

I am in my sixth year as a Family and Consumer Sciences Educator, focusing on strengthening the health of individuals, families, and the communities in which they live. My past two years in education have been spent teaching the required health courses for the high school I work at. My experience includes instructing a course named Teen Choices for freshmen and sophomore students, covering comprehensive health topics such as nutrition & wellness, mental health, drugs/alcohol & addiction, healthy relationships, human sexuality, communication & conflict resolution, and stress & healthy coping skills. Additionally, I teach Interpersonal Relationships and Life Management to seniors, delving into subjects like self-understanding, decision making, positive health decisions, personal finance, relationships, parenting, family crisis, and coping with grief.

In these roles, I've implemented diverse teaching strategies for more student engagement. I often use real-life examples, and interactive assignments to create an impactful learning environment and classroom culture. It is rewarding when I see students' attitudes and behaviors towards positive health practices develop and grow.

My passion for educating youth, especially concerning their mental well-being, has led me to aspire to be a trauma-informed, compassionate, and supportive teacher. My goal is to empower students to advocate for their needs and embrace holistic well-being. Following the completion of my Masters in Health Promotion, I plan to obtain the health education specialist certification. This will not only enhance my professional qualifications but also contribute to promoting health education in schools.

Beyond the classroom, my commitment extends to fostering a healthier, more informed generation. I plan to continue teaching health courses for many years. Eventually, I aim to transition into creating a health promotion program within a community, addressing the unique needs of a specific population. My overarching ambition is to tackle health disparities and promote equity in diverse communities to create positive, lasting change through health promotion efforts.

In conclusion, my journey as an educator has solidified my commitment to health education, particularly focusing on mental well-being among adolescents. With an upcoming Masters in Health Promotion and drive to become a certified health education specialist, I plan to contribute to creating healthy, flourishing individuals and communities. I desire for my role in health promotion to have a meaningful and lasting impact in this world.