Alissa Tea

Student Leadership role: Teambuilding and Mentorship

PUBH 3571: EcoliteracySCHOOL

EcoliteracySCHOOL

Students Collaborating in Health-Oriented Outdoor Learning

UNIVERSITY OF MINNESOTA ROCHESTER

PINE ISLAND PANTHERS

Public Health Background

- Public health initiatives prioritize population health by promoting and protecting the community's health.[1]
- Collaboration allow for building relationships and an exchange of knowledge and practice.[2]
- Effective communication and team correspondence is vital in order to promote and protect our community.[3]

Project Plans

- Develop three discussion online mentoring platform to build relationship
- Create an activity to promote teambuilding and collaboration
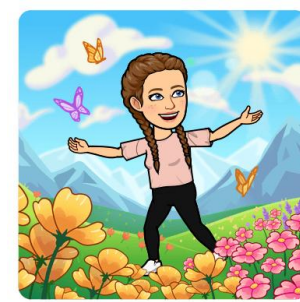
Mentorship

- Advise PIHS student of opportunity of what to do before college
- Guidance through college
- Inform mentees about pre-med pathway
- Building relationships as a new student
- Click or scan QR to see the Podcast Series that PIHS created

Building a Flourishing Relationship Behind a Screen: Creating a space for Team Building and Mentoring

Project Goal

The goal of my EcoliteracySchool project is to nurture meaningful mentorship relationships between high school and college students through designing student-informed discussions, implementing Mentorship Pod engagements, and facilitating activities promoting team building and collaboration.

"Click icon or scan with phone's camera to see my project product: Breaking Barriers to Flourish Relationship"

Figure 1: Each Mentorship Pod member's self-representation via Bitmoji

Figure 2: Photo collage of all the teambuilding experiences that we encountered during our field experience

Figure 3: Taken by Angel Cruz is a picture of UMR students trying to find objects during the first field experience

Figure 4: All students from Pine Island High School and UMR in Ecoliteracy lined up for a group photo in Altura, MN

Discussion

- The importances of teambuilding and mentorship
- How to create a strong relationship with your mentees while being online
- How to work together even though we aren't meeting in person that often
- How online mentorship can be fun and engaging

What I learned

- Being a leader means listening to the people and creating a space that works for them to succeed. It's not about you
- Public Health isn't an individual project. It takes a team to create a healthy community
- The environment can easily change by the destruction of niches, but there are many small changes that we can do as a community to protect it

References

1. Pestronk, Robert M, Elligers, Julia Joh, & Laymon, Barbara. (2013). Public health's role:Collaborating for healthy communities. Health Progress (Saint Louis, Mo.),94(1), 20.
2. The Collapse of the Interstate 35 West Bridge Over the Mississippi River. (2007, September 20).Retrieved October 21, 2020, from https://www.transportation.gov/testimony/collapse-interstate-35-west-bridge-over-mississippi-river
3. Mattessich, P. W., & Rausch, E. J. (2014). Cross-sector collaboration to improve community health: A view of the current landscape. Health Affairs, 33(11), 1968-1974. doi:10.1377/hlthaff.2014.0645