****

**H310 Health Field Experiences**

**Course Handbook**

**Updated March 2023**



H310 Options

H310 now has two options, to either do a traditional 3 credit internship for the specified term, or to participate in a community project for the term. To compare the two options, review the syllabus on the H310 website.  Please note the classes are required for the on campus H310 and there are no classes required for the Ecampus section.

Community Project Option

Students selecting this option will not need to do anything prior to the term. The requirements for this option are provided in detail in the syllabus for each term, for the Ecampus and regular section.

Practicum Option

The practicum option will involve students securing a practicum site before the start of the term, and completing 45 hours during the term with the site, either remote, hybrid or on site, that agreement is between the student and the site. During the term, the student will submit the assignments detailed in the syllabus to Canvas. All of the course requirements will be virtual.

Electronic signatures are acceptable for the practicum forms.

**H310 Health Communication Resource Instructions**

**Practicum Option:**

* Discuss with practicum site an educational resource on a public health issue that would be helpful to the organization, and geared towards a specific target population.
* Read the resources in Canvas about health risk communication, health messaging, APA formatting, and creating effective messaging.
* Work with practicum site to identify the specific messaging, graphics, content around the public health issue for the specific population.
* Get input from the practicum site and target population on a draft of the educational resource and make edits accordingly.
* Submit final draft in Canvas and to the practicum site to use.

**Community Project Option:**

* Read the resources in Canvas about the public health issue for the term, and watch the video and complete the video worksheet to narrow down a more specific topic under the public health issue for the term, and a target population.
* Identify the type of resource to make through additional research on the specific topic and target population.
* Read the resources in Canvas around health risk communication, health messaging, APA formatting, and creating effective messaging.
* Identify local community organizations related to the topic to reach out to and discuss messaging, graphics, content around the public health issue for the specific population.
* Get input from the community organizations and target population on a draft of the educational resource and make edits accordingly.
* Submit final draft in Canvas and to the community organizations to use.

**Grading:**

**Message and Appearance:** 50 points: Grade for this section is based on the readability/appearance of the resource and tailoring the resource to a vulnerable population and health issue that is relevant to your H310 option. For readability, make sure to have a balance of words and graphics.

**Writing: 50 points**: Grade for this section is based on grammar, spelling and format/sentence construction and proper APA format for references, images, etc.

**H 310 Handbook Guidelines**

**Practicum Option: H310 is Pass/No Pass**

1. Start looking for a site as soon as you register for H310 (or before!). The public health related site needs to be able to give you 45 hours either remote, hybrid or in person.

2. Your practicum site needs to be secured before the term you will be doing H310. Many sites require background checks, drug tests, etc. and this can take some time, so please plan to secure a site well in advance in order to complete onboarding requirements at the site before the term.

3. You can work with two sites to complete these hours, as long as each one agrees to a regular schedule. If you have two sites, you must submit all required forms for both sites.

4. The site you select must be appropriate for public health, health promotion, and needs to be of interest to you. We cannot do affiliation agreements with sites since it is very few hours.

5. Throughout the entire practicum experience, it is important to follow through with the site and interact with the site in a professional manner. The same is expected of the site, and any concerns from either the site or student needs to be shared with the Instructor.

6. Partial credit, extensions and incompletes will only be given at the discretion of the instructor.

**Examples of Appropriate Public Health Practicum Experiences and Sites**

* Mentor at risk youth (Jackson Street Youth Shelter)
* Be a garden educator to youth/low income populations at community gardens (SAGE Garden, Corvallis Environmental Center)
* Help at a local soup kitchen or local shelter (Community Outreach, Stone Soup Corvallis)
* Help with outreach education (variable sites)
* Participate in community events related to specific health issues (homelessness, hunger, poverty, health disparities, etc) (variable sites)
* Help with existing programs at local assisted living facilities (variable sites)
* Activities/Events that allow you to interact with a target population while you provide a service related to that area of public health. (Meals on Wheels, Dixon Recreation Center, LOVE INC, Linn-Benton Food Share, Samaritan Health Services)
* Help with a mobile dental van or a low-income clinic (Boys and Girls Club)
* Collect/distribute food items/clothing for vulnerable populations (LOVE INC, Vina Moses, Linn Benton Food Share, etc.)

*Undergraduate Public Health Practicum (H310)*

*Summary of Requirements*

**Practicum Requirements:**

* 45 hours, 3 credits for one academic term.
* The practicum can be in person, hybrid or remote.
* The main project and focus of the practicum is regarding health communication and messaging and creating an educational resource (brochure, flyer, video, social media, etc.) related to a public health issue at the practicum site that the site ideally can use.

**Preceptor Requirements:**

* The supervisor needs a minimum of a bachelor’s degree in a field related to Public Health and cannot be a volunteer or family member at the organization.
* Meet with the student throughout the practicum and provide feedback.
* Complete the learning agreement, midway progress report and final evaluation with the student.

**Activities that count:**

* Develop Health Education Materials (flyers, brochures, social media, etc.)
* Health Communication and Health Outreach Activities
* Professional Development Activities
* Other Health Promotion and Health Behavior Related Activities

**Activities that do not count:**

* Coaching, athletic training, and/or anything kinesiology related
* Daycare: only taking care of children
* Faculty Research (only focused on research, no community involvement)
* Door to door soliciting
* Clinical (CNA, taking blood pressure, vitals, working on patients, etc.)
* EMT/Firefighting/first responder duties (firefighting, medical calls, etc)
* Activities that are part of a current job

**Tips for Success with the Practicum Option**

**1.** If you do the practicum option, check out community resources: Look at local events in your community, find out what is happening to see if there are organizations of interest to you that you can help with. Below is a link to get you started.

<http://www.oregonvolunteers.org/>

**2.** Make sure the site can provide you with enough hours and to establish a schedule to be able to meet the hours by the end of the term.

**3.** Assignments: Read the syllabus thoroughly and make sure you understand the expectations and deadlines.

**4.** Practice Professionalism: Please be aware that you are representing OSU in your site, and it is important to follow through with your commitment and uphold professional standards of conduct. Cancelling on your site and unprofessional conduct will not be tolerated and can result in a no pass grade.

**5.** Communicate with the Instructor. If there are concerns with the site, or there are changes with hours, etc. please contact the Instructor right away to work on solutions. It is important that the site also follows through with their commitment and professionalism as well.

**6.** Make sure to login regularly to check Canvas and your OSU email! Any updates or helpful reminders will be posted either in the announcements section or sent out via email, so please check both regularly.

**7.** Back-up Technology Plan: Since this course utilizes Canvas, it is important to have multiple sources of technology identified to use, in case your primary source experiences issues. Please identify a back-up resource.

**8.** All documents need to be uploaded in docx, doc or pdf.

**9**. Academic Dishonesty: Please see the link on academic dishonesty and make sure you understand the definition and different types of academic dishonesty: <http://studentlife.oregonstate.edu/studentconduct/students>

**10.** Give yourself adequate time! With the assignments, please make sure you give yourself adequate time to complete them before the deadline.

**11.** Have fun! This is a great opportunity to work with a community partner!

**H 310 Handbook Guidelines**

**Community Project Option: H310 is Pass/No Pass**

1. There is nothing that needs to be done before the term starts.

2. Once the term starts, make sure to read/watch all of the resources right away on the public health issue in Canvas. You need to keep track of all of the hours you spend on H310 work and assignments, including researching, reading/watching resources, participating in meetings, etc. to make sure you reach 45 hours at the end.

3. You will need to select a target population and this can always be modified especially after input and suggestions.

4. Once you have the target population clearly defined, and the communication resource you want to develop (brochure, flyer, etc.) then you can develop it gather information through talking with the stakeholders/community organizations, other H310 students, the Instructor, additional research, etc.

5. Throughout the entire experience, it is important to follow through with the site and interact with the site in a professional manner.

6. Partial credit, extensions and incompletes will only be given at the discretion of the instructor.

**Tips for Success with the Community Project Option**

**1.** Make sure to respond in a timely manner with emails.

**2.** Make sure to keep track of hours and establish a schedule to be able to meet the hours by the end of the term.

**3.** Assignments: Read the syllabus thoroughly and make sure you understand the expectations and deadlines.

**4.** Practice Professionalism: Please be aware that you are representing OSU, and it is important to follow through with your commitment and uphold professional standards of conduct.

**5.** Communicate with the Instructor. If there are exceptional reasons for not being able to attend class, please make sure to let the Instructor know right away to establish a makeup plan. If you experience challenges during the term, please also let your Instructor know right away.

**6.** Make sure to login regularly to check Canvas and your OSU email! Any updates or helpful reminders will be posted either in the announcements section or sent out via email, so please check both regularly.

**7**. All documents need to be uploaded in docx, doc or pdf.

**8**. Academic Dishonesty: Please see the link on academic dishonesty and make sure you understand the definition and different types of academic dishonesty: <http://studentlife.oregonstate.edu/studentconduct/students>

**9.** Give yourself adequate time! With the assignments, please make sure you give yourself adequate time to complete them before the deadline.

**10.** Have fun! This is a great opportunity to work with a community partner and provide resources for them to use!