

RiP Reporting Form For Completed Projects

Title: Individualized Wellness Model

Researcher's Name(s): Doug Ward

Contact E-mail(s): warddou@siast.sk.ca

Location of Project: SIAST Wascana (Regina)

Abstract:

As the instructor of the group-based Wellness class, I was unhappy with the rate of student progress, the rate of retention, and final grades achieved.

In addition, learners themselves seemed displeased with the rate of progress of the class, and his/her inability to catch-up whenever classes were missed.

The current Instructional model used for many years did not seem the best model for the current learners. A different instructional model which might be more successful needed to be explored.

Current Principles of Adult Learning theory document that Learners possess prior learning skills many of which may be relevant to the current Wellness curriculum.

Many learners learn best at their own pace, in a safe environment and at his/her own rate of study.

Question Posed:

Could an independent modularized Wellness course be developed that would increase the rate of success for learners and increase both their understanding and marks in this subject area?

Brief Statement of Outcomes:

Learners' completion rate for Wellness increased by 25% and average grades by 14%, well above the Criteria of Success.

Method of Investigation:

- **Baseline for comparison**

Over the last 3 years an average of 14 learners successfully completed the group-based Wellness class each time it was offered. The class grade average for these classes was 75%. Could each of these values be increased significantly?

- **Data collection techniques**

Both the number of successful completers and the marks he/she achieved were recorded (statistical analysis) .

Students and instructors were both informally interviewed as to the positives and negatives of the new model (non-structured interviews)

Summary of Findings:

- **Criteria for success**

The new modules were to be developed and launched by April 2010.

Students were to complete both modules over a 5 week time frame.

At least 5% more students were to successfully complete the Wellness course with final marks at least 5% higher than in other years?

The modules were in fact developed and launched in April of 2010. By June 15, 2011 a total of 20 students had successfully completed both modules achieving an average mark of 89%.

Reflection On or Implications for Practice:

- **Obstacles**

Not all learners are self directed learners. To date, 5 learners have not completed both modules in the 5 week time requirement. In some cases students discontinued before completing both. Upon return into the program, he/she will receive credit for the module he/she completed which will enable him/her to progress more successfully than if a failing mark had been given in a group taught class.

Different Instructors are marking the modules which might lead to a slight variance in grades.

Some suggested Websites used have been removed and are no longer available to learners.

One learner indicated a preferred learning style for a group taught Wellness class,

- **Positives/gains**

Modules were developed independent of each other so the learner could sequenced them..

Learners completion rate for Wellness increased by 25% and average grades by 14%

The new model allowed ESL students to explore and develop newer vocabulary easily.

The new program allowed learners to use Prior Learning skills.

The new model allowed learners to develop and enhance their research skills.

Students were able to progress at their own rate of progress, and as such did more development work during after class times.

Students interacted more with other students and the general public while doing research.

Some of this research required students to interview older relatives and friends to explore

changes over time.

- **Next steps**

I would like to see these modules further developed to allow for more on-line self assessment and interaction tools.

I would also like to see a link developed that would emphasize current and world trends affecting Wellness such as current E.coli outbreak in foods in Europe.