

HONORS IN ACTION PROJECT PLANNING AND REFLECTION MODEL

This worksheet is designed to complement an Honors in Action Journal (see page 5 of the 2010/2011 Honors Program Guide) and to prepare the chapter to submit Hallmark Awards entries.

SAMPLE MODEL



**The Phi Theta Kappa Experience:
Honoring Scholars,
Building Servant Leaders**

ISSUE

What issue and/or study question of the current Honors Study Topic did you select? *Issue 3 - How does the dissemination of information influence the individual and community? Question 10 – What impact has the democratization of information had on our time management and quality of life?*

Why did you select this issue? *We wanted to determine the extent to which “information overload” affects our quality of life by causing health issues and if our chapter could help to reduce either information overload or stress in the local community. Information overload is defined as stress induced by the reception of more information than is necessary to make a decision (or that can be understood and digested in the time available) and by attempts to deal with it with outdated time management practices (BusinessDictionary.com). We believed that we could provide useful information regarding the correlation between time management, information overload, and the quality of life.*

RESEARCH SOURCES

What academic publications and experts will you consult? (A minimum of 8 is recommended.) Write a brief description of each source in your journal.

“CrazyBusy: Overstretched, Overbooked, and About to Snap!” by Edward Hallowell, MD

Lifeline Chiropractic – Dr. Tammy Costello

WebMD

IORG (iorgforum.org)

Donna Stead, Yoga Instructor

“The Overspent American” by Dr. Juliet Schor

“May I Have My Attention Please”, AARP Magazine, July/August 2010

MindTools.com

Time-Management-Guide.com

William Van Winkle – “Information Overload” (www.gdrc.org/icts/i-overload/infoload.html)

HGTC Nursing Professors Pamela Dozier and Dana Reece

Coastal Carolina University Nursing Professor Dr. Sharon Thompson

www.helpguide.org

“The Overworked American” by Dr. Juliet Schor

What needs did you discover through your research? How did your investigation lead to ideas for an Honors in Action Project? *We discovered the need to define common stressors, and to address both the short term effects of stress and long term effects of stress. There appears to be a lack of information about this issue, particularly among adults over age 50. We can therefore target this group to provide awareness and helpful tips.*

We found that certain foods can reduce stress and that we can use technology to assist with the practice of time management techniques, thereby improving quality of life. These findings led to a discussion by chapter members of sponsoring a health fair for the local community that would include information about all of the above items.

THE BASICS

Project Title? *“Using the Power of Information to Improve Your Well Being”*

Where and when will the project take place?

Health and Food Fair - Thomas Maeser Auditorium at the Grand Strand Campus of Horry Georgetown Technical College; October 23, 2010.

Lunchtime lectures – Café 1100 on the Conway Campus of HGTC; October 18-22, 2010.

Basic Health Checkup Days – Student lounge at each campus - Conway Campus, October 6, 2010; Grand Strand Campus, October 13, 2010, and Georgetown Campus, October 15, 2010.

Who is your targeted audience? *Students, faculty, and staff of Horry Georgetown Technical College and Coastal Carolina University; Conway and Myrtle Beach communities for the Health and Food Fair and Lunchtime Lectures; students, faculty and staff of HGTC for the Basic Health Checkup Days.*

With whom will you collaborate? *Student Nurses Association, Business Club, Digital Arts Club, Dental Hygiene Club, Grand Strand Regional Hospital System, Georgetown Hospital System*

Will you form committees? If so, describe them.

Research committee – develop thesis, provide data for distribution; Health fair committee – plan event on campus; Publicity committee – work with Digital Arts club for printed publications and contact local media outlets; Additional committees and subcommittees will be added as needed.

Have appropriate permissions been attained? Y or N (List steps taken in your Honors in Action Journal)

Yes

Describe the leadership roles and actions this project will require.

The officer team met to review the research provided by members and to outline their desire for a project. This information was shared with all chapter members. Committee chairpersons and team members will contact local businesses and organizations to participate in the health fair and lunch lectures; committee members will collaborate with other groups; members will work outside of their personal comfort zones in order to build teams and provide the detailed planning that is necessary to successfully complete this project.

What specifically will you do to develop the leadership skills and capacity of chapter members and others?

Provide sample agendas for committee meetings to keep members on task;

Officer team will develop project planning and reflection model;

Practice communication skills and presentation skills with help from communications instructors;

Provide timelines to assist with planning;

Members will collaborate with peers and community leaders, becoming more comfortable with advocacy;

Our advisor, a certified Leadership Development instructor, will provide teambuilding exercises for the group.

What is the action (Service) component of this project? (Action can also include advocacy.)

The primary service project of the chapter is to host a health and food fair. This fair will have vendors from local healthcare organizations as well as representatives from local restaurants. Vendors will provide information about reducing stress in daily activities as well as warning signs for those who suffer from chronic stress.

Members also voted to sponsor "lunchtime lectures" to provide information about the effects of information overload and to provide effective time management techniques which can improve the quality of life for the attendees. Guest speakers will include HGTC and Coastal Carolina University faculty members and local time management and health practitioners. These lectures will be open to students, faculty, staff, and the general public. Finally, chapter members wanted to get other student groups involved in the cause and will work with the Student Nurses Association and the Dental Hygiene Club to sponsor basic health checkup days.

How will the chapter publicize the project?

Post local radio and newspaper advertisements;

Send announcements to faculty, staff and students via college website and e-mail;

Send Public Service Announcements to local TV stations

RESOURCES

Estimated funds required for the completion of this project: \$ 500

Itemized Budget:

Facilities Cost - \$0

Publications Cost - \$500 for brochures

What resources are needed? How will they be acquired?

Facilities for health fair, lunch lectures, and health checkups;

We should be able to use college facilities at no cost to us, so we'll check with appropriate personnel for permissions;

Marketing department at Horry Georgetown Technical College will be contacted for assistance in producing brochures to be placed in healthcare businesses in the Myrtle Beach area.

GOALS

List the specific project goals.

Increase awareness in the local community of stress-related health issues, both short-term and long-term;

Provide tools for participants to manage stressors, such as time management skills and suggested foods;

Provide basic health data and testing such as blood pressure checks, and dental hygiene;

Gather data from attendees by the use of questionnaires to identify common everyday stressors in the local community and the perception of information overload.

How did you determine your goals?

Members were asked to write one goal each and these were submitted to the officer team. The officers reviewed and consolidated these goals, then gave them to the committees for consideration. Each committee considered the goals presented by the members and officer team to set their specific committee goals. They then met with the Executive Committee to review and refine them. We realized that everyone deals with stress on a daily basis and wanted to provide ways to combat the health issues that can arise.

Which Five Star Chapter Development Plan requirements does this project satisfy?

Two Star Level, #7, Three Star Level, #1, #2, #3, and #4, Four Star Level, #3

IMPACT (Include participants' quotes and more detailed outcomes in your Honors in Action Journal.)

What specific quantitative and qualitative outcomes resulted from your work on this project?

The comments received indicated that we addressed a much needed concern for individuals in our community. The timing of the health fair was excellent as our expectations for attendance were exceeded. Over 500 individuals participated in the health fair and another 150 participated in the lunchtime lectures and basic healthcare checkup days. We were able to recruit 12 health care professionals who provided information and services during the fair and they would like us to host this event again in the spring. Many of the attendees noted that they didn't realize that "happy" events could produce stress like negative or "unhappy" events. They were also unaware of the correlation between information overload and stress. The questionnaires completed by attendees show that they have gotten used to being bombarded with information on a daily basis and don't consider that to be a stressor. They considered everyday stressors to be local traffic congestion, day care, and money. We offered numerous tips, such as getting organized, turning off the television, developing a hobby, and using the library to combat the constant barrage of information coming at us from work, home, and the internet.

What impact did the Honors in Action Project have on your ...

Chapter:

Chapter members were excited by the turnout for all of the events and were encouraged that we could make a difference in our community. Attendees in the over 50 age group noted that they weren't aware of the biological changes due to aging that affect their ability to multi-task, which in turn caused stress in their lives. This awareness translates to increased health risks. Members learned valuable leadership and planning lessons that they will share with future members. It was quite a challenge to develop the questionnaires, but the effort paid off in terms of the data that was collected. This data can now be used to possibly plan future projects. Chapter members and officers will continue to benefit from the networking connections that were made during the planning of these events.

College:

HGTC was pleased with the positive focus on several programs at the college and would like for us to host a similar event in the future. The other student groups who joined our chapter were proud to showcase their talents and enjoyed the experience of participating in a true community-wide effort. The faculty members who assisted in the planning and presentation stages were willing to share their expertise and provided encouragement to all students who assisted with the events.

Community:

The response exceeded our expectations. Many individuals commented that they were unaware of the stressors they were under and how information overload contributed. Members were asked when this event would be held again. The healthcare professionals and restaurant owners who joined us for the health fair had favorable comments regarding the number of community members reached in one day. They are more than willing to join us to make this a recurring event. Although faculty members from Coastal Carolina University were in favor of the project, the timing of it prevented them from participating. They did contribute to the research effort and would like to be included in future endeavors.

Region and/or Beyond the Region: *Chapter members and officers shared project planning and information with members and advisors from North and South Carolina through an Educational Forum at the Carolinas Region Leadership Conference and by posting this information on the Carolinas Region website.*

FUTURE IMPLICATIONS**What is left undone? What opportunities remain for the future?**

We didn't receive as much participation as we would have liked from Coastal Carolina University, so we need to contact them earlier in the process for the next event. Future opportunities include sharing data from the "lunchtime lectures" with faculty during in-service training next semester and presenting an Educational Forum for chapter officers about ways to minimize stress at the Phi Theta Kappa International Convention in Seattle.

What recommendations do you have as a result of the lessons learned? *Start the planning process early and set goals – short term, intermediate, and long term. Chapter officers are going to share ways to minimize information overload with the 2011-2012 chapter officer team.*



Visit www.ptk.org/honors/guide for more information on Honors in Action.