

## **RSSHM Advisory Board Student Members Input**

### **Student A**

I am honored to have been chosen to participate, and I would like to RSVP for this advisory board meeting. My experience with the RSSHM program overall has been beyond satisfactory. Every member in the department that I have ever come to for guidance has been very helpful. I know that everyone in the department is very busy, however; each one has taken their time and given me their undivided attention in every encounter. I feel like each one of my professors have made a point to get to know me better which has helped me in my studies and future endeavors. Each professor, in my opinion, has been very fair when it comes to grading. Proper time and resources have been given to complete the course in a satisfactory manner. The courses have had a tremendous impact when it comes to the work field. Group fitness, Therapeutic Interventions of Older Adults, Camping and Outdoor Education, and Methods of Leadership specifically have helped me at work as a Life Enrichment Specialist at a nursing home. These classes had many practical, hands on experiences that I could apply while at work. Utilizing the things I learned from all my classes has been very helpful to me as an employee; to the extent that my manager usually comes to me for advice or guidance with the residents. The COVID-19 circumstances have definitely changed the way I learn. Whereas I used to just come to class and pay attention, it is much harder to attend to my studies while at home. The lack of technological resources as well as having a stable internet connection are some of the issues I face. The fact that I save money on gas is great. Unfortunately, I am working less due to COVID-19. This has affected my paycheck as well as my ability to pay for tuition and books. Hopefully things can get back moving better than before. I hope this write-up helps.

### **Student B**

My time in the Recreation dept at PSU has been enjoyable and informative. I personally think there should be more course work for the Worksite Wellness emphasis because in my 2-3 years taking Recreation classes I have met a total of 3-4 people with that emphasis and the other emphases had so many more students. I also think there needs to be more required classes that specify for Worksite Wellness, I know there is one that Dr. Jewett teaches but it is not required. I have personally enjoyed all of my classes here in the recreation department but I wish I could have learned more about my emphasis rather than just Recreation or just the other emphases in general. Some of my favorite classes have been Personal Training Management, GFI, Program Design and Leadership. I liked these classes because they are based towards my emphasis and what I could see myself doing in a professional standpoint.

As of the faculty here I have never met a person at the Student Rec that I have not loved. I think all the professors put students first and their education and learning first which is why I love my major.

With the classes going online I have had zero trouble with switching. I have taken a lot of online classes in the past and that has helped me prepare for this switch. I think the professors are taking the time out to let us understand what is exactly needed of us and when. I like open communication also, it is very easy for me to contact my professors.

#### Student C

I would love the opportunity to be a student representative. Thank you for thinking of me in this role.

In the RSSHM program, I have taken many classes which I enjoyed and learned a lot in. I have so much interest in this field so I feel like it is easier for me to process the information because I genuinely want to learn it. Along with the classes, I was a Student Researcher in a research study which was an awesome experience so far (hopefully it is able to continue in the fall) and I learned so much with hands on experience. The purpose of the study was to assess the fitness levels of older adults. We were able to fully assess a few subjects but then it got halted because of COVID-19.

The only jobs I have really had in the field of Recreation would be seasonal employment with my city's parks and recreation. I was a lifeguard and swim lesson teacher for 4 years. COVID-19 has impacted me because the classes that are now online are not supposed to be and it is harder to learn now with those. I was also really looking forward to the research study as well and now we have no idea when that can start up again. It is very frustrating and hard for people to deal with. I am not struggling in my classes thankfully, but I would rather learn in person than online. The unknown is scary and I would like to get back to school so I am just hoping for the best and looking forward to the fall semester. Thank you for choosing me for this position on the advisory board!

#### Student D

I would be honored to be a student representative. I have been in the RSSHM program for two semesters now and have enjoyed every day of it. Pittsburg State University went beyond my expectations, I love it here. Once I found out more information about Therapeutic Recreation at the end of 2018, the more I wanted to be in this field. I love what I am doing and cannot wait to see where this field takes me. I have not had a recreation job because I have been a Certified Nurse Assistant since fall 2016. When I came to PSU though in fall 2019, Dr. Miller asked if I would like to be a student researcher for this new study- "Assessing Older Adults 60 years and older of Southeast Kansas". The purpose of this study was to see what the fitness levels of older adults were and to help them learn more about themselves. I hope I can continue this study during this upcoming 2020 fall semester. It was put on pause due to the COVID-19 virus spreading around. I did get hands on experience though with a few of the subjects and the equipment in the exercise science lab. That is my favorite learning style-hands on. All of my classes switched to online which was a major change because a few of my classes went out into the community or we did hands-on activities in the classroom. I personally am doing fine, but miss the classroom environment. I feel more engaged when I am in a classroom.

Thank you for considering me to be one of the student representatives on the recreation advisory board.

Student E

Hello! I hope that the individuals reading this and their loved ones are well. I would like to say thank you for being asked to share my thoughts on the RSSHM program. This program and the faculty in HHPR have helped me learn a lot and grow, and I feel fortunate to study in RSSHM with a hospitality emphasis at Pittsburg State, as the cost is much more affordable than other options in the region for this area of study, and the faculty, staff, and community is very committed to helping students succeed, in my opinion. Throughout my time in this program, I have benefited greatly from the encouragement, and at times, requirement, of students to take advantage of volunteer opportunities and other field experience opportunities. Even if some of these opportunities might not seem at the surface to be directly in-line with emphasis areas in the department such as hospitality management or community/worksite wellness, they teach a great deal about the importance of service, being able to think on your feet, and working with and for people, and your community.

In terms of coursework, as a hospitality management emphasis student, all of my area courses are online. And while I completely understand that there are benefits to this in terms of being able to offer the courses to remote students and create flexibility for others, I think that at times I do not learn as much as I do in in-person courses just from design. I also hope in the future that the HHPR club and/or the courses students are in can focus on professional development options outside of KRPA and KAHPERD, as I have struggled with finding conferences to attend and locating organizations to follow, and know that other students outside of the rec/sport emphasis side of things have struggled with trying to balance wanting the professional conference and other degree-required development things like internships to be meaningful experiences but also be something that is not incredibly costly. In addition, I know that it might be difficult for students to have time to discover different opportunities and things on top of work, school, activities, and other obligations or they might not fully understand that KRPA and KAHPERD might not be well-suited to their areas. I know that other departments on campus have their students participate in annual fundraisers to help offset costs, and I think with the skillsets of students in this department that it might be feasible to create something similar while also gaining experience maybe through a class project or club activity. I know that I would love the opportunity to raise awareness and funds for the department.

Speaking on COVID-19, I hope that faculty, staff, and students are doing well. While the transition is different and difficult at times, I'm just doing the best I can to balance class, work, and general life. My part-time work in my emphasis area has been impacted significantly for the plans that were in place, but adjustments are being made and we're going at it with our "This is fine, we'll all work together and get through" outlook as usual, which I think prepares me well for hospitality in the future and just in general. I am fortunate to have wifi accessibility even if it isn't great at times. It is very much a bummer to not have the everyday class connections and learning I am accustomed to but I am very grateful to know professors, classmates, and others who still work for connection, learning, and growth even in this current new normal.

## Student F

I have been in the RSSHM program at Pitt State for a little over a year now. All of my experiences have helped me to prepare for my future in the field. The courses that I have taken have very helpful information and my professors do a very good job in making sure that we are taught useful information that will help us in the future. With the changes that have been made recently with how we are learning, I would say that everyone has done their best in the short amount of time that they had to prepare. For me though I learn better when I am physically in class. Doing all online classes has inhibited my learning. I still read the power points that are put up but it is harder to retain the information especially when the professors give other important information and explain more in depth about the information. There are definitely things that could be improved but with such short notice, everyone did the best they could.