

CSCA08 BREAK BONUS INFORMATION

In this class, you will have the opportunity to earn a bonus grade of 2% for participating in a research study. You will be asked to complete 2 brief questionnaires, one in the first week of class and the second in the last week of class. In addition, you will be asked to complete 7 out of 9 weekly reflections in the form of 2-5-minute surveys. For the completion of both questionnaires AND 7 of 9 reflections you will be awarded 2% bonus marks to your final grade.

The weekly reflections will be posted Tuesday night of every week. Please complete the weekly reflections in the 24-hour period following your class. DO NOT complete them EARLY... they contain questions pertaining to your lecture experience for that week. If you happen to attend a different lecture section than you are registered in, complete the reflection in the 24-hour period following the class you attended. Importantly, it's okay if you miss one or two of the weekly reflections as you only need to complete 7 of the 9 to earn the full 2% bonus (in addition to the questionnaires in first and last week)!

The surveys will contain basic demographic questions, followed by questions regarding your physical activity, stress, mental health and overall well-being. Please note your course instructor will NOT have access to your identifiable data and your identity will NOT be revealed with the results of this study. Should you feel uncomfortable sharing any information you can also earn the bonus by completing an alternative assignment.

The alternative assignment is a 1500-word paper, including 3 citations, on the topic of physical activity in the work place. The paper is due at 8:00am on the last day of class. The assignment is to be submitted to Alyona via email at Alyona.koulanova@utoronto.ca with the subject line "Bonus Paper: *your course code*". Please include your UTORid, student number, and full name in the email.

For any questions regarding the bonus grade opportunity please contact the research assistant, Alyona via Alyona.koulanova@utoronto.ca

OPTION A: Research Study Participant

- Two (2) 15-20-minute questionnaires completed in first and last week of class
- Seven (7) out of a possible nine (9) weekly reflections completed, each 2-5-minutes in length
- All research surveys will be made accessible through Piazza at the appropriate times

OPTION B: Write a Paper

- 1500-word paper
- 3 citations
- Topic: physical activity in the work place
- Due at 8:00am on the last day of class
- Submit: to Alyona via email at Alyona.koulanova@utoronto.ca
- Email subject line: "Bonus Paper: *your course code*", include your UTORid, student number, and full name in the email