



**LearnSmart Online Adaptive Learning Resource
Card to Accompany Your Health to
Accompanyday: Choices in a Changing Society
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Going beyond behavior change and individual responsibility, Your Health Today offers a broadened view of health that includes the impact of family, community, and society. A full chapter is dedicated to each of four key personal health topics—Family Health History, Body Image, Sleep, and Spirituality—that are often overlooked in other texts. This edition has been updated to include coverage of Healthy People 2020, recent country-of-origin food labeling legislation, the dangers of mixing energy drinks with alcohol, low-risk drinking guidelines, the popularity of e-cigarettes, latest data and estimates on global climate change, updated sleep statistics, and much more.

What is LearnSmart?

LearnSmart is a digital adaptive learning platform that guides you through your course efficiently by prioritizing the important material. As you read your book, it helps you understand the topics you know, and then shows you what you still need to learn. It'll ask you some questions to help you identify gaps, and prompt you to re-learn them.

Why LearnSmart?

Students who use LearnSmart are 35% more likely to complete their class. 13% more likely to pass their class. and have been proven to improve their performance by a full letter grade.

How does Learnsmart work?

LearnSmart uses revolutionary adaptive technology to build a learning experience unique to each student's individual needs. It starts by identifying the topics a student knows and does not know. As the student progresses, LearnSmart adapts and adjusts the content based on his or her individual strengths, weaknesses and confidence, ensuring that every minute spent studying with LearnSmart is the most efficient and productive study time possible.

LearnSmart also takes into account that everyone will forget a certain amount of material. LearnSmart pinpoints areas that a student is most likely to forget and encourages periodic review to ensure that the knowledge is truly learned and retained. In this way, LearnSmart goes beyond simply getting students to memorize material – it helps them truly retain the material in their long term memory.

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Ramon Lopez:

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