**Assignment Content**

Task: Online themed post: e-mental wellbeing resource: participation and critique.

**1) Participation in an online program**

**2) Presentation– 6minutes**

**3) Written document 600 words**

Aim: To present to a group of health professionals to provide feedback on the program.

Value: 40%

In today’s world the issue of good mental health is often raised and debated not only by health professionals, academics and researchers but by the community population as well. As students enter the health work force it is essential that they are aware of how good and poor mental health and wellbeing can impact on an individual and what the available resources there are that individuals can access that can provide strategies and information help them achieve positive mental health and wellbeing.

**Task: 6 min PowerPoint presentation and 600 words written document.**

What you need to do:

**Students are asked to choose an online program: (moodgym results on page 4-6)**

**Moodgym:** is designed to be used by people who would like to prevent mental health problems or manage problems which are troubling but not incapacitating. moodgym consists of five interactive modules which are completed in order.

Exercises and quizzes- As you progress through moodgym, you will be asked to answer questions about your feelings and thoughts. moodgym will then provide useful feedback about your results. For many of the exercises it is up to you whether or not you complete them (although of course moodgym encourages you to complete all of them!). However, some quizzes must be completed before you can move on to the next part of moodgym.

**Summaries** - At the end of each module, a summary of your results for that module is available and can be printed out. These can also be accessed from your Workbook.

**Workbook** - In the moodgym Workbook you'll find all of the exercises and quizzes that you encounter throughout the program.

<https://moodgym.com.au/>

**Presentation**

Students are asked to develop a presentation using the following:

Microsoft PowerPoint (6 mins presentation)

Microsoft word (600 words written document)

**NOTE: (presentation voice over is not required, please create a different word file containing everything that needs to be said in the presentation and I’ll do the voice-over on my end)**

**Introduction**

Your name (Mali) and the program you participated in (moodgym).

Overview of program and its structure

<https://moodgym.com.au/> refer to the website and if you can incorporate my test results(screenshots below)

**Body**

Discuss the following:

* Accessibility and availability
* Easy to understand and follow
* Choices
* Flexible to meet individual needs
* Strategies – beneficial or not reasons why

**Conclusion:**

Your thoughts on the program overall.

Would you recommend or not recommend it? **Yes can recommend**

Your presentation should not be longer than **6 minutes**

Note: Maximum slides: **9** (Excluding the first slide with a title and your name)

**Written Document – 600 words**

* Students will provide a written document to support their presentation. This document will provide a discussion of why they would or would not recommend the program with supporting evidence.

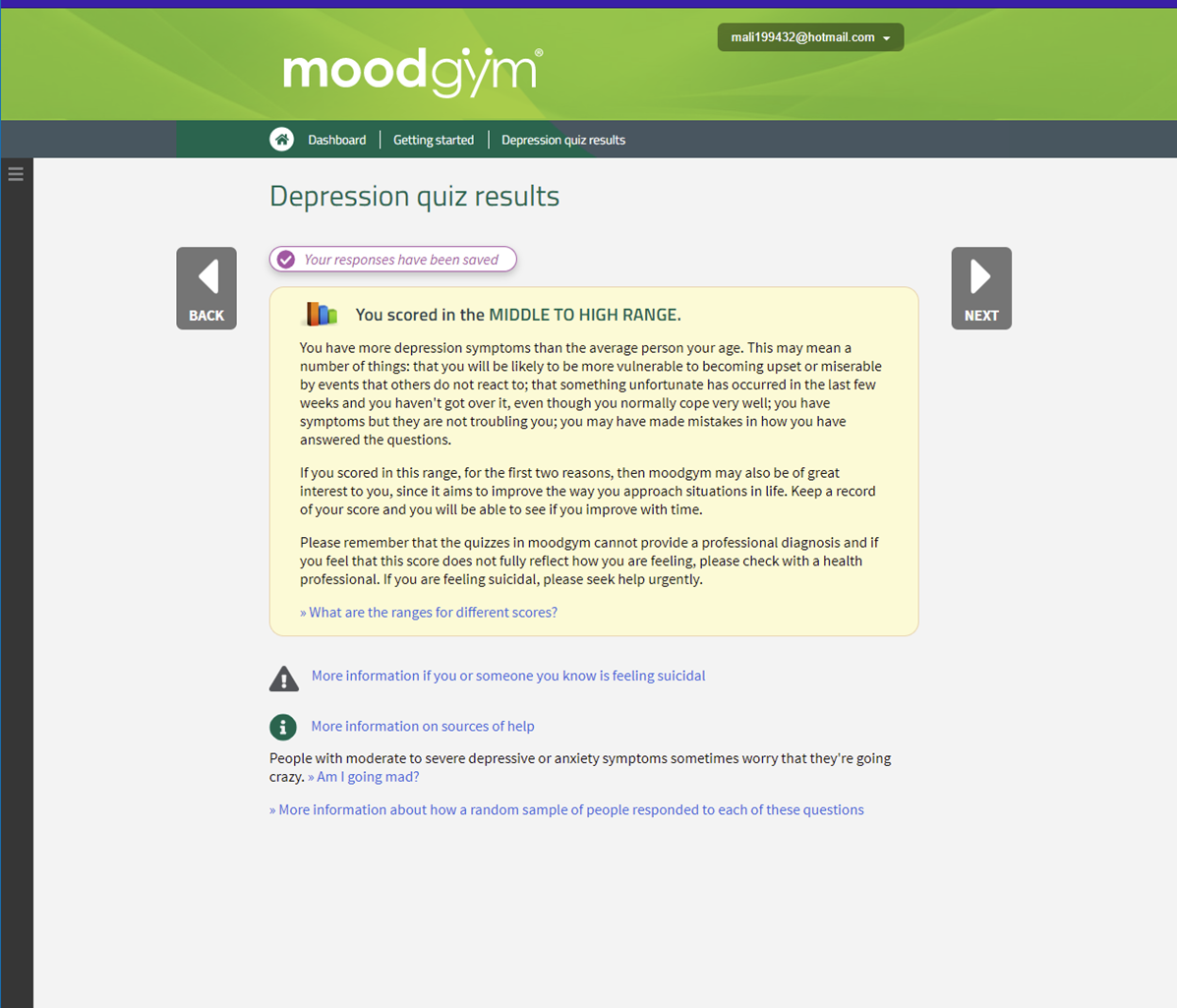
**References**

6-8 references

**Table

Description automatically generatedPLEASE follow the marking rubric below:**

**Moodgym results:**



Graphical user interface, application

Description automatically generated

Graphical user interface, text, application

Description automatically generated

Graphical user interface, text, application

Description automatically generated