

Required Module 2 SickKids Public Health Nutrition Course 20 hrs

This module was very extensive, and I tried to spend as much time taking notes as a refresher because each module and section had a lot of information we have already learned but I thought each section was unique. Just like when we submit our projects and papers, I keep my notes double spaced and after finishing the required module, I had around 60 pages of very in-depth notes. I took those notes and reviewed them to bring these pages down to around 15. The thought the case studies that were placed in the middle were very informative as well. I think breaking this required module throughout the entire semester could be useful because while we learned a lot of this material, I thought it had a lot of information.

With everything considered, I was able to learn a lot because of the interactive modules that includes that subcategories and the quizzes. However, within these quizzes, I thought that the multiple choice were good learning tools but I thought the written responses allowed me to critically think and try to deep analyze what I already knew and what I knew. While this required module was fantastic, I do have some sustainment's and improvements from my experience. I already went over most of the sustainment's, but the last one that really stuck with me, was the length and information within each module but again I thought having a little while longer could be beneficial. This is why I mentioned my detailed notes to add onto what I already have saved as a reference for future use. Some of the improvement could have been the program itself, because I had to pause several times and I had to restart from the beginning of the module. Another improvement could have been the format. While I did enjoy the overall format, some of the drop downs or videos would not work initially and took me several tries to complete.

I think this module should remain part of this course and if anything, possibly add more from this academy because of my comments from above. Just like with any modules or technologies it will

have IT problems, but I not only enjoyed this experience, but I learned plenty of information that I found to be very useful for not only this class but our career. Reflecting on the overall experience, I thought this was one of the best modules we have done so far and I look forward to doing more of these in the future either as continuing education or just for personal knowledge. Finally, when I was looking through the website, I found that most of these modules are free and I think publishing some of these throughout the program could be useful and I am excited to continue my journey of learning through these modules and use everything I learned here for the remainder of the course and my career.