

# Youth engagement and student feedback implemented in the RISE summer curriculum: a comparative analysis

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## BACKGROUND

- The newcomer and immigrant population in Canada face unique barriers and often do not experience the same high standard of health as non-immigrant populations
- RISE for Health program** aims to address these unique barriers by creating a health curriculum targeting immigrant and refugee youth, who are key to shaping the health and wellness of their communities
- Curriculum is used to organize a summer series of engaging, health-related workshops for youth. Curriculum involves **4 major sections related to health**:



SOCIAL HEALTH



MENTAL HEALTH



PHYSICAL HEALTH

LIFE SKILLS

- Students reflect and provide feedback at the end of workshops on ways to **improve future sessions**

## PURPOSE

- Assess how the RISE program has changed the summer curriculum over the past five years in response to youth feedback, engagement, and reflections



## METHODS

### Step 1. "WHAT"

Evaluate the effects of our **community-based approach** on the formation of the following years curriculum

### Step 2. Implementing Participant Feedback in Curriculum

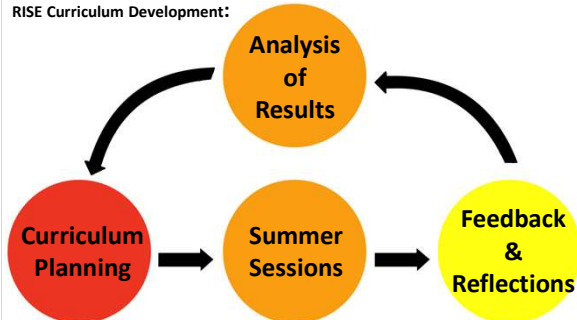
Students each year were asked to provide feedback on the curriculum prior to and following each session. Lesson plans and objectives of the following year's curriculum were fine-tuned based on feedback

### Step 3. Comparative Analysis

A study of the RISE curriculum over the last several years was conducted by **comparing** and **contrasting** curriculum material from each year based on student feedback.

## MAIN FINDINGS

RISE Curriculum Development:



### Student Feedback from previous RISE sessions included:



"I believe the [take home] message was more **personal** than educational....this was a **direct portrayal of what my family experienced** and it just let me be put in my parents shoes for a little bit.... – RISE Student, Immigrant Resilience, 2017



"This experience has shed light on some of the [stress] problems I **have faced** and now I know how to deal with them." – RISE Student, Managing Stress, 2017



"This is important in **my personal life** because it allows me to understand why some individuals may have a certain stance on topics. This can be applied when talking to **my family, friends, school or work.**" – RISE Student, Research Skills, 2019

## MAIN FINDINGS

Analysis of changes in the RISE curriculum and workshops over time illustrated **3 major themes**:

### THEME 1: MATURE & PERSONAL TOPICS

- Session** objectives were developed in a more age appropriate and mature manner and tackled in a multicultural way (i.e. intergenerational conflict/trauma and racism)

### THEME 2: TARGETED & RELEVANT TOPICS

- Session** topics shifted from more general (i.e. biotechnology) to topics that directly impacted the lives of the youth in the current time (i.e. vaping session)

### THEME 3: SKILL-FOCUSED TOPICS

- Session** topics were developed to not only impart knowledge but also incorporate skill building exercises (i.e. communication skills developed in intergenerational trauma topic)

## IMPLICATIONS

The RISE program has implemented student feedback in the curriculum by making session topics more relevant, personal, and skill-focused.

- Future directions include investigating how RISE youth have applied gained knowledge and skills within their communities, and ways to effectively measure health literacy

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