StudentHealthForce®

Teacher
User Guide

Table of Contents

Welcome

If you are reading this, you have joined the team and are now a member of the Student Health Force®. You have a job to do. I need your help in improving the health and wellness of your friends, family, school, and community. This is a big job but it starts very simply with you working to improve yourself.

We invite you to think about everything you encounter in the program with these three tasks that we wish you to accomplish. Learn it! Live it! and Share it!

As you look at the lessons, we want you to focus on learning the material as best you can as a first step. This is the Learn it!

Next, use the wellness planner to begin a self-assessment and create a plan for how you can use this information to advance your own health and wellness. There is a personal wellness tracker within the program that lets you track your information online. You can share this information with your health practitioner if you wish. This is Live it! Work at the goal and revisit it and add additional goals as you accomplish these. Go back to the Learn it! if you need to refresh your memory or expand on your knowledge.

Finally, Share it! asks you to be an advocate to help others. The first way is to be an example that someone else sees and copies. If you are making healthy choices and others that respect you do the same, you are sharing it. If you wish to reach further, there are a series of ways you can Share it with writing, presentations, art, music, video, or events. Take a look at the Share it area of the www.studenthealthforce.com site to see more.

Thank you for working to make your life healthier and for helping others. If you have questions, just go to ask Dr. Rob on www.studenthealthforce.com

Dr. Rob Gillio
Chief Medical Office
Student Health Force®

System Requirements

The following is required to access **Student Health Force**®:

- PC or Mac with Internet access
  - Minimum PC Hardware
    - Pentium 233 MHz (Recommended: Pentium 500MHz or greater)
    - 64 MB RAM (Recommended: 128 MB RAM or greater)
    - 52 MB hard drive space
    - Sound card
  - Minimum Mac Hardware
    - Intel x86 or PowerPC G3, G4, or G5 processor
    - 128 MB RAM (Recommended: 256 MB RAM or greater)
    - 200 MB hard drive space
    - Sound card

- A supported operating system
  - Windows 95, 98, NT, 2000, XP, Vista or 7
  - Mac OS X 10.4 or later

- A supported web browser
  - Internet Explorer 7.0 or higher
  - Firefox® 3.6 or higher

- Disabled pop-up blocker

- Latest version of Adobe® Flash Player and Adobe® Reader

Headphones are recommended.

Access is as easy as 1 – 2 – 3!

❑ Open a browser, and navigate to **Student Health Force**®

<p align="center"><u>http://www.studenthealthforce.com</u></p>
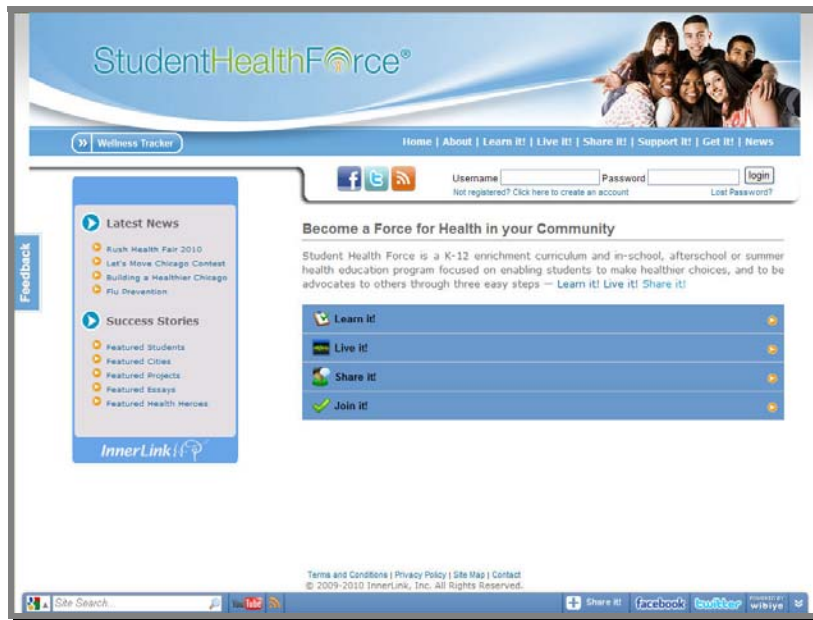
❑ Log into **Student Health Force®** on a screen similar to the one shown above.
  ❑ Enter access information (username and password).
  ❑ Contact <u>info@theinnerlink.com</u> for assistance.

❑ Log into **Student Health Force®**, and see a screen similar to the one below.

  ❑ The 🧑 icon precedes the course links.
  ❑ The courses displayed are specific to the session.
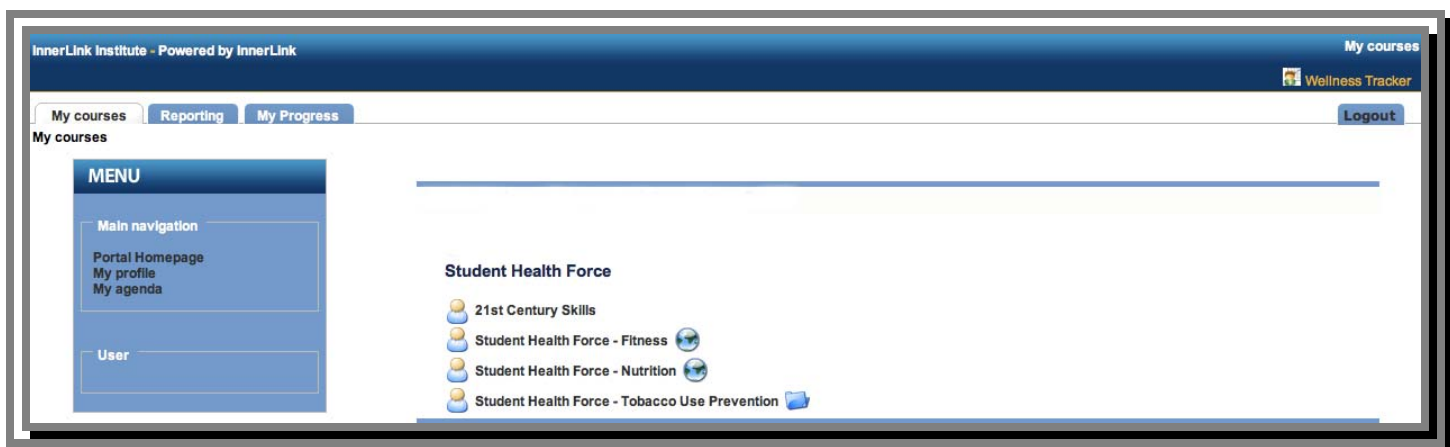
Student Registration (self-registration)

❑ Have students self-register for **Student Health Force®**
   o This will allow them to access the **Student Health Force®** at school or at home.
   o Instruct students to open a browser and go to **Student Health Force®**
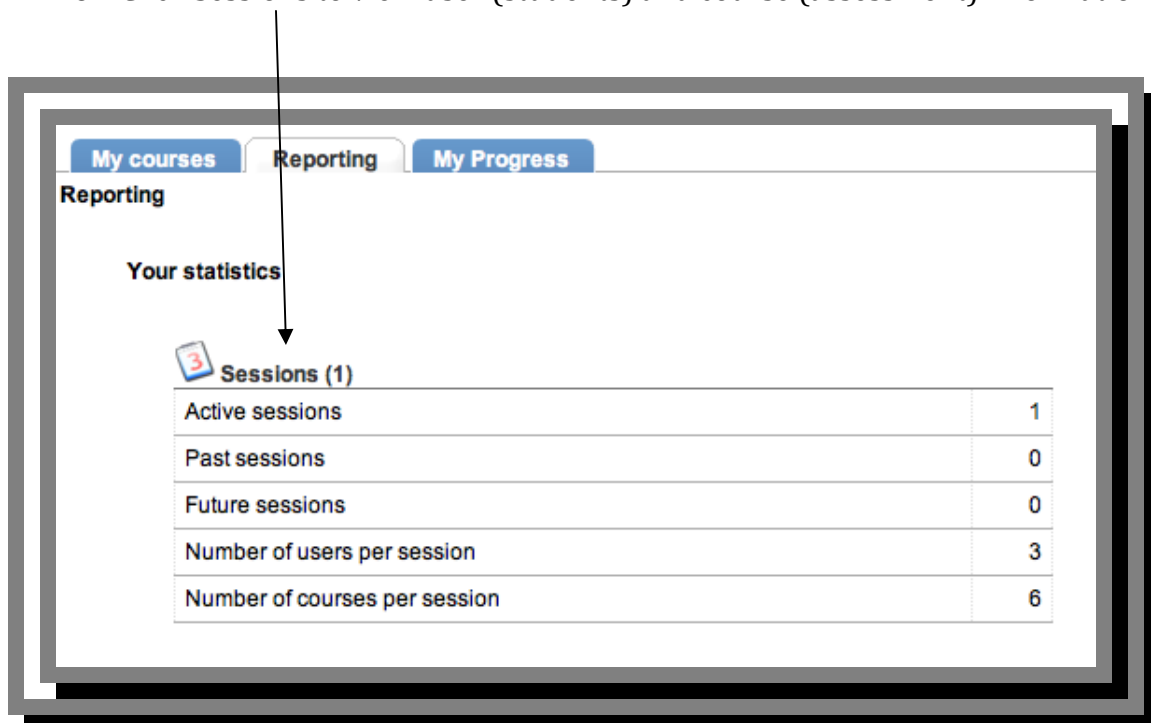
<center>

http://www.studenthealthforce.com

</center>

❑ Instruct students to click the REGISTRATION link. (See arrow above.)
   o Write the unique Registration Code on the board.
❑ Ask students to complete the registration form.
   o All required fields must be completed with unique information. The accuracy of the information (valid email address, etc) is at the teacher's discretion.

Navigation Tabs

❑ View the navigation tabs near the top of the page.
  o For teachers, there are three tabs on the left.
  o For students, there are two tabs on the left.
  o For all users, the **Logout** tab is on the right.

❑ *My Courses* tab lists the SHF courses available for the license/session.
  o Courses are preceded with the 👤 icon.
  o See the sample screen below:

❑ *Reporting* tab allows teachers to view their students' progress.
  o Click Sessions to view user (students) and course (assessment) information.

Title	Status ↓	Date	Students	Details	Add/Remove Students
Solanco - Dawn Kreider	Active	From August 24, 2011 to September 24, 2012	››	››	Add/Remove Students

- o Click the >> under **Students** to view the student list.
- o See below:

Learners - miller rae

Last Name	First Name ↓	Time	Overall Progress	Assignments	Posts	Latest connection	Details
Kreider	Dawn	0:25:14	0.92 %	0	0	August 24, 2011	››
Gillio	Robert	0:00:45	0 %	0	0	August 25, 2011	››

- o Click the >> under **Details** to view the student's usage details. See below:

http://www.studenthealthforce.com

My courses | Reporting | My Progress | Logout

Reporting > Students for this coach > Learner details

Print | Export as CSV-file

Informations	Reporting	Action
Name : Robert Gillio	Latest connection	August 25, 2011	Send mail
E-mail : rgillio@theinnerlink.com	Overall Progress	0 %	
Tel. No tel		
Online :		

Course	Progress	Details
Student Health Force - Fitness	0 %	››
Student Health Force - Nutrition	0 %	››
Student Health Force - K - 6 Lessons	0 %	››
Student Health Force - Tobacco Use Prevention	0 %	››
Student Health Force - Chain of Survival	0 %	››
Student Health Force - Health Literacy	0 %	››

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    o   Click ›› under **Details** to view the student's progress and assessment scores. See below:

□ **My Progress** tab offers a quick view of *your* progress through the course(s).

    o Click >> icon to view specific progress as well as test scores.

    o See the screen below.

o   Click >> icons under **Details** to view specific progress as well as the ☑ icon to view details on assessment scores.

| My courses | My Progress | | | Logout |

My progress

My progress

My courses

Course	Progress	Latest connection	Details
Chicago Tobacco Prevention Blog	0%	September 29, 2010	>>
Student Health Force - Fitness	12.1%		>>
Student Health Force - Nutrition	0%		>>
Student Health Force - Tobacco Use Prevention	79.3%		>>

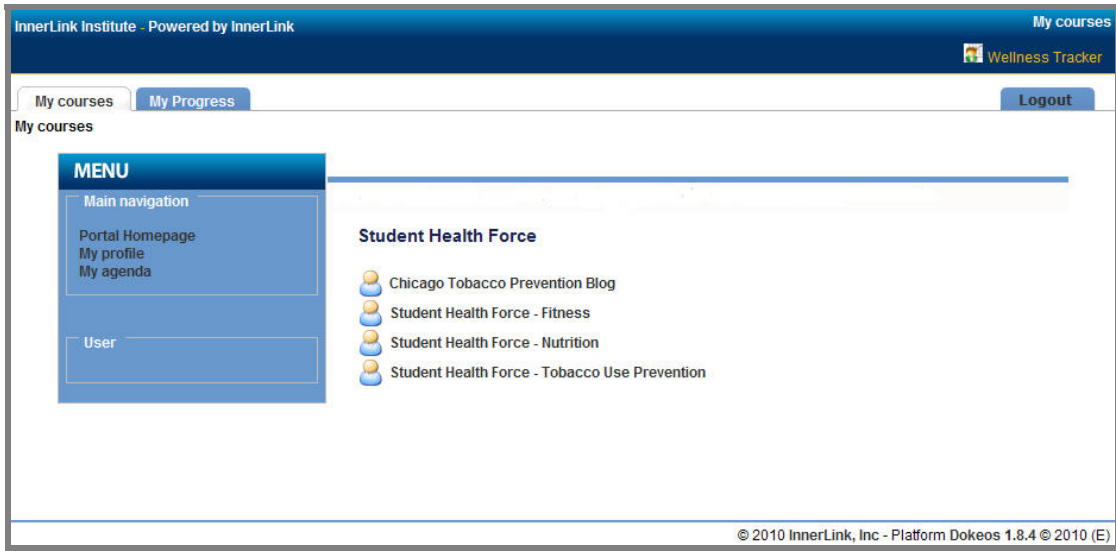**Student Health Force - Tobacco Use Prevention - Coach : Rae Miller / rmiller@innerlinkit.com**

Learn it	Progress	Latest connection
Quitting Tobacco	100%	Wednesday September 29, 2010
Tobacco and Personal Appearance	60%	Tuesday September 28, 2010
Social Marketing to Reduce Tobacco Use	75%	Tuesday September 28, 2010
The Respiratory System	75%	Tuesday September 28, 2010
Tobacco Advertising	60%	Tuesday September 28, 2010
Tobacco Facts	75%	Tuesday September 28, 2010
Refusal Skills	57%	Tuesday September 28, 2010
Share It!	29%	Tuesday September 28, 2010
Health Educator	100%	Tuesday September 28, 2010
The Circulatory System	100%	Wednesday September 29, 2010
Pre-Assessment	100%	Wednesday September 29, 2010
Post-Assessment	100%	Tuesday September 28, 2010
Live It!	100%	Tuesday September 28, 2010

Tests	Tests Score	Attempts	Details
Tobacco Facts PreAssessment	80%	1	☑
Respiratory System PreAssessment	70%	1	☑
Circulatory System PreAssessment	90%	1	☑

Menu

❑ **Menu** provides a navigation links:
- o **Portal Homepage**
- o **My profile**
- o **My agenda**

❑ *My profile* -Update personal information.   Change your password.

❑ *My agenda* - Displays event items related to the course as well as personal events.
   o By default, **My agenda** shows a monthly view.
   o Click the icons below the calendar to see weekly and daily views as well as add personal items to the calendar.

Courses

- 👤 - This icon proceeds a course link.

- Click the course link to view the course home page. Illustrated below is the home page for Student Health Force® – Fitness
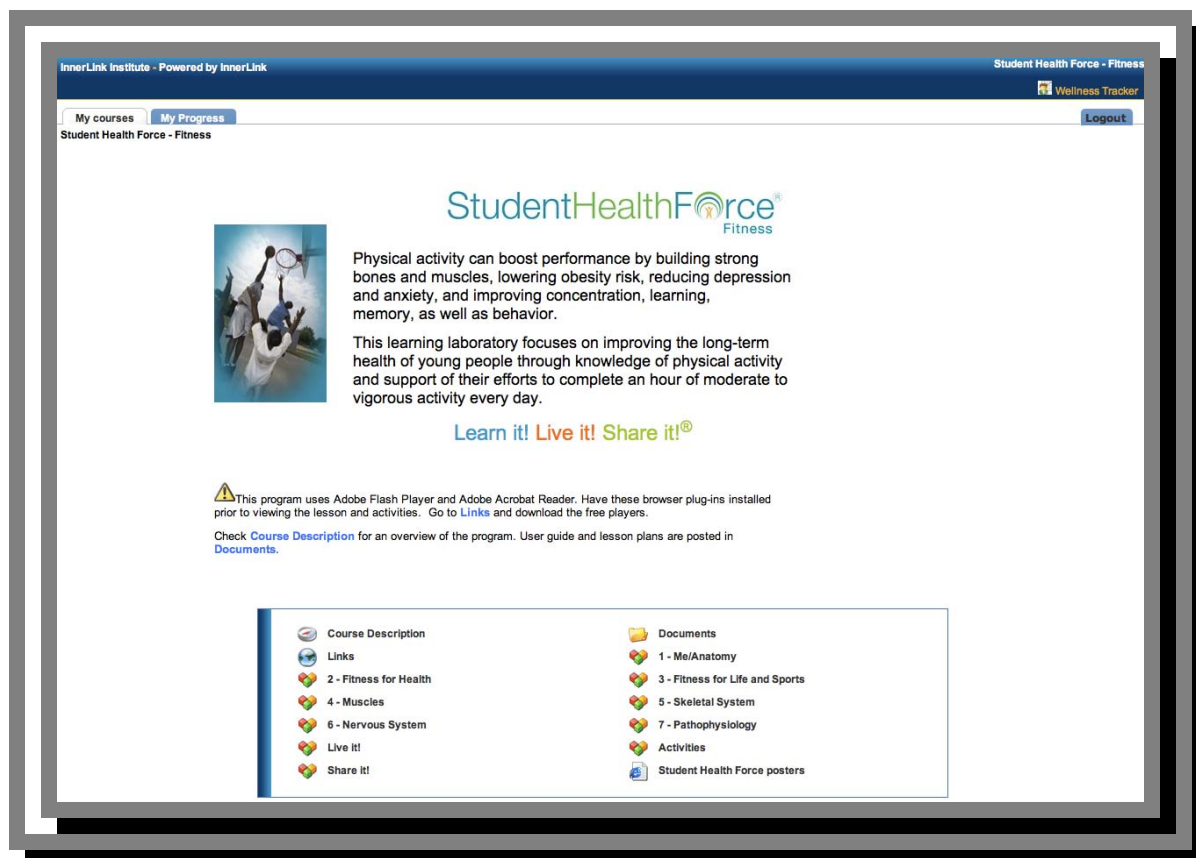

- Course Description provides detailed information about the course.

- indicates the lessons or learning paths. These link to the specific course content.

- Documents is a file management system for many types of documents (Adobe® Reader, Microsoft® PowerPoint, QuickTime, etc.). **Lesson plans** and **student worksheets** are located here as well as other documents provided to enhance the coursework. To use and view the documents, the related applications or viewers must be installed. For example, to view .pdf files requires Adobe Acrobat Reader.

- The Links tool provides access to a library of hyperlinks to credible resources on the web. In addition, links for free browser plug-ins or viewers are available here.

Note: The links are intended to enhance the learning. InnerLink, Inc. is not responsible for the content of these sites and cannot warrant the continued accuracy of the information that is made available. Use of the information is at the risk of the user.

A screenshot from the H1N1 lesson is shown below.
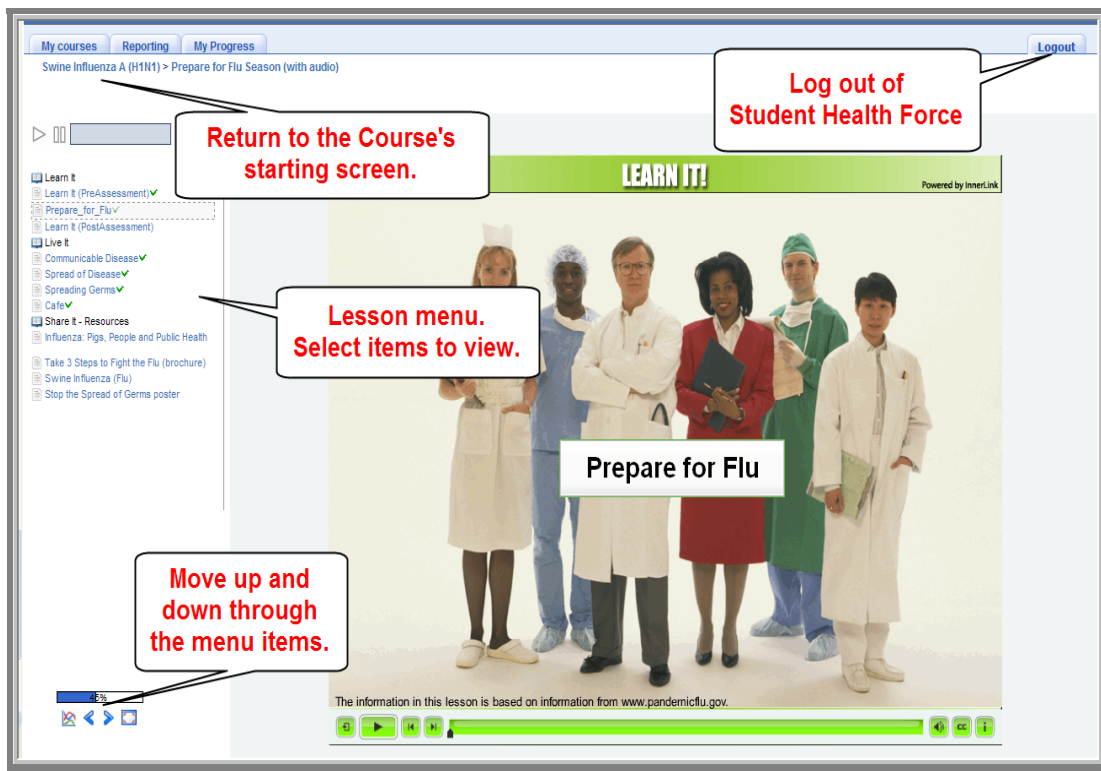
Note:
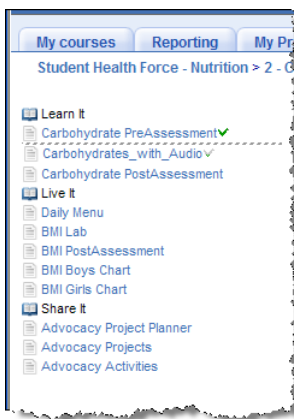
Navigate by clicking on the ◄ ► arrows. See the bottom left.

- Click on an item under Learn it!, Live it! or Share it! to view the content. Navigate through the items sequentially from top to bottom, or pick from the list as desired.

- To return to the course home page, click the course title in the upper left corner.

- **Student Health Force®** uses a breadcrumb (navigation) to aid the viewer in tracking location.

- Click **Logout** in the upper right corner to terminate the **Student Health Force®** session.

http://ww
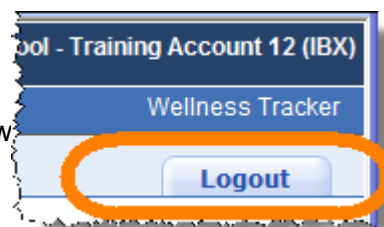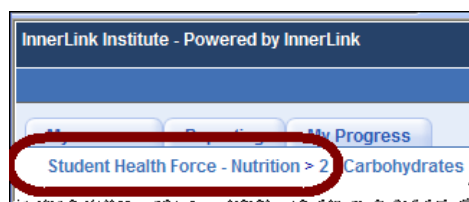
Wellness Tracker

My Wellness Tracker is an online log designed for the viewer to track a variety of personal levels. Use it to monitor current levels as well as track progress with goals. The information can only be accessed with the unique **Student Health Force®** username.

The **Wellness Tracker** link is located above the **Logout** tab.
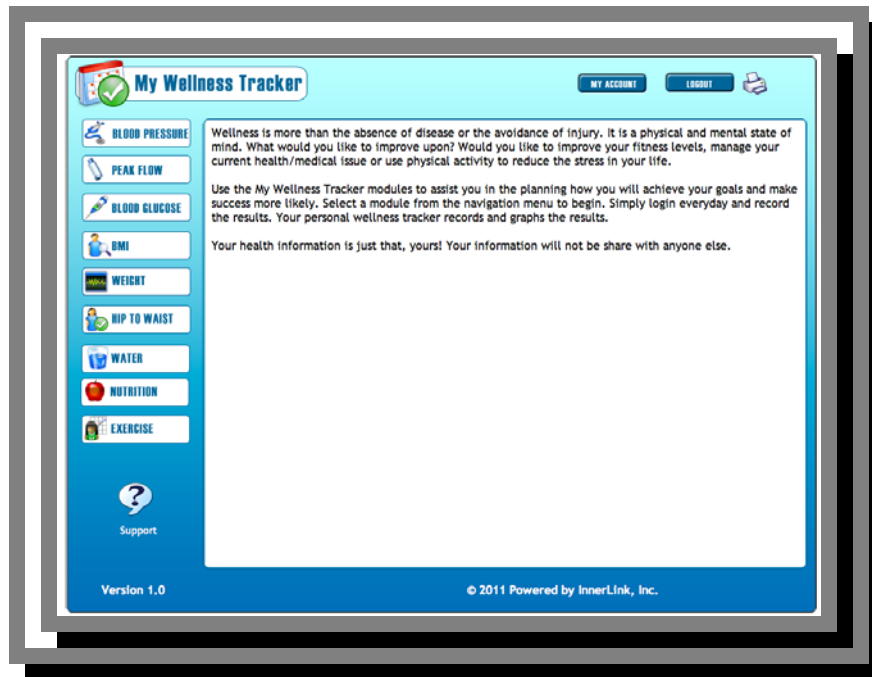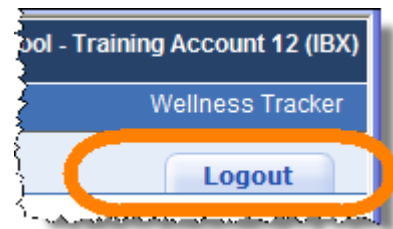
Customer Support

Phone: 888-837-4737
Email: info@theinnerlink.com

InnerLink, Inc.
Liberty Place Suite 201
313 West Liberty Street
Lancaster, PA 17603
866-522-5287
www.TheInnerLink.com