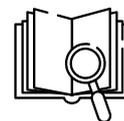


# LEARNING REFLECTION



<b>Artifact Name:</b> Problems and Determinants	<b>Standard:</b> 2
<b>Sub-Indicator:</b> 2.a	<b>Class:</b> Methods in SchI Health PBH 645

## Sample and Standard

My Problems and Determinants assignment identifies mental-health challenges faced by students of low socioeconomic status at Northwood Elementary and analyzes the underlying determinants contributing to those issues. This aligns directly with SOPHE TPS 3a, which requires applying data to guide prioritizing and planning health instruction. It also aligns with HESPA Area 1, particularly around assessing needs and selecting priorities.

## Alignment

I included this artifact because it demonstrates my ability to use real data—such as YRBS trends and school demographic information—to drive instructional decisions. It shows that I can identify root causes of a health problem and use those determinants to build a meaningful and targeted health unit. Completing this assignment required me to think like a school-based health professional who makes decisions grounded in evidence rather than assumptions.

## Learned

I learned how essential it is to break down a health problem into behavioral, environmental, and social determinants before rushing into solutions. This process helped me understand the depth of inequities some students experience and how those inequities shape their ability to learn coping skills and regulate emotions. I also learned how to interpret district-level data in a way that directly informs curriculum planning.

## Importance

This artifact matters because it represents the starting point of my entire unit plan development. It built the foundation for everything that followed and helped me feel confident analyzing data at a level expected of a school health educator. It also reinforced the importance of honoring students' backgrounds and experiences when designing instruction.

## Reflect and Explain

This artifact is exemplary because it shows my ability to pull together multiple sources of data, including local prevalence rates, socioeconomic indicators, and national health surveys. I clearly articulated determinants that were most influential and showed why certain factors matter more than others for my priority population. My reasoning for highlighting mental-health regulation among low-income students was strong and aligned with district needs. If I improved anything, I would expand the environmental determinants section by reinforcing community-level factors like access to behavioral health services. I would also include a short explanation of how these determinants connect to future lesson objectives. Overall, this piece shows my growth in analytical thinking, data interpretation, and planning for meaningful instruction.