Lifestyles Handout
Active Vocabulary Sheet
The Healthier, and Happier Lifestyles Quiz with Answer Key

SUPPLEMENTARY MATERIALS

Education Pays:

<http://trends.collegeboard.org/education-pays>

The Value of Education Brief:

<https://www.usu.edu/uwlp/files/briefs/1-value-of-higher-education.pdf>

Utah Women & Leadership Project - Clips and Videos:

<https://www.usu.edu/uwlp/resources/videos>

Goals for the Common Good:

http://www.measureofamerica.org/file/common_good_forecaster_full_report.pdf

Benefits of Completing College:
Healthier and Happier Lifestyles

MATERIALS



Benefits of Completing College

HEALTHIER AND HAPPIER LIFESTYLES

Individuals with higher levels of education are more likely to live longer, healthier, and happier lives. Their choices can also influence family members in creating positive habits and healthy lifestyles.

Adults with higher levels of education have overall healthier lifestyles.

- ⌘ College graduates are more likely than adults with a high school diploma to maintain an overall healthier diet; on average these individuals have higher dietary fiber intake and lower cholesterol levels. They are also more likely to exercise and less likely to be overweight or obese.
- ⌘ People with higher levels of education are less likely to smoke and have lower alcohol abuse-dependency; overall, more educated men and women behave in ways that help maintain good health.
- ⌘ One study found that each additional year of schooling is linked to improvements in individual health. In fact, college graduates live an average of seven years longer than their less-educated peers.

College-educated adults tend to live happier lives.

- ⌘ Individuals with postsecondary degrees exhibit increased self-esteem, improved confidence, a better sense of independence, and stronger feelings of control over their lives.
- ⌘ College graduates tend to be more resilient and less depressed. In fact, communities that have more well-educated residents have fewer incidences of depression and suicide.
- ⌘ More educated people report having increased job and life satisfaction, more stimulating occupations and lifestyles, and overall greater happiness in life.

Individuals with a college education are also more likely to have the knowledge, resources, and networking to create a healthier environment for their families.

- ⌘ Parents and guardians with postsecondary degrees tend to create healthier lifestyles for their children.
- ⌘ College-educated people are more likely to have employer-provided insurance that includes comprehensive, quality healthcare for themselves and their families.
- ⌘ Educational attainment has also been linked with more extensive social-support networks, which provide comfort, assistance, and support for families when needed.

A college education is vital to a healthier and happier lifestyle for individuals, families, and communities. Men and women who earn postsecondary degrees (the higher degree the better) are more likely to live longer and more satisfying lives.

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A college education is vital to a healthier and happier lifestyle for individuals, families, and communities.

Benefits of Completing College: **Healthier and Happier Lifestyles**

NAME:

DATE:

Active Vocabulary Worksheet

Directions: With your partner, find the definitions of each word and together create a sentence using the word. Each of you must fill out your own sheet.

Lifestyles:

Dictionary definition _____

Create a sentence with the word *Lifestyles* _____

Empowered:

Dictionary definition _____

Create a sentence with the word *Empowered* _____

Environment:

Dictionary definition _____

Create a sentence with the word *Environment* _____

Resilient:

Dictionary definition _____

Create a sentence with the word *Resilient* _____

Satisfaction:

Dictionary definition _____

Create a sentence with the word *Satisfaction* _____

Well-being:

Dictionary definition _____

Create a sentence with the word *Well-being* _____

Obese:

Dictionary definition _____

Create a sentence with the word *Obese* _____

NAME:

DATE:

The Happier and Healthier Lifestyles Quiz

Directions: Please answer the following questions as best you can on your own. Questions 1-2 are Multiple Choice and 3-6 are True or False statements.

1. Educated people
 - a) have more self-confidence and high self esteem
 - b) are less resilient and more depressed
 - c) have increased job and life satisfaction
 - d) both a and c

2. People with a college education are more likely to
 - a) create healthy lifestyles for their children
 - b) have employer provided insurance
 - c) have strong support networks for themselves and their families
 - d) all of the above

3. True or False:
Finishing a postsecondary degree will decrease your chances of obesity.

4. True or False:
You will most likely create a healthy lifestyle for yourself if you drop out of school and start working.

5. True or False:
Your chances of living longer go up when you complete a postsecondary degree.

6. True or False:
If you complete a postsecondary degree you are more likely to take up smoking and have a hard time quitting.

The Happier and Healthier Lifestyles Quiz - ANSWER KEY

1. Educated people

- a) have more self-confidence and high self esteem
- b) are less resilient and more depressed
- c) have increased job and life satisfaction
- d) both a and c**

2. People with a college education are more likely to

- a) create healthy lifestyles for their children
- b) have employer provided insurance
- c) have strong support networks for themselves and their families
- d) all of the above**

3. **True** or False:

Finishing a postsecondary degree will decrease your chances of obesity.

College graduates are more likely to maintain a healthier diet with higher dietary fiber intake and lower cholesterol. They are more likely to exercise and less likely to be overweight or obese.

4. True or **False**:

You will most likely create a healthy lifestyle for yourself if you drop out of school and start working.

People with less schooling tend to make mess healthy lifestyle choices including smoking, less exercise, and greater incidences of alcohol and drug abuse.

5. **True** or False:

Your chances of living longer go up when you complete a postsecondary degree.

In fact, college graduates live an average of seven years longer than their lesser educated peers.

6. True or **False**:

If you complete a postsecondary degree you are more likely to take up smoking and have a hard time quitting.

More educated men and women behave in ways that help maintain good health. They are less likely to smoke and have lower alcohol abuse dependency.