The purpose of this assignment is to give you an opportunity to research, read, process, and discuss professional literature in topics related to this course. There will be two Literature Review Assignments given throughout the quarter. Each Literature Review Assignment has two components: a Reflection Paper and a Group Discussion.

**Reflection paper (15 points)**
Research a topic listed below through the PCC library databases (a journal article dated in the last 10 years and peer-reviewed). Choose a specific area of interest to you within the broader topics below, so the reading will be interesting and informative. Write a Reflection Paper for submission on the assigned date. The purpose of the Reflection Paper is to identify how the journal article relates and pertains to you and your environment. A successfully written Reflection Paper will thoroughly and thoughtfully respond to all the points listed below. All submissions must be typed and 2 pages in length (double spaced).

**Summary of Article**
- What is the health issue/problem or gap presented in the reading? Does the author/s come to any conclusions that help the reader or researcher understand the issue? What is the current gap or area that needs more research from reading this article?

**Self-Reflection**
- Describe something new you learned from this reading
- Has your thinking about this health issue/problem changed because of the reading?

**Outcome/Conclusion**
- What changes in your personal life might you consider making after completing this reading?

**Reference at end of paper**
- APA format

**Group Discussion (10 points)**
We will hold a Group Discussion in class. You will be grouped together with other students who have chosen the same area of interest. More detailed Group Discussion directions will be provided on the day of the discussion. If you are absent the day of a discussion, you will forfeit the points of this activity.

### Reading Club/Literature Review Selections:

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<td>• Stress/Mental Health</td>
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<td>• Physical Activity/Nutrition</td>
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<td>• Social Connections/Sleep</td>
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