Igniting an Interest in Research Class With Experiential Learning

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Introduction

- The average Baccalaureate student is typically not excited about getting to take a research methods class
- Being in a senior level class, students frequently have senioritis, are ready to graduate, and move on to the next phase of life
- Capturing their attention and interest can be a challenge in many research classes
- This provides a wonderful opportunity for research professors to create a unique experiential learning activity to ignite the students interest in research

Purpose

- Explore time spent watching TV, sleeping, studying, and how much water is consumed daily

Design

A mixed methods design was conducted at several universities across the US

Sample

A convenience sample (N = 211) Baccalaureate and Master’s students in Research Methods classes

Multi University Student Participants

- Southern Adventist University 74%
- Southwestern Adventist University 17%
- University of Alaska 9%

Gender

- Female 82%
- Male 17%
- Prefer not to say 1%

Methodology

- Institutional Review Board (IRB) approval obtained from each university
- Informed consent obtained from participants
- Online survey created in Google Forms
- During the quantitative & qualitative weeks of class, the students were given opportunity to participate in the quantitative & qualitative online surveys

Experiential Learning

- Student’s utilized smart phones, iPads, and laptops to participate
- Student’s ran descriptive stats
- Student’s conducted thematic analyses on selected data and reviewed with constant comparison

Research Questions

How much time a day do you spend watching TV, sleeping, studying, and how much water do you drink?

Students self-reported

- Watching TV (hours/day)
- Sleeping (hours/day)
- Studying (hours/day)
- Water intake (glasses/day)

Water intake (glasses/day)

- 0-1 10%
- 2-4 20%
- 5-6 20%
- 7-8 20%
- 9-10 10%
- 11-15 10%
- 16 or more 10%

Personal Devotional Time Themes

- Read/listen to the bible/pray/reflect 30%
  - Not at this time 17%
  - Daily 11%
  - Read devotional book &/or reflect 5%
  - Prefer not to say 1%

Results

Implications

For Educators the Importance of:
- Equipping students with good sleep, study, hydration, and time management skills
- Educating students on how to manage time spent watching TV, sleeping, and studying, and adequate hydration / water consumption are wonderful skill-sets to equip our students with as they transition to their professional nursing role
- Inspiring students to live a life of balance and nurture their relationship with God

References


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