

Increasing positive self-awareness and Managing Anxiety – Storyboard (Draft 1) for Review

Notes for Reviewers:

- Please focus on the **accuracy** and **completeness** of the content during this review cycle. “Page breaks” for the online course will be adjusted after the content is edited.
- Questions for reviewers are indicated with **green highlighting**. All questions will need to be resolved before programming can begin.
- Remember, the text in the left column will be narrated audio.
 - There will be “connecting” words and phrases that would not appear in a written procedure. If the wording seems awkward to you, try reading the text aloud to see how it fits, then make changes if it still seems necessary.
 - Formatting is merely to aid the voiceover talent: remember, learners will hear – not see – this text.
 - Capitalization is not important in the left column, but is very important in the next column, “Visual/Display.”
- Use the Table of Contents on the next page for ease of navigation.
- Optional Tip: Hiding the top and bottom margins of this document (double-clicking between the pages to “Hide/Show White Space”) will enable you to go through the storyboard more smoothly.

Clickable Table of Contents for this Storyboard

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Sl. #	Audio / Voiceover	Visual / Display	Interaction	Notes
1	<p>Course Introduction</p> <p>Today, we will discuss strategies to increase positive self-awareness and manage anxiety. The strategies that I share with you today, will serve as critical skills throughout your medical education and in your future profession as physicians.</p>	<p>Stock photo (small) of a medical student</p> <p>On-screen text (timed with audio):</p> <p>Discovering You Today to Become the Doctor Tomorrow</p>		
2	<p>Three Learning Objectives</p> <p>Here are this course's learning objectives:</p> <p>Define Anxiety and positive self-awareness</p> <p>Identify two natural remedies to manage anxiety</p> <p>Indicate two strategies to increase positive self-awareness</p>	<p>On the left side of the screen, on-screen text (timed with audio in first paragraph):</p> <p>Three Learning Objectives (title)</p> <p>Right side of screen:</p> <p>Define Anxiety and positive self-awareness</p> <p>Identify two natural remedies to manage anxiety</p> <p>Indicate two strategies to increase positive self-awareness</p>		
3	<p>I AM</p> <p>Do you know how important it is to affirm yourself. Let's do this exercise. I want you to write ten positive statements about yourself beginning with the words, "I AM."</p>	<p>On-screen text (timed with audio and shown as sentence "fragments" for emphasis)</p> <p>Who are you? (title)</p> <p>I am...</p>		<p>How would you like to add an interactive component for this slide?</p>

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4	<p>Positive Self-Awareness</p> <p>Positive self-awareness is possessing a clear perception of you. It is about you looking into the mirror and loving the person looking back at you. A person with positive self-awareness acknowledges their strengths and weaknesses.</p>	<p>Image of a mirror</p> <p>On-screen text (timed with audio):</p> <p>Positive self-awareness (title)</p> <p>Possessing a clear perception of you</p> <p>When is the last time you said, "I love you," to yourself?</p>		
5	<p>Knowledge Check #1</p> <p>Let's pause for a quick knowledge check. Answer the following question to check your learning.</p>	<p>Knowledge Check</p> <p>What is positive self-awareness:</p> <ul style="list-style-type: none"> a) Loving the person in the mirror b) Acknowledging your strengths and weaknesses c) Both <p>[Correct answer is C]</p> <p>Feedback: (Show correct answers) Both answers are correct.</p>	<p>Create multiple choice question</p>	

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6	<p>What is Anxiety?</p> <p>Did you know that according to one study, 56.7% of medical students admit to challenges with anxiety? Anxiety is the feeling of worry, nervousness, or unease about something real or imagined.</p>	<p>Stock photo of a student biting their nails (X: Please provide a sample for the developer)</p> <p>On-screen text (timed with audio and animation above):</p> <p>What is Anxiety? (title)</p> <ol style="list-style-type: none"> 1. Anxiety is the feeling of worry, nervousness, or unease about something real or imagined. 		
7	<p>What shouldn't you do?</p> <p>A 2013 study confirmed that smoking and drinking to manage anxiety symptoms can lead to further complications. You can not drink enough alcohol or smoke enough marijuana, cigarettes, or whatever to alleviate anxiety. You must choose healthier options.</p>	<p>Show another stock image of a woman drinking alcohol with a cigarette in her hand.</p> <p>On-screen text (timed with audio):</p> <p>What shouldn' you do? (title)</p> <p>Smoke and drink</p>		<p>Would this be a good place to insert a photo from a local bar?</p>
8	<p>Don't Stop Exercising</p> <p>When you stop exercising to spend more time on your studies, you run the risk of increasing stress, disrupting your sleep patterns, and lowering your self-esteem.</p>	<p>Stock image(s) of a depressed person consuming a donut</p> <p>On-screen text centered on the screen (timed with audio):</p> <p>Don't Stop Exercising (title)</p> <p>You lose your ability to:</p> <ul style="list-style-type: none"> • Reduce Stress • Derail Anxiety 		

Sl. #	Audio / Voiceover	Visual / Display	Interaction	Notes
		<ul style="list-style-type: none"> • Manage body weight • Decrease body confidence • Improve sleep 		
9	<p>Knowledge Check</p> <p>We have arrived at another Knowledge Check. Answer the following question to check your learning.</p>	<p>Knowledge Check</p> <p>To increase positive self awareness and manage anxiety, I should:</p> <ul style="list-style-type: none"> A. Exercise B. Begin my day with positive affirmations C. Both <p>[CORRECT: C]</p> <p>Feedback:</p> <p>Both are correct.</p>	Create multiple choice question	
10	<p>Need More?</p> <p>In the event this brief course, did not provide enough information and equip you with the tools necessary to increase positive self-awareness and manage anxiety, please make an appointment with the department today. Our staff are available to help you!</p>	<p>Show professional picture of department staff and location of the offices.</p> <p>On-screen text (timed with audio):</p> <p>Come and see us!(title)</p>		