

Competency #7 Reflection

This competency, Methods of Inquiry, is the root of my being. I am constantly trying to figure out how the world around me works. Unfortunately, I still have a ways to go in uncovering all of the mysteries that I encounter, but I am fascinated by many different things. With that said, I do not always think that things can be explained through numbers or scientific modes of thought. It seems that research should be ongoing and fluid. The artifact that I included which demonstrates my proficiency is just that. I was able to conclude some things, but in order to continue to make progressive changes and improvements, this particular research should be continued. I researched the perceived levels of stress that teachers in my building have, their overall health, and how they feel exercise effects these things.

Oddly enough, the idea came to me while having a conversation with a friend at the gym. She had informed me that her school was having a contest to see who could lose the most weight. She said they were trying to promote a healthy staff to keep pace with the demands of their jobs. This got me thinking about whether such a program was viable at my school as well. That thought was a big picture thought, and I realized that I had to do some research first in order to see if we should proceed with implementing something similar.

To get started, I knew I had to do some preliminary research to see what other scientists and experts in the field had found pertaining to this subject. I found several interesting articles that supported a regimented workout among employees, adults, and even children in relieving perceived levels of stress and alleviating illness. After

spending time reading the articles, and looking up the words I did not understand, I felt I was better able to look at, and analyze the data that I was going to collect.

I decided that in a large building with many staff members, getting the information I wanted could be a daunting task. I believed that the best way to collect data would be by survey. It was important to me to make sure that the survey asked the questions that would help me come to some sort of a conclusion. I also wanted to keep the integrity of the survey, so that the participants would not lose interest and forgo answering completely and accurately. I came up with a set of ten questions, nine of them being multiple choices, and the last one being a written response. I was pleasantly surprised by the amount of information that I gathered and the candidness of the participants. I had contemplated interviewing several of our staff members, but felt that I had sufficient information to analyze and to draw conclusions.

Shortly after administering the survey, which was done electronically, I was able to interpret the information. I used Microsoft Excel to input the statistical data. Following this, I was able to create charts that showed the results of the study in a dramatic way to drive home the point of their importance. While it did seem that many of the teachers would be in favor of adopting some sort of after school workout program, I decided that the impact of doing this at school would impact our after care program. However, I have considered implementing something like ActivityGram™ so that the teachers can find creative ways to workout together to stay healthy. This is still being debated.

The use of research is imperative when it comes to education. Because scientists, scholars, and researchers are constantly questioning the world around them, one would

dare say that they will continue to look at how children learn. Therefore, as a teacher, I realize the importance of maintaining my interest in the work being done by others. I also know the significance of inquiring about best practices in order to continue meeting the needs of the twenty first century students I see daily. These values and skills that I have demonstrated allow me to say unequivocally, that I have met this competency.