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## THINKING AND LEARNING IN COMMUNITY OF INQUIRY: SUSTAINABLE INNOVATION IN HEALTH EDUCATION

### What is Health Education?

- Planned combination of learning experiences designed to facilitate voluntary changes of behavior conducive to health
- Voluntary Change ?
- Health Educator's Role ?
- Personal Philosophy of Health ?
- Sustainable Behavior - Time ?
- Measure of Behavior Change – Wellness ?

## Why P4C (Philosophy for Children) in Health Education?

Philosophia: *philos* (love of) + *sophia* (wisdom)

- Socrates (469-399 BC): philosophy begins in wonder
- Philosophers search for: TRUTH, MEANING, WISDOM by asking WHAT IS: justice, beauty, real, right thing to do, how can one be sure of what she knows?
- Introduces QUESTIONS and DIALOGUE in the classroom
- Students BECOME - Teachers (Freire, 1999)

## Freire & Lipman Embedded in Vygotsky's "zpd" in Education

Q: How to transform passive students into active, engaged learners? - Freire

A: Community of Inquiry. - Lipman

- Role change preceded by the change in perceptions - transformed classrooms
- Traditional roles: Authoritarian vs.
- Non-traditional: Democratic
- Learning in social context – Vygotsky (1978)

## Community of Inquiry?

### Recipe for COI in Health Education

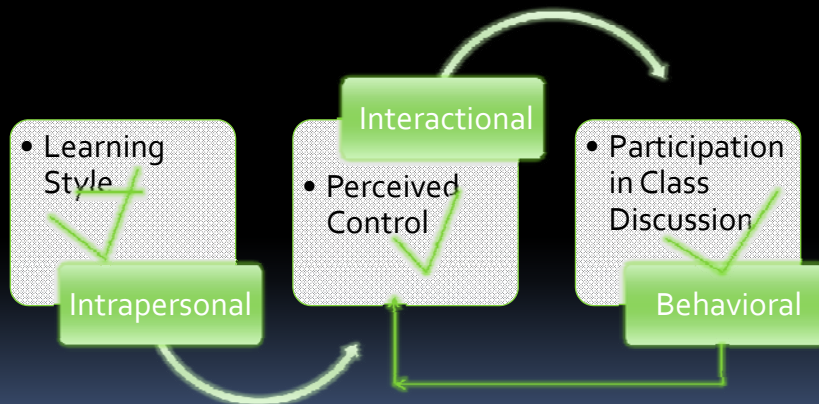
- Step One: Stimulus and Questions
- Step Two: Agenda and Themes
- Step Three: Dialogue in Small Groups
- Step Four: Summary and Posters
- Step Five: Presentation & New Dialogue

## Psychological Empowerment Theory (Zimmerman, 1995)

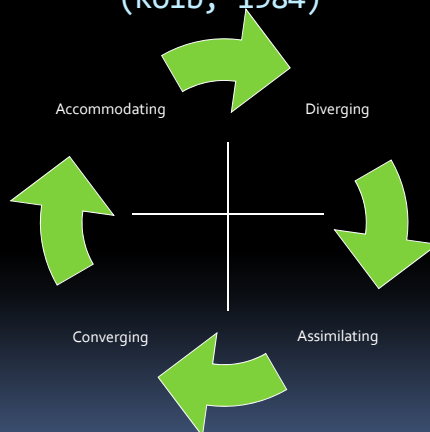
### Three Components

1. **Intrapersonal** (self-efficacy – cognitive component)
2. **Interactional** (critical awareness of the environment, problem solving skills)
3. **Behavioral** (taking action to directly influence the outcome, or exert control)

## Theoretical Framework Tested in Classroom (Beric, 2006)



## Learning Style Types Learning Modes Learning Preferences (Kolb, 1984)



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## Thank You!

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