Promoting Public Health Through Service-Learning

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Overview

- Context for presentation
  - Service-learning as a form of mentoring
  - Student and community benefits derived from service-learning and mentoring experiences
  - Collaborative community partnerships as a means to expand capacity building
  - University of Maryland's Community Kinections Program

Service-Learning

- "A class-based, credit bearing experience in which students participate in an organized service activity that meets a particular need of a community."

Stevens, C. (2008). Service learning for health, physical education, and recreation. Human Kinectics, Champaign IL

Student Benefits Derived From Service-Learning

- Personal
  - Self knowledge
  - Reduces negative stereotypes
  - Spiritual growth
  - Reward of helping others
  - Career benefits
  - Changes in personal efficacy

- Interpersonal
  - Reduces negative stereotypes
  - Working with others
  - Change in leadership skills
  - Community connections
  - Connections with peers
  - Connections with adult staff

Community Benefits Derived from Service-Learning

- Increased efficiency, quality of services or extent of services offered

- Increased access to university resources

- Improved relationships with the university

Mentoring

- "A personal developmental relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person."

www.wikipedia.org

Student Benefits Derived From Mentoring

- Increases high school graduation rates
- Lower high school dropout rates
- Healthier relationships and lifestyle choices
- Better attitude about school
- Higher college enrollment rates and higher educational aspirations

- Enhanced self-esteem and self-confidence
- Improved behavior, both at school and at home
- Stronger relationships with parents, teachers, and peers
- Improved interpersonal skills
- Decreased likelihood on initiating drug and alcohol use

www.findyouthinfo.gov

Mentor Benefits Derived From Mentoring

- Increased self-esteem
- A sense of accomplishment
- Creation of a network of volunteers
- Insight into childhood, adolescence, and young adulthood
- Increased patience and improved supervisory skills

www.findyouthinfo.gov

Importance Considerations When Working With Youth

- Difference makes a difference

- Inverted values in student/adult relationships

- Multifaceted impact of mentoring relationships

- Appropriate matching of interest, personalities, and values

Working Successfully With Young People

- Listen
- Make no excuses
- Take risks
- Rethink what you do
- Challenge assumptions
- Offer opportunities to succeed

Human Development Through Mentoring/Service Learning

- Positive youth turn into positive adults
- Individuals chose different ways to make an impact
- Concept of positive youth development
  - Competence
  - Confidence
  - Character
  - Connection
  - Caring

Developing Collaborative Community Partnerships

- Five C's of Community partnerships
  - Communication
  - Commitment
  - Compatibility
  - Cultural Understanding
  - Change

UMCP School of Public Health

- To promote and protect the health and well-being of the diverse communities throughout Maryland, the nation and the world through interdisciplinary education, research, practice, leadership and public policy.

Mission of Mercy & Health Equity Festival garners wide media attention

September 11, 2014 - The Washington Post, Associated Press, CBS and NBC Washington were among the nearly 200 national and regional media organizations that covered the Mid-Maryland Mission of Mercy and Health Equity Festival, sponsored by the Center for Health Equity and Catholic Charities, at UMD's XFINITY center on Sept. 5 and 6.

News reports highlighted the unprecedented community turnout to receive care, as well as the efficiency of the clinic and incredible need for affordable dental services.

UMD and UW Join Forces to Advance Diversity in the NIH-Funded Workforce

October 23, 2014 - COLLEGE PARK, Md. – The University of Maryland, College Park (UMD) joins the University of Wisconsin-Madison (UW) in leading a new research mentor and mentee training initiative funded by the National Institute of Health's (NIH) National Research Mentoring Network (NRMN). This mentoring network is part of a recently announced NIH grant for $31 million to support the "Enhancing the Diversity of the NIH-Funded Workforce" program, which will develop new approaches that engage researchers from racial and ethnic minority backgrounds in biomedical sciences, and prepare them to thrive in the NIH-funded workforce.
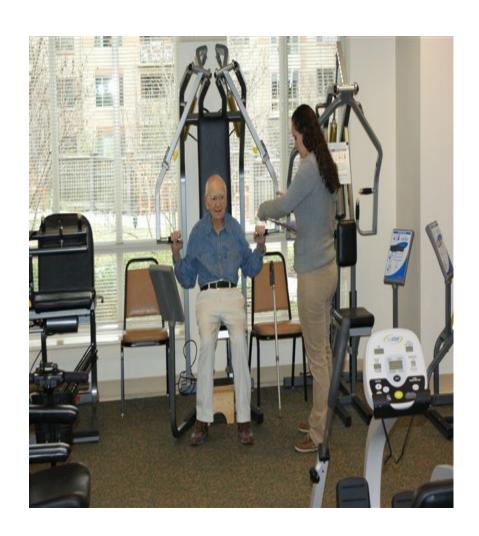
Community Kinections Program

- Community Kinections aspires to facilitate the active engagement of Kinesiological Sciences majors in the pursuit and provision of service to the local community.

Community
Kinections

Join the Kinesiology
department's student group and
provide service to our community

The first meeting will be:
Thursday, March 25th
6:00pm
Friedgen Family Student Lounge

Learn information and enjoy FREE FOOD!

Healthy People 2020

- Goals
  - Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death
  - Achieve health equity, eliminate disparities, and improve the health of all groups
  - Create social and physical environments that promote good health for all
  - Promote quality of life, healthy development, and healthy behaviors across all life stages

www.healthypeople.gov

Empowering Healthy Physical Activity

- Fulfills a general education requirement for "Scholarship in Practice"

- Offered only during spring semester to coincide with 'Visit Maryland Day"

Experiential Learning

- Fulfills a graduation requirement for students in major
- Requires students to complete three hours a week of community service for 11-12 weeks

Promoting Public Health Through Service-Learning

- Assisting in areas where disparities in health are experienced

- Serve as role models for young people in the community

- Allows community organizations to expand the capacity of services offered

Experiential Learning Quotes

- "I hear and I forget, I see and I remember, I do and I understand" --Confucius

- Tell me and I forget, Teach me and I remember, Include me and I learn" --Benjamin Franklin

- Learning is experience. Everything else is just information" --Albert Einstein

- Teaching is leading students into a situation that they can only escape by thinking" --Unknown

Moving Forward

- Who Mentored You, Thank Them, Pass it Along

- <u>Be</u> Someone Who Matters, <u>To</u> Someone Who Matters

www.hsph.harvard.edu/chc/wmy

Thank You