

Let us get learning outside the classroom! Supporting students through immersive practice and learning.

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Introduction and Background

- Opportunities 'outside the classroom' were explored for final year Public Health & Health Promotion and Health Science & Physical Activity students relating to two modules in the final year of their undergraduate degree: 'Topics in Health Promotion' and 'Promoting Health in Specific Population Groups'
- Students were facilitated with the opportunity to attend a range of activities that the lecturer felt would enhance learning through immersive practice and 'real life' experiences

Immersive Experience 1 – i-Days Sligo Health Innovators Competition

Students participated in this 2-day cross disciplinary competition. Two students progressed to the European Finals in Vienna (pictured below)



Immersive Experience 2 – Cranmore Connects

Access to higher education symposium: Community Engagement and Mentoring
Students attended this 1-day event in Cranmore Community Facility in Sligo Town



What 'immersive experiences' did the students get to attend or participate in?

Immersive Experience 3 –

'Guys Get your Health in Gear' - Men's Health Awareness Roadshow Science Festival Week 2022
Students designed and led out on this Men's Health event on 9 areas pertaining to men's health



Immersive Experience 4 –

'One Good Friend' Pilot Evaluation of Jigsaw's new Mental Health Programme for the 3rd Level Sector
Students participated in a review of this programme content online and attended a 1-day pilot evaluation day with Jigsaw staff



Findings: What did students think of engaging in immersive practice learning experiences?

Three Key Themes emerged from qualitative thematic analysis of the students feedback they were as follows:

Personal Development



'Real life' insight



Career Awareness

"I thought it gave me a really good experience and will really help me in future when attending interviews for my future careers. I will be able to put into practice the knowledge I have gained through immersive practice opportunities"

"Learning by watching was brilliant here. I learned how different people use their skills...."

"...it was great to be part of something as important as this"

"I found them [immersive experiences] really useful, I have gained a lot more knowledge this semester with what our job will entail when we leave college"

Being a Reflective Educational Practitioner.....

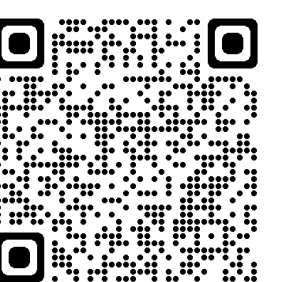
How did the lecturer feel after these 'immersive experiences' with her students?

- Students' engagement in 'out of class', external activities was excellent and enthusiastic.
- Opportunities to 'get outside the classroom' can be time consuming to organise but the benefits for our students professionally is very rewarding to see as a lecturer and educator working with them.

If you are interested in finding out more about these immersive experiences your students could benefit from outlined above, check out these links and QR codes:

European i-Days

<https://eithealth.eu/programmes/i-days/>



Cranmore Connects Community Mentoring Programme

<https://www.cranmoreconnects.ie>

Jigsaw's One Good Friend Programme

<https://jigsaw.ie>



Acknowledgement

Thank you to the students from the Faculty of Science for consenting for their comments and photos to be used in this poster presentation.
Thank you to the Equality, Diversion and Inclusion Team in ATU for supporting our students with their Men's Health Roadshow as part of Science Festival 2022