

JOURNAL (8 pages) PHE 680 Journal Guidelines and Rubric

**Overview:** Journal submissions are **private** and between you and the instructor and may be shared with your practical experience preceptor.

Approach these activities as the following:

- An opportunity to reflect on and apply what you learn each week based on the assigned readings, discussions, and practical experience activities
- An opportunity to reflect and share your knowledge and expertise based on your public health coursework and professional experience(s)
- An opportunity for the instructor to provide timely and targeted feedback to you as you complete your final project for this course

As a professional, you will need good reflective and writing skills to be successful in the field of public health. These activities are aligned with the following course competency: Assess personal progress in attaining project goals within a public health setting. Journal activities offer you the opportunity to reflect on your progress within the project and make adjustments prior to the final submission of your project. The journal entries in this course are graded separately.

**Module Two** (2 pages)

1. Reflect on your experience at your practical experience to date and consider your accomplishments, things that may have surprised you, concerns that you have, and/or your biggest takeaways.
2. Reflect on barriers that you are worried you might face in completing your project. (Consider barriers such as a limited amount of time to work on the project, lack of funding or other resources, limited results or results that may take time to be established, lack of data, unclear project goals, and the inability to engage stakeholders and create buy-in for the project.) Consider talking to your preceptor or colleagues at your practical experience site to gain additional insight about the barriers they have faced at the organization. Reflect on how you might use this knowledge to:
  - a. Reflect on the leadership and interpersonal skills you might need to overcome the barriers
  - b. Reflect on how you might plan for these challenges in the future in your public health career

**Module Four** (2 pages)

1. Reflect on your experience at your practical experience to date and consider your accomplishments, things that may have surprised you, concerns that you have, and/or your biggest takeaways.
2. Review the foundational competencies and reflect on what competencies will work to best demonstrate the goals of your project.
  - a. Reflect on the goals of your project. In your reflection, consider the foundational competencies that are most aligned with these goals.
  - b. As you consider which foundational competencies to select, what resources do you think you will need to ensure that you have demonstrated each one?

**Module Six**

*(2 papers)*

1. Reflect on your experience at your practical experience to date and consider your accomplishments, things that may have surprised you, concerns that you have, and/or your biggest takeaways.
2. After you have conducted research for the methods section of your final project, reflect on the research process that you have engaged in so far. In your reflection, consider the following:
  - a. Where have you felt successful, and where have you encountered challenges or barriers?
  - b. Do you think there is enough research (quantitative, qualitative, peer-reviewed articles, etc.) already established on your topic?
  - c. What suggestions could you offer to your practical experience organization or to the field of public health generally to gather more research on the goals of your project in the future?

**Module Eight**

*(2 papers)*

1. As you start to conclude your practical experience for this course, reflect on it and your progress toward your project goals. What have been your accomplishments, and where have you experienced challenges?
2. Using the research methods that you selected, reflect on the research process for implementing your project goals.
  - a. Do you feel that you looked at enough resources to get enough perspectives?
  - b. Did you utilize all the different research types? How many did you use? Why did select the ones you did? Do you think they would be effective in communicating your message? Will your audience have a clear understanding of your project goal?
  - c. Reflect on any challenges that you might anticipate regarding the timeline that you established for implementing your methods.

**Rubric**

**Guidelines for Submission:** Submit journal assignments as Microsoft Word documents with double spacing, 12-point Times New Roman font, and one-inch margins. Journal submissions should be at least 1 page in length.

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