

HEALTH EDUCATION SAC

CORE OUTCOME: CRITICAL THINKING

CONCLUSION

During the Fall, 2010, SAC day, Health Education completed our critical thinking core outcome project.

Our selected project was our Nutrition assignment that is used by the majority of health education instructors at all of the campuses.

1. Did the assignment obtain the desired information? This assignment was determined to require critical thinking to collect, review and evaluate the data in the computer reports. Students also must demonstrate in writing that they understand the concepts and material. Instructors used the Holistic Critical Thinking Scoring Rubric for the first time to evaluate critical thinking by students. As a result, we observed that students were coming away with different levels of understanding. The Health SAC needs to ask ourselves is that what we want from the assignment.
2. Is the assignment useful for students? Overall, there are many benefits in having students use the My Pyramid computer program. We determined some of the tools in the program were a bit outdated and a little arduous to use. It might help for the SAC to explore other applications such as Daily Plate I-phone app.
Other modifications that need attention: The “feelings” section needs development and the detailed breakdown of all nutrients may not be as helpful as originally thought.
3. Can the students use the information? Yes. Students do reflect about the future of their food buying habits. Many students don’t buy their own food, but do respond with “When I do start shopping on my own...”
4. Can the grading be more specific using the rubric? Yes. Classroom and online. Instructors will assign specific points in the rubric.
5. Suggestions for improvement:
 - *Enhance the food and emotions component
 - *Have students suggest an actual diet they could create over the next several years.
 - *Make the structure and organization of the assignment less confusing.
 - *How will you change your diet as a result of watching the Bittman video?

*** As a direct result of SAC day discussion, we agreed that there were some organizational issues to address in order to improve student's critical thinking.

1. Switched the focus of the phases from the informational categories to the tasks.
2. Shortened and focused the overview instructions on the entire assignment to one page.
3. Have a stand alone instruction sheet just for the My Pyramid website.
4. Changed the wording around Eating Habits to match the data sheets.