

Patrick Higgins

Dr. V

Reflection

This course was quite interesting. I have found each of Dr. V's courses have challenged me to truly take something away from them. Health Communication was no different. While I am not a model student, I get passionate about topics I enjoy researching. The style of Dr. V's courses have always been enjoyable. The class is usually based around slides with a brief lecture. However, this course as well as others with her have been very interactive. Dr V consistently prompts the class with questions to create a thorough discussion. The COVID-19 pandemic has affected all of us. Personally, it has made it very difficult for me to feel as though I am involved in my schoolwork. I often find that if I do not enjoy the style of the class, my ADHD will kick in and I will zone out. Other than this course, I am yet to take a remote class in which I enjoy the discussion and participate regularly. The relevant content of this course, as well as Dr. V's prompts made me a regular participant in class discussion. This course was at 8am, and I missed a good amount of our class sessions. Dr. V has always taken the time to work with me anytime I have asked for her help. Despite missing various assignments, I still felt like my thoughts were always welcome in class discussion. Many of my instructors did not give classwork or homework often, some even did not take attendance, instead opting for semester-long projects to constitute a large amount of our grade. This made some of these classes feel like I was not truly learning anything. In 341 we were expected to apply what we had learned through class discussions in post-assignments. Along with this, the supplemental work we were tasked with (such as the case studies) made me apply what I had learned. It was also nice that we were given such a structured schedule in regard to our final project rather than just being provided a due date

and instructions. Thank you so much Dr. V for working with me this semester. It is clearly an odd time to finish an undergraduate education, yet your courses have been very enjoyable.

Marcus Gatson

Reflection Paper

At first I wasn't really interested in the Team Service Learning Project, more so because I didn't really know what route to take which was frustrating. However, once my former partner Gaby shared some ideas and helped come up with a plan I became excited to complete this project. It was nice knowing that even though we couldn't physically be there to help Beyond Your Walls Inc., we could still make a powerful impact with the brochures/flyers that we made for the Non-Profit Organization. This project was like any other experiences in previous experiences we had just talked about Non-Profit organizations but this is my first time being able to actually help and make a change in the Salisbury community. As far as future goals go, I don't have any plans related to this type of project but I would definitely be open to helping out any similar type of organization that might be in need of help with their social media.

The most memorable experience I had this semester was definitely the Team Service Learning Project and being able to work with my partners and bounce off each other with ideas so we could come up the perfect way to help improve Beyond Your Walls Inc., social media. I also enjoyed making the brochures, I was really passionate about it and took my time making it because I knew it could be helpful. I definitely have interest in future projects, projects are my favorite thing about Dr. V's classes. The social impact is not only for people of Salisbury but now this can be posted on their facebook page and hopefully other platforms in the future. This spreads awareness and could potentially help people in other areas as well. I'm hoping in the future people across the country are able to do the same thing Leslie from Beyond Your Walls Inc., have started and even will be able to expand on it.

Tiffany Cutson

Reflection Paper

When we were given this project and were told to choose one health concern in society, I immediately thought to choose COVID-19. It is the widest talked about issue in the world right now and for this reason, is why I was so interested in learning more about it. Never in the world have we ever seen a disease like this one, you have to be crazy not to be interested in it! I figured that choosing a topic that is talked about every single day, and changes every single day, would make this project better and more enjoyable!

When comparing this experience to other experiences I've had, I would say this was definitely one of the more enjoyable projects I've done in college. I really enjoyed focusing the project on something that was so prevalent in our everyday lives and something that so many people care about. Also, working so closely with Seth and Andrew definitely made the experience better and more fun to work through, we all worked together very well. In relation to my future goals, I think this project showed me how to work closely with people having not met them and not being with them in person. Throughout life, you have to work with people who you do not know and sometimes over the internet, so having to do it for this project was a good warm up to that and I think it will definitely help me in the future.

Throughout this project, we definitely all contributed equally. We worked together to complete the various activities that had to be completed throughout the semester. I would complete one, Seth would do the next one, and Andrew would do the next one. When it came to the portfolio and the PowerPoint, I completed one of the sections of the portfolio and 3 slides of the PowerPoint and the two of them split up the rest of the work to ensure everything was

divided evenly between the three of us. And since I couldn't make the presentation, I submitted myself presenting the PowerPoint in order to ensure fair contributions.

I would say that my most memorable experience throughout this project was watching it all come together in the end. We started the project kind of struggling to click and struggling to complete the tasks assigned to us. By the end of the project, I would honestly say we gained a friendship and did a very good job of completing the assigned tasks in a timely manner. It was cool to see a project start off rough and all come together in the end successfully. The most important lesson I got out of this project was that even when not being able to meet people face to face, or even even work on a project with those people in person, it is still possible to complete it successfully and even have fun while doing it. I will remember this for future projects while still tackling college online.

When thinking about future projects in college, I would definitely be interested in focusing another project on COVID-19. I would be interested in this because now that it has hit us, I believe it will always be something that people talk about and wonder about. I think it is such an interesting topic and I feel that a lot of people feel that way, and I believe doing a project on something you are genuinely interested in makes all the difference in the world. There is definitely a lot of social significance throughout this project, as well as throughout others. When being paired up to work on a project with strangers it is very important that you communicate effectively with them in order to successfully complete the project. Also, a big part of this project involved communicating with our community organization in order to get our artifacts in an area for people to view them.

Thank you for the opportunity to do this project!

Parker Mitchell

COMM 341

18 December 2020

Reflection

For the project, my group chose to focus on mental health issues and substance abuse. This topic was important to each member of the group in different ways. For me personally, I have close family members who are currently in the ongoing battle against mental sickness. Another reason this topic was important to me is because of the stigma around the topic and how in our culture it is not easy for those who are struggling to speak about it publicly, thus leading to repressing the feelings and doing further damage. Compared to previous experiences I cannot say I have done anything like this during my tenure at Salisbury. I enjoyed how this project gave us the ability to make a change in a selected community. We chose Baltimore because it is an area that is familiar to each member of the group so we all have the people's best interest in mind and considering the current climate of Baltimore city there are definitely a lot of issues that need to be solved. I think this project will be relevant for my future because I will use this experience to further my professional career and hopefully one day be in a position to make a bigger impact in the community and be a major force for change. I feel as though my biggest contribution to the project was researching the statistics in the area and sifting through various studies to gain an accurate picture of the problem and specify the numbers to the area we planned to help. I also contributed $\frac{1}{3}$ of the portfolio, specifically the flyer focused on what to do when feeling overwhelmed. The most memorable experience was working with Neila Parrish because she is a very experienced and reputable source for the frontline battle with pain, substance abuse, and mental health trauma. Speaking with her about the issues the community currently faces and the

various ways the Baltimore Pain Center combats stated issues. The lesson I took away was that the battle never stops and it is constant mindset healthcare providers and activists must have to ensure the issues never get overlooked and people do not stay in dark places. I think our efforts will have impactful social significance and I am proud of the work our group did in order to aid in a fight that has affected my loved ones.

Savannah Deise

Reflection paper

I was interested in this project because it pertained to my major relating to communication and health science. I thought this project stood out from my previous experiences with school projects since this one had us involved with real issues, the community, and with the goal of making a positive impact. My group worked with student health services on the subject of HPV to raise awareness and inform our peers about HPV vaccination. My future goal is to work in healthcare and have centered my research for my major on patient-provider communications with the goal of improving communication and relationships for better patient care outcomes. By doing this project, I was able to relate it to my future goals because raising awareness for vaccination is a way to improve the overall health of people and can prevent or lower the risk of health complications that would cause health issues or worsen other health related issues.

My group had to communicate with health services to find out the needs they had for accomplishing this goal. After that, we researched HPV and vaccination to find relevant information in order to make brochures, fact sheets, posters, videos, and social media posts as our contribution to our service-learning project. My most memorable experience from this was finding out how many people aren't vaccinated against HPV. I remember getting vaccinated when I was in my early teens and was surprised it wasn't as common as I thought it was and how many adults still aren't vaccinated. The important lesson we learned from this was how important it is for awareness to be raised on topics like these because a large amount of people simply just aren't informed and once they learn their opinion can change and cause them to make better health decisions like to become vaccinated. I would be interested in future projects like this with student health services and other organizations to possibly target other groups or health issues within the community to raise awareness and inform. Service-learning projects like this have important social significance. Improving people's health by preventing risk factors and spread of disease was our goal and by raising awareness through health services, we were able to do our part for our community in accomplishing this.

Connor Goings
Dr. V
COMM 341
17 December 2020

Team RCM and COMM 341 Reflection

The health campaign project for this semester taught me a lot of lessons and allowed me to gain knowledge about health issues within our local community regarding our topic of Opioid Awareness. The reason we had interest in the topic was because during the beginning phases of our campaign in the month of October, it was Opioid Awareness month. As a group we knew we were all going to be able to touch on the importance of the issue and make it relatable to the course concepts. I have never done a campaign project like this before, but I have had to reach out to community members for projects in other courses. I think it is a good chance to get involved with the surrounding community and have that important awareness. The class will benefit me as I go into the career world after I graduate on Saturday because I have gained a lot of knowledge about communicating about health that I can use in my everyday life. One of the most memorable experiences I have had throughout the semester in this class was the connection that our team had with Wicomico County Goes Purple representatives. I was truly amazed at the quality feedback they gave our group and how we used it effectively to our advantage. Both Ryanne and Maura were amazing team members, and both went above and beyond the standard! The team met via Zoom and all team members were present during each meeting time. We all communicated very well through a group chat and divided the work up. Our ideas all meshed to create one overall outstanding product. Thank you to both Ryanne and Maura for their hard work during these challenging times to do a group project!! Our health campaign has a huge social significance because the issue of opioids and the misuse of them is very prevalent in our community. I hope that our artifacts will be useful to the community and help save the life of

someone in need. I have enjoyed this course and everything we have learned throughout this semester about health communications! Thanks so much!

Rachel Svites

Reflection Paper

I became interested in this project because we had just learned that people with low socioeconomic status do not have access to healthy and affordable food. We also learned that these people develop diseases like obesity, heart disease, and high blood pressure because they cannot afford nutritious foods. I have never thought that healthy food is typically only available to people with high socioeconomic status. I have volunteered a lot in my life, I was in girl scouts, and we spent a lot of time volunteering. This experience compares to my previous experience because of the knowledge I have learned about in class. When I was younger, I volunteered because I was told to do so, but it felt amazing getting to choose the cause I wanted to support for this project. This class and project are relevant to my future goals because one day, I plan to be the mayor of a town. I have no clue where this town is going to be, but this has been a dream of mine for a few years. I love creating new ways for my community to thrive, and this project has reminded me that I need to volunteer more in my community. My role in carrying out this project was that I communicated with our volunteer coordinator. I was the main person who was emailing him back and forth. I coordinated all the events with our volunteer coordinator to ensure that our ideas could be carried out. The most memorable experience for me was coordinating with my community to gather all the food. It was so rewarding to see my community help me with this cause. The most important things I learned were how lucky I am not having to worry about something as simple as food and to start volunteering more. I love volunteering and meeting all the people I am helping. I also need to remember to stay thankful for everything I have because there is always someone who has less. As I mentioned before, I would love to run for mayor in a town one day. I will undertake similar projects because there is no better reward than helping my community members. This project has prepared me by learning

how to run and operate a food drive. I will be sure to have many more food drives to help my community now that I know how to execute one. The social significance of this project is that it has helped a whole community of people in need. My group and I were able to donate enough food for a bunch of families to eat. We contributed to a society where people with low socioeconomic status would be able to afford healthy and nutritious food. My hope is that we have made someone's Christmas a little easier. I am so happy that my group and I were able to give back to our community.

