

COMPONENTS OF ¡A SU SALUD!

WHAT ARE THE COMPONENTS AND WHERE DO I BEGIN?

The three components of *¡A su salud!* were designed to be viewed as parts of a whole rather than as ancillaries to each other. Recognizing that print, multimedia products, and the Web all have different capabilities and that students have different learning styles, the authors of *¡A su salud!* decided that although the content of the course would revolve around the *Historia*, none of the components would be more essential than any other. As you will see from the descriptions below, each of the three components contains important information and exercises designed to help you strengthen your Spanish skills.

THE DVD

All activities on the DVD revolve around the *Historia*, the *telenovela*-style drama in eight episodes. On each unit of the DVD you will find activities broken down into several categories:

- **Preparación**—These activities and exercises prepare you to watch the unit's episode of the *Historia*.
- **Historia**—This section contains a summary of the last episode (except for *Unidad 1a*) and the unit's episode of the drama.
- **Repaso**—The exercises in this section are designed to ensure that you understood both the plot of the *Historia* and the grammar and vocabulary used within it.
- **Aplicación**—These exercises use a combination of new videos and clips from the *Historia* to help you apply the language lessons you have learned within specific health and cultural contexts.

THE CUADERNO

The *Cuaderno* is the student textbook/workbook. In the *Cuaderno* you will find grammatical explanations, exercises, and information designed to help you better understand the *Historia* (and ultimately your patients and clients). Each unit of the *Cuaderno* contains the following sections:

- **Note to the Student**—This section provides you with strategies for learning and using language in a variety of contexts.
- **Vocabulario**—This section complements *Preparación: Vocabulario* on the DVD by providing you with several opportunities to practice using the terms featured in the unit.
- **Terms and Expressions**—This section provides lists of health-related vocabulary words and expressions used in the grammar explanations and exercises from the *Principios* sections of the *Cuaderno*.
- **Principios**—This section provides you with detailed explanations of the grammatical structures featured in the unit and opportunities to practice using these structures.

- **Más allá**—This section contains further reflections on how communication goes beyond grammar and vocabulary. It is intended to complement the unit's *Preparación: Más allá* presentation on the DVD.
- **Entrevista**—This section, presented in English, is designed to help you better understand the unit's *Aplicación: Lengua Entrevista* on the DVD.

You will need to have the *Cuaderno* handy when reviewing the *Concepto importante* in *Preparación: Principios Lengua* and when completing *Aplicación: Lengua Entrevista* on the DVD.

THE WEB

On the Web you will find both your class site and the *Recursos* Web site. Although all of you will have access to the *Recursos* Web site, not all of you will have a course Web site. This will depend on your instructor and institution.

- **Course site**—This site contains your syllabus, ways to communicate with your classmates and your instructor, discussion forums, extra exercises to help strengthen your language skills, and links to helpful Web sites.
- **Recursos**—This site serves as a portal for *¡A su salud!* and contains links to helpful language, culture, and health sites. Your instructor may also occasionally direct you to specific sites within *Recursos*.

ACTIVITIES AND EXERCISES


The language exercises in the *Cuaderno* are ranked according to their degree of difficulty and are designated by chile pepper icons. Most of the exercises that follow the explanation of grammar points begin with a level of difficulty that will require you to remember forms and words in isolation. These are “One Pepper” exercises. At the end of each *Cuaderno* unit, there are exercises that will require you to pass judgments on events and to extrapolate and imagine what is not apparent in the text. These are “Four Pepper” exercises. All of the *Cuaderno* exercises are identified with one to four peppers, according to their degree of difficulty. The difficulty of the exercise depends on the skills that are required to complete it successfully.


You will quickly discover where your comfort zone lies. Use exercises in a lower ranking to refresh and expand what you know. After you finish the exercises at your level, try out the higher levels to apply what you have learned. We hope that you will enjoy learning with this *Cuaderno* and will learn something new every time you come back to its pages.


LEVELS OF DIFFICULTY: RANKING THE EXERCISES


If you were learning to ski, you wouldn't immediately jet off to Aspen and try out the extreme slopes of Ajax Mountain. You would begin on the bunny hill (although it might seem like a precipice to you!). While none of the exercises in *¡A su salud!* will land you in the emergency room with a broken leg, their degree of difficulty is rated so that you can quickly decide whether or not an activity is appropriate for you. You will learn to identify the exercises that relate most comfortably to your level of accomplishment in Spanish. If after reading the explanation of the levels below and trying out a few of the exercises, you feel that you are at Two Peppers, you can safely skip One Pepper exercises (unless you hit a particularly difficult area for you, in which case you may want to do the One Pepper exercises for practice). This does not mean, however, that you should stay in your comfort zone; you should always strive to challenge yourself. Later on, after you have been speaking Spanish with your clients and patients for a while, you might want to come back to these exercises and try out the Four Peppers.

PEPPER RATINGS

 One Pepper exercises focus on the basic forms of the language—for example, the vowel changes in the stem of irregular present tense verbs. Examples of activities at this level are “Fill the blanks with the correct verb” and “Decide whether what you hear is right or wrong.” The target skills are memorization, recall, and recognition of basic forms.

 Two Pepper exercises challenge the learner to link words and phrases to form meaningful sentences. Examples of activities at this level are “Complete the sentence” and “Answer the question.” The target skills are all the skills required in One Pepper exercises and recognition of the relationship that parts of the sentence have with each other. Two Pepper exercises will also include active vocabulary (vocabulary featured in the unit).

 Three Pepper exercises look at the content of the sentences within the context of speech. Examples of activities at this level are “Listen to the subject and write what the person said in your own words” and “Listen to the description of a situation and decide whom it refers to.” The target skills are all the skills required in Two Pepper exercises and the ability to make inferences based on the unit's key vocabulary and grammatical structures. Most of the activities found on the DVD are Three Pepper exercises.

 Four Pepper exercises address the application of language within the context of *¡A su salud!* and in daily life. Examples of activities at this level are “Read the following note and, based on what you know about the situation, improve the text so that it is clearer and avoids misunderstandings” and “From your own professional point of view, was the patient's complaint valid?” The target skills in Four Pepper exercises are all those in the Three Pepper exercises as well as an understanding of the cultural context of the situation. You are asked to make inferences, imagine alternatives, and make suggestions as well as to recognize bias, identify an unreliable narrator, pass judgment on a complex situation, and defend your point of view.