



Chapman Community Health Promotion: Dance and Culture Service- Learning Project

Presentation for BGSU Faculty Focus Series by
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Learning Outcomes for Chapman Service-Learning Projects

- Observation, Research, and Cooperative Action
- Group work
- Communication
- Self Knowledge and Expression
- Application

Overview of the Service-Learning Project

- Rationale
- Design
- Implementation



Wood County Library Children's Place

- outreach efforts targeted to youth age 8-11
- multicultural and health education programming for the targeted age groups.



Local Girl Scout Troops

- Programming that enhances the self-esteem, critical thinking and leadership skills
- Enhance the literacy skills of girls
- Enhance the mental and physical health of young girls.



Kohl Hall Programming

Co-curricular Programming

- The goal of creating strong academic and social environments for Kohl Hall Residents.
- The need for programming centered on the physical and mental health of Kohl Hall residents
- The need for multicultural programming and participation by Kohl Hall residents



The off-Campus Experience

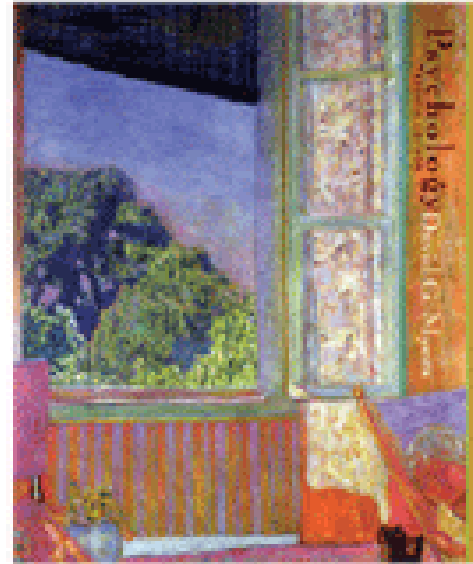
Six-Week Middle Eastern Dance Workshop

- Mind-body Awareness
- Historical, social context of the dance form
- Body Image
- Dance as Living Language
- Sensuality vs. Sexuality
- Owning our Passion



In what ways was the service-component linked to Psych 101?

- Students were asked to read and apply psychological concepts to the service-activities: stress, stereotyping, eating disorders, social loafing and program evaluation



Sample Readings

- *Belly dance-In Brief* by Kajira Djoumahna
- *Media Literacy Training to Prevent Body Dissatisfaction* by Michelle Wolf-Bloom
- *The Beauty Myth* by Naomi Wolf
- *The Essential Women* (taken from *Serpent of the Nile: Women and Dance in the Arab World*) by Wendy Buonaventura

Sample Reflection Questions

- What beliefs or assumptions did you have about Middle Eastern Dance?
- What image do you have of the belly dancer? Who benefits from the image?
- How does your Middle Eastern Dance experience relate to the *Beauty Myth* readings by Naomi Wolf?

Benefits to First-Year Students

- Increased number of questions related to culture in the Middle East
- Integration of the course content into other courses as indicated by papers written on belly dance as female empowerment, sexuality vs. sensuality
- Enhanced knowledge of the geography of the Middle East as demonstrated on quizzes
- Increased knowledge of how to design and implement cultural awareness programming as indicated by reflection papers

Benefits to First-Year Students

- Reports of using dance and yoga to decrease stress
- Increased expression in the dance which suggested enhanced emotional expression
- Increased understanding of the media's influence on body image
- Reports of increased positive body image
- Increased understanding of the role of culture in body movement
- An openness to cultural self-introspection
- An acknowledgment of movement as fun and exciting, a willingness to dance for fitness and pleasure

Benefits to Consulting Partner (Radiance Dance Studio)

- Working with a particular population of age range – 16-18 year old women
- Increased awareness of my own passion and ability to teach culture and dance from personal experience as well as from an intellectual point of view to the population of young college women

Benefits to Consulting Partner (Radiance Dance Studio)

- Opportunity to introduce a new form of movement to the students, who otherwise might have been intimidated or reactionary to the term “belly dance”
- Awareness of my presence in our community increased, possibly leading students to try other forms of movement and activities off campus

Benefits to the Community Partner (Wood County Library)

- Provided programming consistent with the Library's mission

Benefits to the Community Partner (Girl Scouts)

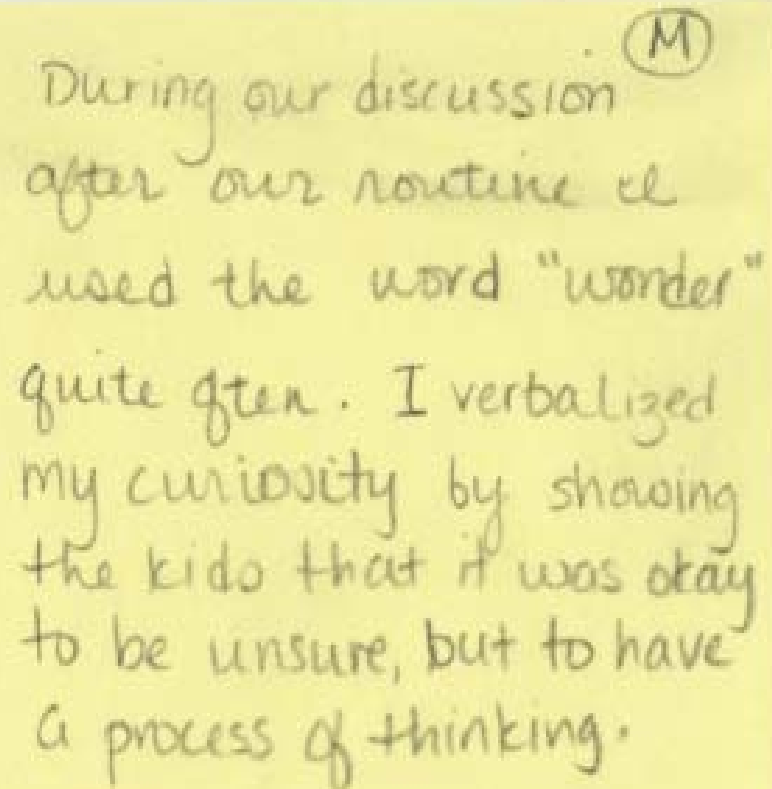
- Provide programming related to health and culture, as well as, provided college student role models.

Challenges in Implementing Service-Learning for First-Year Students

- Balancing the needs of community partners with the needs of first-year students

Themes from Student Reflections

- Used dance and yoga as tools for increased relaxation
- Reported greater desire and interest in learning about other cultures
- Medias impact on body dissatisfaction
- Stereotypical imagery of belly dance-more aware of fact vs. fiction
- Little knowledge of geography of the Middle East
- Found off-campus learning experience meaningful
- Found learning from an experienced dance teacher meaningful



During our discussion (M)
after our routine I
used the word "wonder"
quite often. I verbalized
my curiosity by showing
the kids that it was okay
to be unsure, but to have
a process of thinking.

Definition of Culture

- **Definition of culture used in the course**

Culture can be defined as all the ways of life including arts, beliefs and institutions of a population that are passed down from generation to generation. Culture has been called "the way of life for an entire society." [3] As such, it includes codes of manners, dress, language, religion, rituals, norms of behavior such as law and morality, and systems of belief as well as the art. (Wikipedia,2008)