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.”

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.
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.
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

• Be Someone Who Matters, To Someone Who Matters

www.hsph.harvard.edu/chc/wmy
Thank You