

# LEARNING REFLECTION



<b>Artifact Name:</b> Health Ed. Rationale and Learning Experience Unit Plan	<b>Standard:</b> 3
<b>Sub-Indicator:</b> 3.c	<b>Class:</b> Methods in Schl Health PBH 645

## Sample and Standard

Description of the Work Sample & Standard Addressed (2+ sentences):

This combined artifact includes my Health Education Rationale, three-week Learning Experience Unit Plan, and Module 5 lesson redesign, all centered on mental-health skill development for 8th graders. Together, they address SOPHE TPS 3.c, which focuses on developing health instruction that is data-driven, culturally responsive, and aligned with standards. These materials demonstrate my ability to justify curricular decisions, design lessons, and build a coherent unit supported by functional knowledge and skills-based pedagogy.

## Alignment

I included these artifacts because they showcase my full instructional design process from rationale to unit implementation. The rationale demonstrates alignment to district needs, the unit plan reflects thoughtful scaffolding of skills, and the Module 5 lesson highlights improvements based on feedback. This reflects TPS 3.c because it shows that I can plan instruction that is appropriate, evidence-based, and aligned with student needs and national/state health standards.

## Learned

I learned how important it is to build a rationale that is grounded in actual school data rather than assumptions. I also strengthened my understanding of skills-based health education, specifically how to design lessons that move beyond factual knowledge into functional skill development. Additionally, I learned how much structure matters when creating a multi-week unit that is realistic for a classroom and supports measurable outcomes.

## Importance

This combined artifact is meaningful because it shows my evolution into a confident curriculum designer. It was one of the first times I created a fully aligned unit plan that I could realistically teach in a middle-school classroom. It also reflects my passion for mental-health education and equitable instruction.

## Reflect and Explain

This artifact is exemplary because it integrates all components of strong health instruction—data-driven rationale, clear objectives, standards alignment, intentional strategies, and meaningful assessments. I improved significantly in writing student-friendly objectives and selecting instructional strategies grounded in skills-based pedagogy. The role-play summative assessment demonstrates authentic performance-based evaluation aligned with National Standard 7. I also improved the pacing, organization, and clarity of the lessons to ensure students had time to practice each skill. If I expanded this further, I would increase family-engagement components and integrate more culturally responsive examples. Overall, this combined artifact demonstrates my readiness to create meaningful, developmentally appropriate curriculum that aligns with SOPHE TPS 3.c.