

Class Reflection 3-2-1 Due by April 16

No unread replies.No replies.

Congratulations on reaching the end of your journey through *Principles and Methods of Effective Health Education*! In this forum, consider where you were in your development as a health educator prior to this course. What new learning has take place over the semester? What do you feel are your strengths as a health educator at this point and in what areas do you feel you need to improve your practice? How do you plan on improving upon these areas? Please respond to the following in your posted reflection:

3: what are three key new areas of learning that you will take away from this course? concepts, strategies, ideas, resources, aha's, etc...

2: what two areas do you want to learn more about and why?

1: what is one takeaway from this course that you can and will implement immediately or as soon as possible? How will you do it? What do you expect to be different when you do?

It is NOT necessary to respond to others' postings for this one! This is just a one-way sharing, open to the class.

3: I was literally introduced to the concept of skills-based health education two days before our course began, at a workshop led by our textbook authors. Their ideas piqued my interest and it did not take long before I was entirely on board! I have found it enormously helpful to learn the steps of skill development during this course, especially providing students with multiple authentic opportunities to practice skills. I also learned about the importance of using data to drive curriculum decisions. I had not taken the time to dig into data before but now I see it is a critical component of my work. Finally, the concept of functional information was new to me. Although I had a hunch that students don't need to know all the ins and outs of gingivitis and amino acids, I lacked a construct for choosing which information mattered. Weaving relevant functional information into a skills-based curriculum pulls the different elements of health education together for me and will make it easier for me to proceed in a coherent, meaningful way next year.

2: I read the chapter on curriculum development with great interest. It was helpful but only began to answer some of my many questions. I look forward to learning more about developing comprehensive health curriculum this summer. I also would like to learn more about how to include lots of skills practice and summative assessments in classes that only run for thirty minutes a week. Although I think students enjoy my classes, I am clearly a new teacher and have so much to learn. I look forward to the summer months when I can review our textbook without the daily pressures of teaching and approach next year in a more confident, coherent way. I imagine that an amazing health teacher somewhere is making skills-based health work in spite of the time pressures. I'm not doing a very good job of this right now and I look forward to improving!

1: I have already begun implementing the skills-based approach in my 3-6th grade classes. In some respects, it's harder than the content-driven method because I think it's important to go through the steps with fidelity which is really challenging with our time and logistical constraints. At the same time, it makes planning simpler and adds coherence to the curriculum. As I have experimented with teaching skills this winter and spring, I've decided that I need to reference our textbook on a regular basis and

also be patient with myself! I think that I can provide students with a more meaningful, useful health class if I focus on skills and functional information but it will take me a long time—perhaps even years—before I can do it well. In the meantime, I am grateful for all that I learned in this course and excited to become a better teacher. Thanks to all for your help in this learning process!