Student Directed Learning Community
Application for the 2011-2012 Academic Year

This application contains three parts. Part One’s answers should be completed as a group. Part Two’s answers are to be completed by EACH individual applicant wishing to live in the house. Part Three is the Learning Mentor Agreement that is to be completed in conjunction with a participating faculty or staff member. Completed applications are to be returned to the Office of Residence Life, 541 South Mt. Joy Street, by NOON on Monday, March 14. You may also email the completed application to asburys@etown.edu (Note: separate components will not be accepted; one completed application in an email per house, please). Please contact Susan Asbury, asburys@etown.edu with any questions.

PART ONE: Group Information
Please complete PART ONE as a group.

Name of SDLC_ Pyramid House_

Names of SDLC members
1. Susan Asbury
2. Kara Beth Bullard
3. Jennifer Hicks

Please answer these following questions as a group.

1) What is the service learning or advocacy topic your house wishes to explore?

   Our house wishes to explore the theme of nutrition.

2) Mission of SDLC

   The mission of Pyramid House will be to explore healthy eating and the role it plays in a person’s mental and physical well-being. Each person in our home wishes to look at nutrition from a different perspective – children, college students, elderly, and nutrition and disease prevention.

3) Describe the service program(s) you will do each semester (identify organization(s) you will work with and what the program will consist of).

   For our service project, the Pyramid House plans to work with the head nutritionist, Molly
Brenner, at Lancaster General Hospital. The hospital is looking for community volunteers who are willing to develop a healthy eating program for patients recently diagnosed with Type I diabetes. We will spend three Saturdays during the fall semester meeting with Ms. Brenner and developing an outline for the program she wishes to launch in February. We will utilize the hospital library to research healthy eating options for diabetics and develop a PowerPoint presentation to be given in February. Lancaster General wishes to launch monthly workshops for patients recently diagnosed with Type I diabetes, so Pyramid House will present their findings at the February and March meetings. Each meeting with Ms. Brenner in the fall will last 2-4 hours, and each workshop in the spring will last three hours.

4) Please provide the names and contact information of the individual(s) in the organizations with whom you will work with on these projects.

We will be working with Molly Brenner, Certified Nutritionist, Head of Nutrition Outreach Programs, Lancaster General Hospital, 717-555-7788, brennerm@lancasterg.com.

5) How do your service projects tie into the theme your house wishes to explore?

Our service project fits nicely with our theme in that it ties our interest in nutrition with the various perspectives we are exploring. Type I diabetes usually strikes people when they are children, but they must learn to manage the disease into adulthood. This service project touches each of our individual interests, and offers a chance for us to research and take what we learn and give something practical and useful back to the community.

6) In what ways and capacity will your SDLC continue and implement reflection for the service projects that are completed?

As an SDLC we hope to hold weekly meetings where we will discuss our resources and plan for our service projects. We are planning on keeping a reflections blog journal for our house. We will blog in our house journal regarding information we have learned from our resources, classes (for those of us who are in biology and business majors), and reflect on how these tie to our service.

7) Please provide a signed learning mentor form from a faculty/staff member who is willing to serve as your learning mentor. (Please note that this person will need to commit to meeting with your group at least twice a semester).
SIGNATURE PAGE: All Group Members Please Read and Sign
Please print this page and turn it in separately to the Office of Residence Life by the March 14 deadline.

Each member of your group will be expected to sign an agreement stating his or her commitment to abide by all relevant Elizabethtown College policies. Please note that all SDLC housing assignments will be made on a lottery basis. The Office of Residence Life has the final say in SDLC housing locations.

_____________________________  ______________________________
Signature of Resident            Signature of Resident

____________________________________
Signature of Resident

*Please note that incomplete or late applications will not be considered.
PART TWO: Individualized Educational Plan
Each individual applicant in the SDLC should answer the following questions separately.

Applicant ONE Name: Susan Asbury
Please complete an educational plan that includes the following:

1) Please write a brief statement describing how you wish to explore the SDLC house theme (i.e. will you look at it from a particular angle or perspective).

   I plan to look at nutrition from an adolescent perspective. I hope to look at resources that will assist me in knowing more about teenage nutrition options and how they can make healthier food options.

2) My Learning Objectives for living in the SDLC include (minimum of 3)
   • Basic understanding of nutrition through the life span
   • Analyze resources that look at teenage nutritional needs
   • Increase understanding of why teenagers make the nutritional options they do and how can they make healthier one.

3) Provide a detailed annotated bibliography of the five resources will use to better understand the house theme. NOTE: Students in a house must have at least one common resource, but the other four can be individualized. One resource must also place the theme in a global/comparative context. USE A VARIETY OF RESOURCES (not all can be movies, internet articles, or films). I used 6 resources here to show you variety.

   Website. http://www.mypyramid.gov/
   This is the common resource used by all residents in our house. I plan to utilize this website to better familiarize myself with the government’s recommendations related to life-long nutrition

   Interview. Molly Brenner, Molly Brenner, Certified Nutritionist, Head of Nutrition Outreach Programs, Lancaster General Hospital.
   I plan to interview with respect to the ways in which having Type I Diabetes can affect your overall growth and nutritional needs as an adolescent.

   Film, Documentary. Super Size Me. Morgan Spurlock, Director.
   I plan to use this film to learn more about the effects of obesity on the American population. I am also hoping to use portions of this in the PowerPoint Presentation we will do for Lancaster General Hospital.

   I plan to read this book and hope that it provides a better understanding of nutritional needs
for adolescents as well as helpful tips for combating obesity.

Podcast. Nick Jonas of the Jonas Brothers Testifies before the Congressional Committee on Diabetes Management, 2009.
I will listen and reflect on how this popular teenager manages his Type 1 Diabetes. I plan to utilize the information he presents in providing tips for our workshop.

Article: Healthy Eating for Teenagers.
http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/life_adolescence.shtml
This article will assist me in looking at nutrition and teens in a comparative perspective. I am curious about the dietary recommendations similarities and differences between American and British teens. I feel their diets are most likely similar in nature.

4) How will your service and resources complement each other?

Our house service will offer a practical service component to what we are learning through our resources. I feel that since nutrition is very important to everyone in our house that we will learn about the importance of it for everyone. All of us will study nutrition from a different perspective and different age groups. My portion on adolescent nutrition will be useful in understanding the nutritional needs of that age group as well as how those needs can be applied and taught to adolescents recently diagnosed with Type I Diabetes. Through our workshop at Lancaster General, I hope to be able to engage participants in a dialog and answer questions for those participants, particularly the adolescents, related to how nutrition can be managed after receiving the Type I Diabetes diagnosis.

5) What do you hope to learn from reflecting on your service in conjunction with studying your resources?

By reading books, listening to podcasts, and interviewing people, I hope to gain a more holistic picture of nutrition as a subject. I also hope to better understand the nutritional needs of adolescents, particularly adolescents with Diabetes. Furthermore, I wish to be able to apply what I learn into a practical session for patients, particularly teenagers, recently diagnosed with Diabetes.

6) How will your service combined with your resources serve you in your long-term life or career goals?

Yes, currently I major in Biology, and long term I plan to pursue a graduate degree in public health. As a future public health professional I will learn about health on a macro and individual level. This will help expose me to a new health care setting to learn more about patient outreach. This could also be a research topic I could explore during my Senior year or graduate work.
7) Please provide a brief, one paragraph biography for each student who wishes to live in the SDLC. Please include why you have chosen to live in this SDLC, and what you hope to gain from this experience.

I am a junior Biology major from Elizabethtown, PA. I am currently president of Phi Science Nu, the Biology honor society and a member of Students Promoting Awareness of Responsible Choices (SPARC). I also volunteer in the medical library at the Penn State Hershey Medical Center. I have been fascinated with nutrition since entering college, and I hope to pursue a graduate degree in Public Health. Living at the Pyramid SDLC will afford me the opportunity to look more closely at a topic in which I am interested. It will also allow me a meaningful experience to serve others in a public health venue. Therefore, I feel it is a perfect fit for me.
Part Three:

Student Directed Learning Communities (SDLCs) Learning Mentor Agreement

In 2011-2012 the former role of the SDLC faculty/staff advisor will turn into a role of a learning mentor. Rather than a letter of support, as has been required in previous year, this year a signed learning mentor agreement must be completed. Please fill out the following with the SDLC residents and sign below. A learning mentor must read the residents application before submission and be willing to discuss the SDLC’s program with the residents twice each semester. These discussions can be in-person or done electronically via Blackboard or email.

SDLC Name: Pyramid House

SDLC Residents:
1. Susan Asbury
2. Kara Beth Bullard
3. Jennifer Hicks

SDLC Mission: The mission of Pyramid House will be to explore healthy eating and the role it plays in a person’s mental and physical well-being. Each person in our home wishes to look at nutrition from a different perspective—children, college students, elderly, and nutrition and disease prevention.

We the SDLC residents and Learning Mentor, ___Dr. Heath Knutt___, have agreed on the following goals and objectives as the focus of this mentoring relationship:

1. I, ___Heath Knutt___, will serve as a learning mentor to the above mentioned SDLC.
2. I will serve as a facilitator and resource to assist residents meet their individualized learning objectives.

The protocols by which we will work together to ensure that our relationship is a mutually rewarding a satisfying experience for all involved include:

1. Read the residents application prior to signing this form.
2. Meet twice a semester (at a time to be determined in August 2011) with all house members to discuss our program.
3. Facilitate a discussion twice a semester that reflects how resources analyzed fur tie into SDLC house theme.
4. SDLC residents, as well as the Assistant Director of Residence Life, will provide the mentor updated progress reports at the end of each semester.

We agree to this relationship during the 2011-2012 academic year. At the end of this period of time our relationship will then be considered complete. Subsequent SDLC learning mentor partnerships will be negotiated in future SDLC application processes.

In the event one of us believes it is no longer productive for us to continue this partnership, the Assistant Director of Residence Life will be notified in writing. SDLC residents will then locate another learning mentor within a determined amount of time to complete this partnership.

_______________________    _______________________
SDLC Representative          Faculty/Staff Learning Mentor