**Reflection**

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DHYG 302: Instructional Strategies for Health Professionals

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December 19, 2024

 The instructional strategies for the health professional course has given me knowledge and understanding for myself as a learner. Prior to this course I did not understand the value of understanding my own learning style and embracing it! It is important that people understand the true value of questioning and critiquing their own knowledge to actively engage in growth. This goes for both the educator and student as we have learned that in modern education the relationship is parallel.

 In just 15 weeks we were able to cover so much information but the topics that were significant to my growth were learning styles, motivational theories and cognitive dissonance. Understanding different learning styles and embracing other ways of learning can benefit both the learner and the educator. Educators must always remember that they “should not define behavioral objectives until they establish the needs of the learner, the learner’s readiness to learn, and the ways in which the learner best learns” (Bastable et al., 2020). Motivational theories include discussion of self-efficacy which affects how people think, feel and drive themselves. Learning styles and motivational theories are huge factors when dealing with the idea of cognitive dissonance. A true educator succeeds when they can assess learning styles and uncover the student’s motivation behind learning and then apply that information to their objectives and lesson plans.

 After this course I truly believe it is important to remember that every person comes from a different background, faces different challenges and has their own unique learnings style and motivation. I can apply this knowledge in all aspects of my life. First understanding my own learning style and by accepting that there are many different learning styles. In a clinical setting to provide best practice I should take time to assess my patients’ learning styles, motivational interests and if they are displaying signs of cognitive dissonance. I can also bring this knowledge to the professional level and use these tools while working with others.

 I liked this course because it allowed me to challenge and understand myself better as a learner and educator. Teaching is much more than just providing information, it requires true connection and understand of the learner.

**References**

Bastable, S. B., Gramet, P. R., Sopczyk, D. M., Jacobs, K., & Braungart, M. M. (2020). *Health professional as educator: Principles of teaching and learning* (Second). Jones & Bartlett Learning.