

Husky Compact Reflection: Think Creatively and Critically
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In connection with the project "Adolescent Depression Education in Public Middle and High Schools"
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My research project, Mental Health Education in Urban Public Schools, relates well to two dimensions of the Husky Compact: Think Creatively and Critically and Seek and Apply Knowledge. Within the discipline Think Creatively and Critically, my research paper applied to the dimensions "find, evaluate, and communicate substantive information" and "engage multiple perspectives." Whilst researching, I found a great deal of information regarding whether adding mental health topics to curriculums was a good idea and the need for it in schools. In order to decide whether to use it in my presentation I had to evaluate the relevance and accuracy of the sources. Using my discretionary skills, I put together a presentation that communicated an answer to my research question with information that was relevant, correct and abundant. I didn't expect to find research that only supported one side of my research question, because then it would be a relevant topic. Many experts were for it, many against it and others had differing opinions altogether. To make sure that my research project remained unbiased and well rounded, I had to take into account all perspectives of the educational mental health discussion.

Within the discipline Seek and Apply knowledge, my research paper applied to the dimensions "seek new knowledge through varied pathways of discovery" and "identify gaps in knowledge and seek out new information." The honors program required that my research project connect two of my classes from my fall semester and I merged my Honors 100 class and my Human Growth and Development CPSY 262 class. From these two courses, I was able to approach research from two different directions and discover even more information. From the educational background Honors 100 gave me, I applied a more curriculum-based approach to research. From the development background CPSY 262 provided me, I could give a large focus to the actual development of the children when placed into suitable learning environments for their mental health needs. From all the information I found, I was able to see where the current urban public school system had gaps that required change. With further research, ways to implement change as well as why it is needed came to the surface as well.

As a student who myself has struggled with various mental health issues and has had peers struggle, I recognize the importance of not only conversation but action towards understanding what schools are doing well and how they can work to better serve the students in their systems. This passion helped to influence the basis of this research project and further drive the discussion of mental health education in urban public schools.