

Panama (2017-2018)

McMaster Fellows

Sheldon Goodrum, Ph.D., Assistant Professor of Criminal Justice
Timothy E. Rickabaugh, Ph.D., Professor of Exercise Science

McMaster Scholars

Da'Ja'Nay Askew, Junior, Psychology and Social Work—This project is an extension of the project completed in March 2017 and will address the lack of self-esteem in children and help parents identify their children's self-esteem. Activities are being planned with the children to help them reach their potential and to see themselves in a positive light, while at the same time providing education to parents to help identify how their children are feeling. This will be done by having the students participate in creating stress balls, a "Garden of Greatness" and handouts for parents.

Chelsey Braunwart, Junior, Molecular Biology — In this project visual assessments will take place for both children and adults in the communities of Biblioteca, Curundu, and El Congo. Testing will take place for visual acuity and color blindness, with the goal being to provide information on the individual's vision and next steps.

Morgan Conner, Junior, Athletic Training —Through the use of various workshops, this project will teach both children and adults about the benefits of a healthy lifestyle. Activities showing various fruits and vegetables will be done with children to show that the types of foods that they should be eating daily. Packets of information will be compiled and handed out to children and adults in the following places; Centro Educativo Maria Poussepin-Curundu, Aprojusan and Fundacion Amanecerces.

Madyson Creighton, Junior, Criminal Justice and Social Work —In this project social emotional learning through games will be conducted in various classrooms. This builds of a past project where relaxation techniques, goal setting and social media safety was taught. The games that students will participate in will concentrate on emotional regulation and social intuition.

Samantha Ervin, Junior, Multi-age: Intervention Specialist Mild to Moderate — In this project the importance of reading and writing, both at school and home will be discussed. There will be a parent workshop to encourage at home reading and writing activities. The trainings will take place in Centro Educativo Maria Poussepin school, the Biblioteca and Aprojusan, which are after school community centers.

Spencer Gray, Senior, Molecular Biology—This project will continue the analysis of the water quality of the El Congo Village by Toni-Ann Ledgister in March 2017. Tests will be carried out to check for Ph, phosphates, oxygen, ammonia, bacteria, chlorine, and nitrates. Data will be compiled, analysed, and aggregated to help guide future

projects. One area that will be heavily looked at is the presence of sediments in the water and where they are originating.

Beau Massingill, Junior, Athletic Training—This is a continuation of a project from March 2017 providing first-aid and CPR training in CEMP School, village of El Congo and to community members. The main teaching of this project will concentrate on Infancy and Childhood CPR and First-Aid. All aspects of the project will be taught in a lecture format and then allow for hands-on practice.

Cody Nelson, Senior, Criminal Justice —This project is going to address conflict resolution skills and anti-bullying. Community partners that the Defiance College group has travelled previously has identified these as serious issues that they need information and training to be conducted. Skills on how to address both issues will be discussed, as well as role-play situations to see the best way to handle them.

Kaytlyn Williamson, Junior, Social Work—This project is about creating multi-sensory activities for children and adults with disabilities. This is a need that was discussed during the March 2017 trip to Panama. The Curundu Schools Special Education area is getting a new Occupational Therapy room and it was requested for us to assist in planning activities for the students in the new classroom area. Sensory touch books and sensory bags will be created for students and adults.