

INSTRUCTOR EVALUATION SUMMARY

Course: Holistic Approach to Promotion of Successful Aging and Risk Reduction
Professor: Martha R. Crowther, PhD, MPH

Students were asked to retrospectively evaluate their knowledge levels regarding a holistic approach to promotion of successful aging and risk reduction.

Student responses indicated significant growth in their ability to:

1. delineate cultural differences that may affect aging and the health of seniors,
2. relate published health information in lay and professional literature to the basic health problems of seniors,
3. identify biases, myths, and attitudes that affect older adults,
4. identify local, regional and national resources to assist seniors,
5. demonstrate commitment to personal and professional growth through accountability for one's own learning and
6. discuss common health related factors and issues affecting seniors.

Student responses indicated modest growth in their ability to:

1. discuss the role and contributions of multiple disciplines in meeting the health needs of seniors,
2. describe the biological and psychological theories of aging and
3. synthesize and relate concepts and theories which support successful aging.

In summary, the students' level of knowledge regarding a holistic approach to promotion of successful aging and risk reduction was greater after completion of the course. They benefited from discussions of both the health aspects of aging and the psychosocial components. The students enjoyed and learned a great deal from their interviews with older adults. The course provided an opportunity to think and learn about an age cohort that they had previously not even considered.