

CAT 4 RESOURCE DEVELOPMENT

Project

Modus Vivendi

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ABSTRACT

The name of our project, 'Modus Vivendi', is the Latin (Latin was chosen as it was associated with being a scholarly language) translation for 'way of life'. Thus, the aim of Project Modus Vivendi is to promote a holistic lifestyle among Hwa Chong Students, starting with the Secondary ones who have just joined Hwa Chong Institution and may need advice on maintaining a healthy and holistic lifestyle. We plan to achieve this through four aspects of an ideal holistic lifestyle. The four aspects are Physical Exercise, Time Management, a Proper Sleep Pattern and a Proper Diet. These four aspects would help promote proper sleep hygiene, an effective use of time and a healthy body and mind in students. So, what is our product and how will it help? Project Modus Vivendi has done a website, to upload blogs and posters. An Instagram account to give our posters more coverage. And finally, hosted a talk with a Secondary One class, 1A3. Despite there being many other methods to motivate students, we feel that a talk would be more direct and effective to get across our points.

1. INTRODUCTION

After observing our juniors, friends and Hwa Chong-nians in our school and also from the results of our surveys, we realised that many students are unable to achieve the requirements of a healthy lifestyle for teens. The requirements being 6-8 hours of sleep or exercising more than three times per week, each time lasting up to thirty minutes. Apart from those, we found out that many students also tend to procrastinate. Thus, we decided that there would be a large need for students to understand why and how they should practise a holistic lifestyle.

Our objective is to promote a holistic lifestyle through

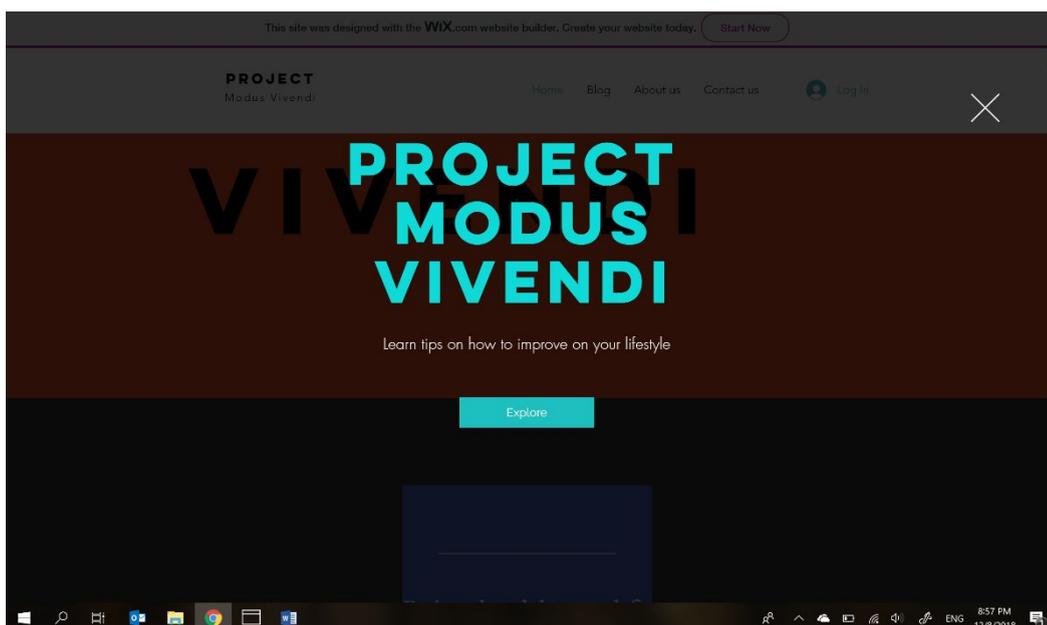
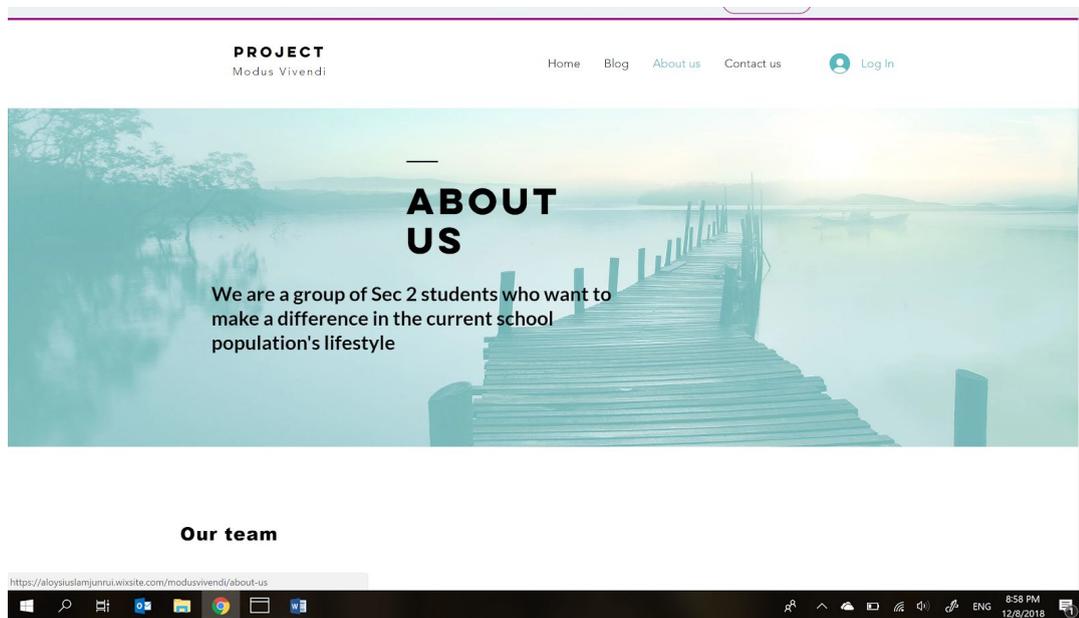
- A proper sleep patterns
- A proper diet
- Proper time management
- Enough exercise

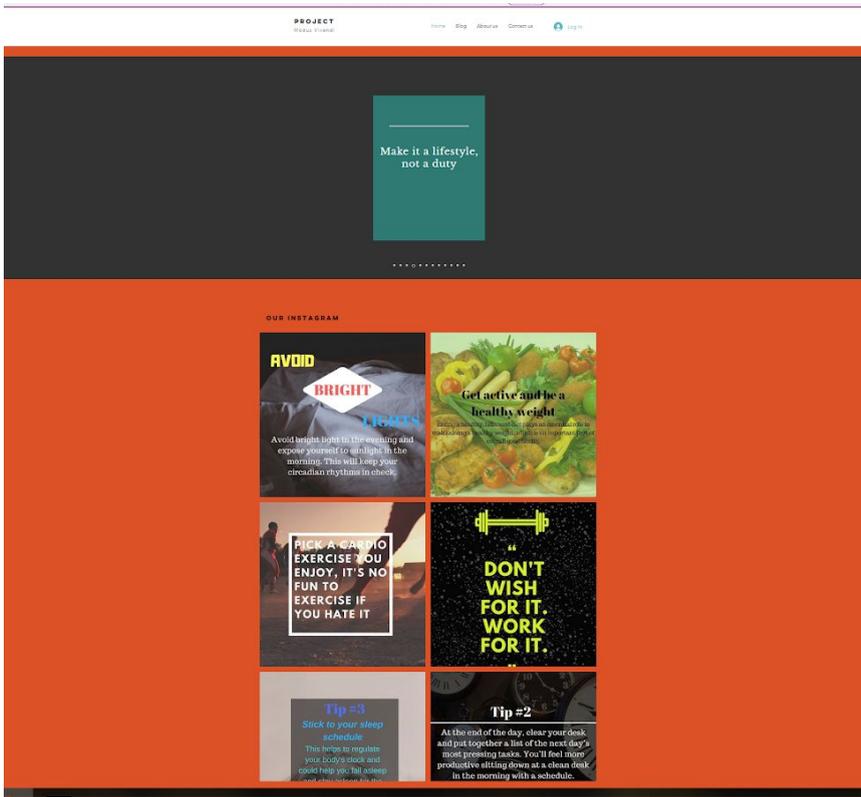
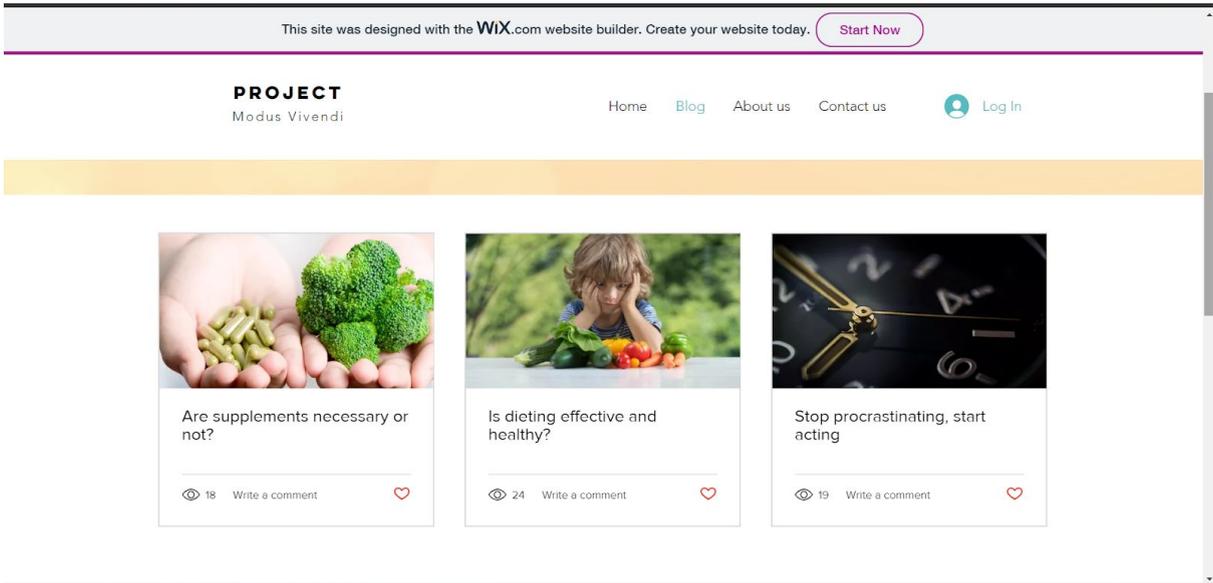
As mentioned from above, the target audience of Project Modus Vivendi is the secondary Ones.

The resource that we have created is a website containing monthly quotes, posters and blogs for people to read and comment.

Target Audience?

Proposed Resource?





As seen by the above pictures, not only have we received an average of 20 view in most of our blogs, the visitors of the website must have seen the quotes, posters and the link to our instagram page. This allowed us to increase the outreach of our project to even more students and motivate them to start a holistic lifestyle.

2. REVIEW

The HCI website does not contain any information to help motivate students, neither does the iEMB board have any weekly or monthly posts that fulfil that purpose. Although there are the 'positive quotations of the week' that is posted on the iEMB board, it has been discontinued and doesn't contain any tips or information that our website contains to promote a holistic lifestyle.

Eg.



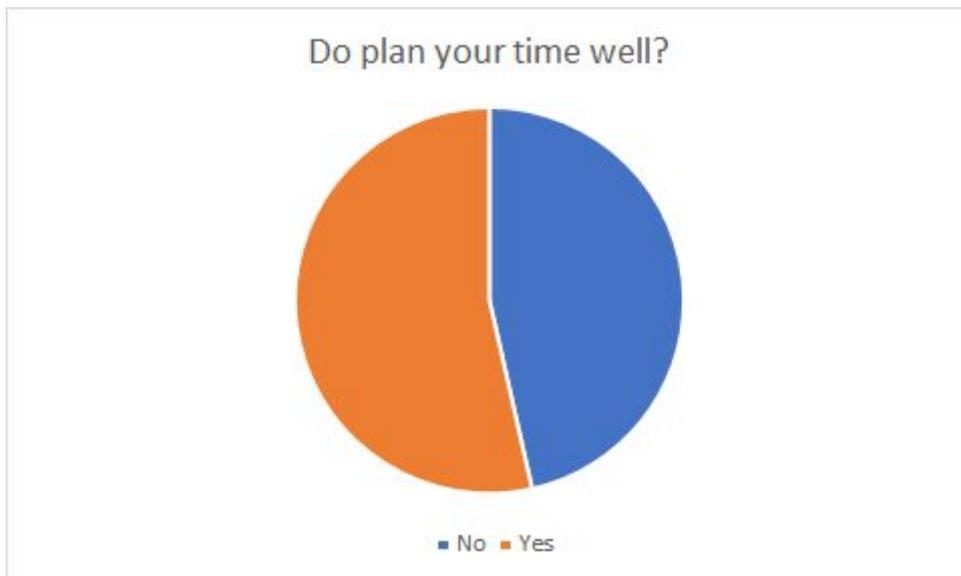
Research was carried out, looking at relevant sources such as the Duke-NUS Medical School, one example was a study that shown only about 20% of students from top schools in Singapore (HCI included) get enough sleep. Furthermore, we searched through the many news websites with articles relating to the lifestyle concerns of many elite school students. Moreover, research was done to find out what the impacts of an unhealthy lifestyle could lead to and we collated the findings into our presentation for the Secondary Ones. Moreover, we realised that Studies have shown that even partial sleep deprivation has a

significant effect on mood. University of Pennsylvania researchers found that subjects who were limited to only 4.5 hours of sleep a night for one week reported feeling more stressed, angry, sad, and mentally exhausted. Thus we felt that if students were not informed of these problems or they are already suffering from the disadvantages, it would significantly affect them , so we decided that there would be a great need for our resource package.

3. METHODOLOGY

3.1 Needs Analysis

To ensure the need and relevance of this project, we conducted a questionnaire, involving around 72 respondents, asking them about their current lifestyle.

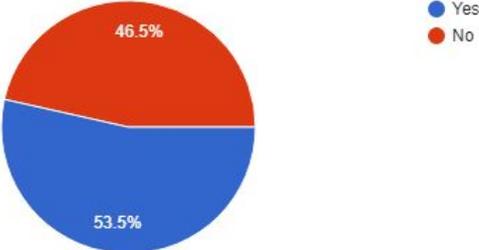


Count of How many times a week do you go out and exercise



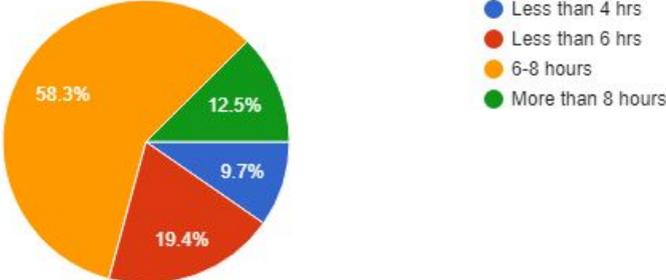
Would you like a resource package to introduce ways to have a healthy lifestyle?

71 responses



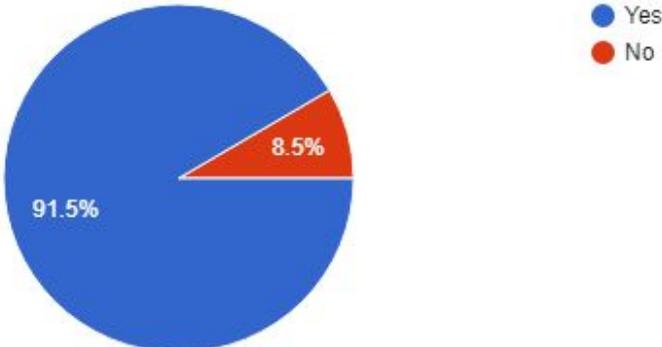
How many hours on average do you sleep on a normal school day

72 responses



Do you procrastinate?

71 responses



The lack of a healthy lifestyle or awareness of a healthy lifestyle was evident in the surveys. Our survey shows that a staggering 91.5% of the students get affected by procrastination. This proves that the problem of procrastination is still very serious despite the assembly talk in sec 1. Because of this problem, it directly affects the bedtime, and causes sleep deprivation. In addition, the 4 points which our group chose to focus on were all interlinked in one way or another. Therefore, we decided that students in Hwa Chong, specifically Secondary One students needed such a resource package like ours.

3.2 Construction of Resources

Firstly, we sent out a survey to an estimate of 80 students to assess their lifestyle, questions ranging from how many hours they sleep a day on average to how much would they like a resource package to promote why, how and what a holistic lifestyle is.

3.3 Pilot Test

Finally, the pilot test was carried out. Through emails and discussions with the form teacher of 1A3 as well as the students of 1A3, we managed to secure a time slot after school on Wednesday to share with them as we did not want to disrupt their curriculum time.

4. OUTCOME & DISCUSSION

Finally, a talk was hosted to class 1A3, with mostly positive comments.



After the interview, a survey and interview was carried out to see if they had any questions, how motivated were they before and after and overall, effectiveness of the project.



Feedback include : "Honestly, I sleep around 5-6 hours per day and this project definitely serves its purpose in explaining why i should sleep more"... when asked what they have

learnt , two of the interviewees replied that “So, i think the main points of this project is to like teach us about a healthy diet, body and mind and from the slides I learnt how and why to maintain a healthy lifestyle.Because,i do not want to suffer from the impacts” . While the others felt that the slides were, “Informative despite not having the long ,scientific answers to the disadvantages of not having a healthy lifestyle.”

Basically, our aim of the presentation was fulfilled by supplying them with knowledge of the benefits of a holistic lifestyle and the disadvantages of an unhealthy lifestyle.Furthermore, we feel that this talk can be called a success as we kept our points short and simple which did not bore the students but managed to supply them with the relevant and appropriate information that they understand .

(The responses was copied from what the interviewees said,word for word so excuse any grammatical mistakes or slangs used.)

However, some other negative feedback to our group was that the slides were not in-depth enough or they felt that some of the posters were too focused on the impacts or benefits of the holistic lifestyle instead of focusing on motivating people on adopting this lifestyle. Although our presentation may not have been as in-depth as they would like, we thought that if the presentation was crammed with information, some of them would not understand terms such as ‘endorphins’ or ‘circadian rhythm’ .Since we only had 15 minutes for the presentation we wanted to keep it as simple yet informative as possible.

5. CONCLUSION

Project Modus Vivendi has without a doubt been a difficult project. From finding suitable time slots in a group with two members heavily involved with their Co-Curriculum Activities (CCA), participating in competitions, to the tedious process of creating a poster, designing it, approving it with the rest of the group and finally uploading it. Yet at the same time, through this tiring experience, not only have we helped motivate others to live a holistic

lifestyle, instead, us, the group members of project Modus Vivendi has in a sense discovered our own 'way of life'. In fact, along the way we have to some extent learnt how to manage our own holistic lifestyle by balancing project work and all our other requirements. Furthermore, creativity, negotiation skills and overall perseverance was essential to create our product, reach a certain compromise with the target audience by convincing them to stay back for our presentation and all the other tasks that were needed to complete this project.

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