

In May 2018, I will graduate with my Bachelor of Science in Health Education from the University of Florida. My courses, internship experiences, and extracurricular activities have prepared me to become a competent health educator with a focus in community health promotion. I am confident in my abilities to serve my community in all seven of the Responsibilities and Competencies for Health Education Specialists, as outlined by the National Commission for Health Education Credentialing, Inc (NCHEC).

In my portfolio, I included three of my best academic works. The first is my final project from HSC4713 Planning and Evaluating Health Education Programs. The purpose of this project was to create a health education/promotion program, including all of its corresponding components. I chose to create a program that provided an adapted sports league for people with disabilities in the Gainesville, Florida area. I received 133.7/140 points on this project, which translates to a 95.5% grade (A).

The second academic work is my StrengthsFinder 2.0 paper from HSC4800 Health Education Professional Development. For this assignment, I completed the Clifton Strengths assessment, which identified my top five strengths. My paper focused on exploring my strengths (Achiever, Discipline, Focus, Responsibility, and Relator), identifying potential “blind spots” and weaknesses, as well as an exploration of a famous maxim. This assignment proved incredibly important to me from a personal and professional standpoint. I learned the importance of focusing on my strengths, and working to fully develop those strengths. I received 49.5/50 points on this essay, which translates to a 99% grade (A).

The final academic work is my Health Promotion Program Team Project from HSC4302 Methods and Materials of Health Education. I was the “point person” for this project. In addition to completing my assigned share of the work, I was also in charge of collecting each group member’s work and combining it into one cohesive project to submit. I completed the following components of the project: the developmental section, the supplemental section, the conclusion, and slides 1, 2, 7, 8, 9, and 10 of the PowerPoint presentation. My team and I received 34.5/40 points on this project, which translates to an 86.25% grade (B). The instructor feedback provided important information regarding my strengths in terms of preparing a health promotion program, as well as identified areas/skills that I should spend more time developing.

Another section of my portfolio includes three of my best projects completed during my full-time health education internship with the Center for Independent Living of North Central Florida (CILNCF). The first work is a lesson plan and presentation created for the Independent Living Skills class. This class meets once a week, and is open to anyone with a disability that wants to learn skills about living independently. The lesson I created and delivered focused on the importance of staying hydrated. I also created and led an activity in which the consumers created charms that they could hang on their water bottles. I received high remarks from my supervisor.

The second work is a lesson plan created for the High School High Tech (HSHT) program. This program aims to teach public high school students with disabilities about skills they need to develop in order to attend and excel in college, as well as to obtain a job after they graduate high school/college. I created a lesson plan to teach the students how to build a strong resume, and I created a template that the students used to create a rough draft of their resumes. Knowing how to create a strong resume is essential for applying for college, as well as employment opportunities, which can increase the quality of life for these students.

The third internship work is another lesson created for the Independent Living Skills class. I spent the majority of my time during the internship working with this program. This lesson focused on how to do laundry, as well as the basics of sewing. While this might not seem like something health related, it is actually important for many people. It is important to have clean, mended clothing in order to avoid disease, illness, and to set one's best foot forward when it comes to getting a job or volunteer position. I created the lesson plan and PowerPoint presentation, and I led the activity where I demonstrated how to sew a button onto clothing while the consumers followed along. I also helped the consumers in making their own sewing kits that they were able to take home and use.

Another section of my portfolio includes four extracurricular activities that I took part in during my undergraduate career, which had the greatest impact on me professionally. I first highlighted my experiences with Eta Sigma Gamma (ESG), National Health Education Honorary. I then included my experiences with the Dream Team, a club that aimed to brighten the lives of children in the Pediatric Cardiac Intensive Care Unit at UF Health Shands Children's Hospital. I also detailed my experiences in Phi Mu sorority. And, finally, I presented my experiences associated with the completion of Gatorship. Each of these extracurricular experiences shaped me and grew me into a more confident, culturally competent professional.

The final section of my portfolio is my reflective assessment of all experiences during my time at the University of Florida. I reflected on all activities and accomplishments from my undergraduate career, including lessons learned. Truly, it was refreshing to look back on how far I have come (personally and professionally). Writing this section provided a positive sense of closure for my undergraduate studies at the University of Florida.