

A Prompt for a Wellness Research Paper

Research a topic of interest related to the components of wellness, and submit a formal paper written according to APA format. The paper will become part of your group project and presentation and be incorporated into the final class project, the development of a Wellness web page. Your paper must be typed and 5-7 pages in length included a selected bibliography.

Your paper should be divided into five sections:

1. Introduction to your wellness issue
2. Relevance of your issue to the college population
3. Steps needed to develop high functioning in this wellness area
4. Cautions: Things to avoid related to this wellness issue
5. Resources available related to this wellness issue

Be sure to include an introduction and conclusion. Using articles, books, web sites and textbooks as your references, write a well-organized paper addressing your wellness issue. This is not an article review. Ideas from a variety of sources must be merged in each section to achieve a well-organized, well-written, interesting paper that thoroughly examines the issue. Each section should have three or more references. This is a formal research paper, not an opinion paper.

Note: In order to write a good paper, you need to find good, informative articles. Quote information from text sparingly.

The paper will be graded based on the following criteria:

- 5 pts. Paper follows guidelines; information divided into appropriate sections
- 10 pts. Introduction
- 10 pts. Conclusion
- 30 pts. Coverage of topic and thoroughness
- 10 pts. Creativity
- 25 pts. Depth of understanding
- 20 pts. Accuracy
- 10 pts. Currency of information
- 5 pts. Length (5-7 pages)
- 10 pts. Poorly written
- 10 pts. Poor grammar and spelling
- 10 pts. Improper referencing
- 10 pts. No in-text referencing
- 10 pts. No bibliography
- 5 pts. per day Late paper

Adapted with permission from a prompt by Dr. Kandice Johnson, Assistant Professor of Health Science, Towson University