

Service Learning Project
Health Psychology (Psy 4650/5650)
Dr. Catherine Crooks

Students in Dr. Crooks' health psychology class develop and present a series of health promotion workshops at St. Clair Street Senior Center. This allows students the opportunity to apply the principles and theories of health psychology to a "real life" situation. Students reflect on their experience throughout the semester through class discussions and write a reflection paper at the end of the semester detailing their experiences with the project. Service learning not only benefits the students but benefits the program participants as well. I have received excellent feedback from program participants and the health facility calls me each year and invites us to participate.

General Information (Sample from Spring 2005)

This service learning class project entails developing three (3) comprehensive health-related workshops for St. Clair Senior Center.

Workshop dates: **Tuesday, April 5, 3:00 – 4:00 pm**
Tuesday, April 12, 3:00 – 4:00 pm
Tuesday, April 19, 3:00 – 4:00 pm

The class will be divided into 3 large groups (approximately 7 - 8 students in each group). Each group is responsible for developing one of the workshops. Within each group, specific group members have specific responsibilities. These include:

(1) Research group: Responsible for gathering research and background information on topic(s) to be presented. Also responsible for helping develop activities and audiovisual materials. (2 people).

(2) Preparation group: Responsible for preparing workshop and presentation information. You should prepare final materials for your preparation group that are thorough; not just in outline form. You will also be responsible for coming up with ideas for interactive activities and preparing audiovisual materials such as overhead transparencies and handouts. Note: Material must be turned into me for review prior to giving your final materials to presentation group. (2 – 3 people).

(3) Presentation group: Responsible for developing interactive activities and conducting workshop (2 people). Also responsible for helping preparation group develop activities and audiovisuals

- 1) Summarize your role in the service learning project
- 2) What did you like about the project?
- 3) What did you dislike about the project?
- 4) What did you get out of participating in a service learning project?
- 5) What do you think the workshop participants got out of the project?
- 6) What “life lessons” did you gain from participating in the project?
- 7) Please add anything else you would like to comment or reflect on