

Instructionally Related Activities Report Form

SPONSOR: Lynette Landry

PROGRAM/DEPARTMENT: Nursing and Health Science

ACTIVITY TITLE: Exploring the Relationship between Human Health and the Environment

DATE (S) OF ACTIVITY: September 28-30, 2019

Please submit via email to the IRA Coordinator along with any supporting documentation within 30 days after the activity.

A. ADDRESS THE FOLLOWING QUESTIONS:

- (1) PROVIDE A DESCRIPTION OF THE ACTIVITY;
 - (2) HOW DID THE ACTIVITY RELATE TO A COURSE(S) AND/OR LEARNING OBJECTIVES?
 - (3) WHAT DO YOU SEE AS THE STRENGTHS OF THE ACTIVITY?
 - (4) WHAT WOULD YOU SAY ARE/WERE THE ACTIVITY'S WEAKNESSES?
 - (5) HOW WOULD YOU IMPROVE THIS ACTIVITY FOR NEXT TIME?
 - (6) WHAT DID YOU LEARN FROM THE PROCESS?
 - (7) WHAT ARE STUDENT RESPONSES TO THE ACTIVITY? ATTACH STUDENT EVALUATIONS OR ASSESSMENTS (IN ACCORDANCE WITH FERPA RESTRICTIONS YOU MUST REMOVE ALL PERSONALLY IDENTIFIABLE STUDENT INFORMATION)
 - 8) GIVE A SUMMARY OF EXPENSES FOR THE ACTIVITY (DO NOT INCLUDE ACCOUNTING STRINGS)
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B. ATTENDEE LIST- SUPPORTING DOCUMENT:

In addition to the report form, *in a separate document*, please provide a list of participants that engaged in the instructionally related activity. This for IRA Committee reference only and will not be published on the IRA website. Include your name and the title of your IRA activity on the document.

C.IMAGES FROM ACTIVITY:

Please provide a few images in this document (or attached separately) that demonstrate student participation.

(1) PROVIDE A DESCRIPTION OF THE ACTIVITY

Students learned about the ethnobotany of the Chumash who lived on Santa Rosa Island. Students had the opportunity to learn about the nutritional and medicinal uses of plants that could be identified in September on the islands. Students hiked to various locations on the islands so that they could identify a variety of plants that grow on different parts of the island.

(2) HOW DID THE ACTIVITY RELATE TO A COURSE(S) AND/OR LEARNING OBJECTIVES?

Cultural beliefs and practices influence behaviors that impact overall health. Students from both Nursing and Health Science learn in their respective programs about the importance of considering an individual's cultural beliefs and practices. The focus of the learning activities was to learn about medicinal and nutritional practices on Santa Rosa Island by the Chumash. By learning about the ethnobotany of the island, students were able to connect some of the Chumash beliefs about illness and healing with the populations' health behaviors.

(3) WHAT DO YOU SEE AS THE STRENGTHS OF THE ACTIVITY?

Students gained an understanding of the use of plants for medicinal and nutritional purposes. Students also came to appreciate the challenges hunter/gatherer peoples faced given the islands separation from the mainland, weather patterns, and terrain.

(4) WHAT WOULD YOU SAY ARE/WERE THE ACTIVITY'S WEAKNESSES?

Students would have learned more if they had foundational information from a Chumash informant and an ethnobotanist who is familiar with Chumash ethnobotany. Also, we found that many of the plants used by the Chumash are not identifiable in the fall. Most the plants that we were trying to identify bloom in spring and summer. It would be better to schedule the trip when plants are blooming to make identification easier.

(5) HOW WOULD YOU IMPROVE THIS ACTIVITY FOR NEXT TIME?

If another ethnobotany trip is planned, we would pair with a seminar that students would participate in prior to going to Santa Rosa Island. Chumash elders and regional ethnobotanist would be invited to present at the seminar. We would also ask experts to design on island activities that focused on traditional health beliefs and practices.

(6) WHAT DID YOU LEARN FROM THE PROCESS?

We learned that we have to consider the timing of the trip in relation to when plants are blooming so that students are able to identify them when they're on the island. We also

learned that we must be better prepared should a student have an injury while on a hike or doing another activity on the island. We had two students who injured their ankles while hiking, we needed more knowledge about wilderness first aid to be able to effectively manage their injuries. However, students and faculty learned the value of working together as a team and relying on each other, which was a necessary trait on the island for survival.

(7) WHAT ARE STUDENT RESPONSES TO THE ACTIVITY? ATTACH STUDENT EVALUATIONS OR ASSESSMENTS (IN ACCORDANCE WITH FERPA RESTRICTIONS YOU MUST REMOVE ALL PERSONALLY IDENTIFIABLE STUDENT INFORMATION)

At the debriefing session prior to departing the island, students were asked to provide feedback about the experience. Overall students felt they learned a little ethnobotany but most reported that they would have liked to have learned more prior to getting to the island so that they were better prepared to the activities they participated in while on the island. Students enjoyed learning about the effects of weather patterns on an area and how it affects a peoples' method of survival. Students experienced a sense of appreciation and wonder at the night and sunrise hikes.

(8) GIVE A SUMMARY OF EXPENSES FOR THE ACTIVITY.

Island Packers	\$1664.00
Lodging	810.00
Food (Vons and Costco)	432.89
Trip total	\$2906.89

B. ON SEPARATE DOCUMENT, PLEASE ATTACH ATTENDEE LIST (PERSONALLY IDENTIFIABLE INFO REMOVED)

C. PLEASE INCLUDE UP TO 6 IMAGES IN THIS DOCUMENT TO DEMONSTRATE STUDENT PARTICIPATION (or attached as a separate document)





Students who participated on the Nursing & Health Science trip to Santa Rosa Island
IRA #1199

Contreras Ruiz	Janet
Dadacay	Kristian
Dean	Sarah
Espinoza	Jose
Handtke	Elizabeth
Matias	Aira
Osuna	Sophia
Pagel	Courtney
Rodriguez	Darise
Rueda de Leon	Alyssa
Tapia	Jossimar
Tiffin	Sarah
Torres	Christina
Velarde	William