



## HPE 121 Wellness

### PhotoVoice Assignment – “Dimensions of Wellness”

**30 Points**

Photovoice has been used in rural China and local communities in the USA as a participatory health promotion strategy whereby people use photographs to document their realities and advocate for change. It has been described as a strategy that gives a voice to people who ordinarily would not be heard. In 2001, Photovoice was used as an educational tool for nursing students to communicate their perceptions of a culture's effect on health. Three years later Photovoice was used by final year medical students at the University of Michigan to explore their professional values and health policy issues.

In this course, Photovoice will allow you to record, reflect and communicate your perspectives about the seven Dimensions of Wellness. It will also allow you to consider how these topics represent your definition of wellness.

#### *Photographs (1.5 pt for each photo)*

Your task is to take multiple photographs of people, events, places or objects that reflect your definition of the seven Dimensions of Wellness. You will then select ONE photo for each dimension for further discussion with your classmates and turn in to me

#### Options for Turning in Project

Hard copy printouts of photos submitted must be printed as clearly as possible with a minimum size of 5" X 7" or 8" x 10". You may print the photos on matte copy paper 8.5" X 11" or photo paper. Your photos must have a caption. You may turn in a digital presentation of your project with captions to me via email being sure to follow the narrative direction below as well.

#### *Reflective piece (1.5 pt for each reflective narrative)*

The reflective narrative file should be written in Word and can be attached to the back of the photo that it pertains to or within your digital presentation. For each photograph you will write a one-two paragraph narrative (reflective piece).

To reflect on the photograph you should use the following questions as guides:

1. What do you see there? What is really happening? Why does this situation happen?
2. How does this relate to the Seven Dimensions of Wellness?

The caption and the narrative describing the photograph must not contain personal identifiers (such as name of the person or the location).

#### *Presentation (9 pts)*

On Wednesday, September 19<sup>th</sup> you will be presenting, in small groups, your PhotoVoice Assignment results.

## **Photo Voice Assignment Grading Rubric – 21 Pts**

7 Photos X 1.5Pts	10.5Pts	7Pts	3.5Pts	0Pts
Photograph has a caption; the photo quality is clear and relates specifically to one or more dimensions of wellness.				
Narrative describes the author's depiction of how a specific photo relates to one or more dimensions of wellness. Minimum reflection length; grammar and spelling expectations are met.				

## **Photo Voice Presentation Assignment Grading Rubric – 9Pts**

Goal: Students, working in small groups will reflect on how their own definition of the Seven Dimensions of Wellness was similar and different than their peers.

- Each student will be placed in a small group to share the following information from their PhotoVoice Assignment.
    - Students groups will decide for themselves how to facilitate the sharing of their PhotoVoice Projects. Each student will have 5 minutes to share their project details.
    - Reflection Questions below will be turned in at the conclusion of the PhotoVoice sharing time.
1. What dimensions of wellness from your classmates' perspectives differed from yours? How?
  2. What dimensions of wellness from your classmates' perspectives were similar to yours? How?
  3. What benefit did this assignment have for you in understanding the definition and perspectives of your own wellness?