

# LEARNING REFLECTION



<b>Artifact Name: Social Justice Final Paper</b>	<b>Standard: 1</b>
<b>Sub-Indicator: 1.c</b>	<b>Class: Prin. and Phil. Health PBH 602</b>

## Sample and Standard

My Social Justice Final Paper examined how social and economic inequities directly shape mental health disparities in low-income youth. This assignment aligns with SOPHE TPS 1.c, which focuses on describing factors that promote or compromise health, including socioeconomic status, culture, and systemic barriers. It also connects to HESPA Area VII, which emphasizes communication and advocacy for equitable health systems.

## Alignment

I included this paper in my portfolio because it represents my ability to analyze complex health disparities through a justice-oriented lens. The paper demonstrates how deeply I understand the role of social determinants in shaping student outcomes, which directly reflects competency in SOPHE's knowledge standards. It also shows that I can articulate an informed, evidence-based argument advocating for school-level change.

## Learned

Through this assignment, I learned how interconnected poverty, stress, unstable housing, and limited access to resources are with student mental health outcomes. I also strengthened my ability to connect research, policy, and lived experiences in a way that is both meaningful and actionable for school communities. This paper helped me see how structural factors influence student behavior—far beyond what we see in the classroom.

## Importance

This assignment was meaningful because it solidified my commitment to serving students who face systemic disadvantages. It reminded me why mental health education must be inclusive, accessible, and responsive to student backgrounds. It also helped clarify my identity as a health educator who leads with empathy and evidence.

## Reflect and Explain

This artifact is exemplary because it synthesizes research, policy, and student needs into a clear and compelling narrative about equity in school health. I was intentional about grounding my arguments in data while also acknowledging the real lived experiences of students facing socioeconomic hardship. This paper reflects significant growth in my writing, particularly in how I connect social determinants to school-based mental health outcomes. If I were to improve anything, I would expand on more localized data specific to the Hilton Central School District to strengthen direct application. I would also incorporate more voices from families, students, or educators to enhance authenticity. Overall, this artifact represents my ability to think critically and advocate for evidence-based, justice-oriented changes in health education.