Aloha future health professionals! I will be accompanying you nearly halfway around the world to verdant Ireland to support in your journey and help you to keep in touch with things back home at the University of Hawai‘i at Mānoa. Although both University College Dublin and the University of Hawai‘i at Mānoa are primarily English-speaking universities, we will undoubtedly discover differences in perspectives and methods of healthcare between Ireland and Hawai‘i and by seeing our similarities and differences with another culture, discover more about ourselves and our values.

As resident director, I will help you stay on track during your studies in Ireland so that you are able to manage a healthy work-life balance and return to Hawai‘i with a better sense of time management, your personal health, and study skills that will help you earn credits at the UHM and in your future career in health.

In addition to monitoring your academic progress, I am also there for counseling and helping you to adjust being far away from home. I plan on being available most mornings at the university for individual meetings, and we are planning on several group outings if the final schedule allows.

We will also be having several experiential learning activities outside of University College Dublin to fulfill the Student Learning Outcomes of the Study Abroad Center:

- Demonstrate awareness of your own cultural values and biases and how these impact your ability to work with others.

- Demonstrate knowledge of diversity with a focus on the population or topic of interest in your Study Abroad program.

- Communicate appropriately and effectively with diverse individuals and groups.

- Demonstrate an increased capacity to analyze issues with an appreciation for disparate viewpoints.

These objectives will be accomplished through documenting your time in Ireland via the following ways:
A personal reflection log or journal via the media of your choice – whether it be a written diary, maintaining a blog, or social media account. You will describe a situation you encountered, your personal feelings about it, the reactions of people who may be involved in that situation, and how that would compare to a similar situation back in Hawai‘i. The personal log may be public, shared with our group, or private between us.

A photo journal or social media account. You will take at least one picture per day of anything you like and write a caption for it – this can be anything that’s different and can’t usually be found in Hawai‘i. This should be easy since Ireland has its uniquely distinct culture, a wealth of history, a different climate with accompanying plants and animals, and completely different cuisine. Your account may be shared with just the group or public. If you choose to keep a public social media account, safety will always be a priority, but in the best-case scenario, you may find new friends and contacts with other students at University College Dublin!

As part of the John A. Burns School of Medicine faculty and my research in obesity and diabetes, I will also encourage you to keep track of how your lifestyle has changed in Ireland and compare it with your daily routine back in Hawai‘i with the following tools:

A food journal. Your daily diet will probably change, and in addition to keeping a log of your daily life, you will also keep a log what you eat in a week before departing for Ireland, during your stay in Ireland, and one week after you return home. Calorie counting is not required (but may be of interest to nutrition majors), but you will be encouraged to develop an awareness of your own body and if adjusting to a new diet causes any noticeable changes in your health. This will not be shared with the group and I will not comment on or criticize what you eat – the purpose is for you to be more aware of your own health.
A step counter. This will almost require no effort except logging your step count at the end of every day. Most smartphones already have a step counter, but there are very cheap ones available online if you don’t have a device with a step counter. You will log your step counts daily for a week before arriving in Ireland, during your stay in Ireland, and for a week after departing Ireland. Monitoring your weight is not part of the activity, but you will be encouraged to log how you physically and mentally feel every other day. These logs again are for your own personal benefit and awareness, and my role will be not to prescribe or scrutinize but help you go over your results get a better sense of your overall physical activity and how it affects your mood and studies.

I will also hold optional expeditions for students interested in health careers to compare lifestyles and healthcare between Hawai‘i and Ireland.

For nutrition and KRS majors or other interested students, we can do a “food tour” to see what dishes are commonly offered at dining establishments and calculate what a daily average nutritional intake may be for a student studying at University College Dublin and compare similarities and differences in macronutrients and calories between your diet and UCD student's.

Ireland also has a universal healthcare system – for nursing, public health, and other pre-health career students, we will try to arrange a visit to shadow healthcare professionals to see similarities and differences in healthcare operations and protocols between Ireland and Hawai‘i.
<table>
<thead>
<tr>
<th>Learning Outcome</th>
<th>Below Expectations</th>
<th>Satisfactory</th>
<th>Exceptional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrate awareness of your own cultural values and biases and how these impact your ability to work with others.</td>
<td>Journal and social media postings are minimal with no real content.</td>
<td>Keeping up with daily journal and social media postings.</td>
<td>Journal entries reflecting on multiple days or overall themes on Irish culture that draw upon multiple events.</td>
</tr>
<tr>
<td></td>
<td>No captions, just posting photos.</td>
<td>Descriptions and captions describe events without personal reflection.</td>
<td>Description of personal changes due to interactions with people outside of the program and UCD.</td>
</tr>
<tr>
<td></td>
<td>Health logs have gaps in their records.</td>
<td>Daily food journals and step counter logs.</td>
<td>Reflecting upon differences between your diet and physical activity between Hawai’i and Ireland.</td>
</tr>
<tr>
<td></td>
<td>No comparisons – only food and step count logs.</td>
<td>Basic comparisons between your health and lifestyle between Hawai’i and Ireland</td>
<td>Heightened awareness and mindfulness of your own health and how lifestyle changes affect your health.</td>
</tr>
<tr>
<td>Demonstrate knowledge of diversity with a focus on the population or topic of interest in your Study Abroad program.</td>
<td>Journals and postings describe feelings from a self-centered perspective without considering others or the group.</td>
<td>Journals and social media postings describe interactions and events in a matter-of-fact manner.</td>
<td>Journals and postings show an appreciation for others and society, both from an Irish, Hawaiian, and American perspective.</td>
</tr>
<tr>
<td>Skill Area</td>
<td>Example of Non-Performing Behavior</td>
<td>Example of Partially Performing Behavior</td>
<td>Example of Performing Behavior</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Completing coursework with minimal effort.</td>
<td>Completing coursework and your research project with satisfactory effort.</td>
<td>Completing coursework that provides an insight that compares healthcare and/or healthy living between Ireland and Hawai‘i</td>
<td></td>
</tr>
<tr>
<td>Communicate appropriately and effectively with diverse individuals and groups.</td>
<td>Not responding to your research mentor, other students, or the faculty resident director.</td>
<td>Attending every meeting with your research mentor and group.</td>
<td>Taking a leadership role or proposing novel activities that will help your research.</td>
</tr>
<tr>
<td></td>
<td>Expecting your research mentor to do all the research for you.</td>
<td>Completing only what your research mentor tells you to do.</td>
<td>Self-directed learning without being reminded by your research mentor or told what to read or write.</td>
</tr>
<tr>
<td>Demonstrate an increased capacity to analyze issues with appreciation for disparate viewpoints.</td>
<td>Journal and social media postings are superficial and flippant.</td>
<td>Journals and social media postings describe events as they are with bland objectivity.</td>
<td>Journals and social media postings point out key differences and show research and understanding of how the people of Ireland may view healthcare issues differently from Hawai‘i and the United States.</td>
</tr>
<tr>
<td></td>
<td>Being provocative, combative, or confrontational to other group members or people online.</td>
<td>Focusing on one’s own social media postings without appreciating or analyzing others’ feelings on the same topic.</td>
<td>Interacting with others via social media in a diplomatic and mature manner. Learning to handle unwanted or unexpected responses in a healthy manner.</td>
</tr>
</tbody>
</table>

Experiential Learning Plan  Jason Kenji Higa  Dublin, Ireland