

Want to increase your physical activity?

Dr. Julie Patrick and members of the Healthy Aging Lab are recruiting adults to participate in a health coaching study.

To be considered for the study, complete Part 1, the Health Behavior and Behavior Change Survey on Sona (students may be able to receive up to 1 hour of research credit).

Leave your email address to be contacted for Part 2.

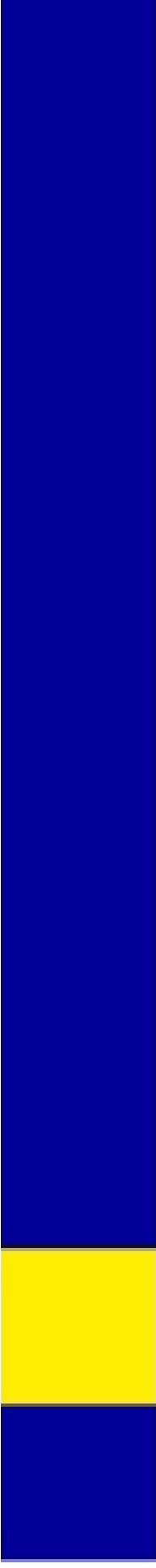
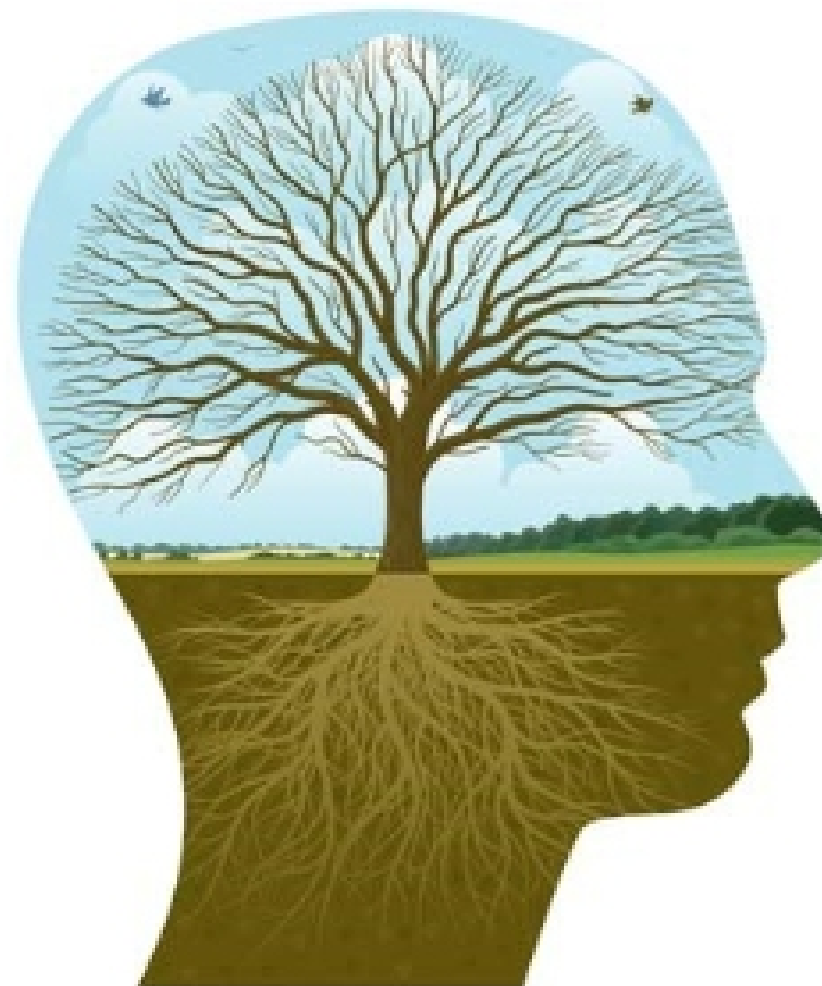
Adults completing Part 2 may receive up to \$100.

For more information, contact Dr. Patrick at

Julie.Patrick@mail.wvu.edu

WVU IRB acknowledgement is on file

Developmental Theory



Theories of Development

- Scientific method - A four-step process
 - **Conceptualize** a process or problem to be studied
 - **Collect** research information
 - **Analyze** data
 - Draw **conclusions**