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American Virtual Institute: Wellness During the Pandemic

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Introduction

AVI Practicum Being Utilized:

- Two previous practicum ideas before AVI practicum suggested by Dr. Paul.
- Previous practicums did not work out due to different COVID-19 issues.
- Learning more about Hungarian culture, how they handle COVID-19, learn more about their wellness lifestyle and leadership.
- Completely Virtual.

Site Supervisors:

- Dr. Paul Longenecker, RN, MBA, PhD- MSAH Graduate Faculty
- Eniko Braun- American Corner Szeged Director

Goals

1. Strengthen and build upon my communication skills while working with others whose native language is not English.
2. Increase knowledge about the Hungarian culture.
3. Teach the Hungarians about the US covering topics they wish to learn more about.
4. Help further advance the Hungarians English speaking skills.
5. Presentation style being effective for the whole group and giving everyone a chance to comment.

Activities

American Virtual Institute (AVI):

- Started off being a program to help high school students in Hungary learn about a multitude of topics to help allow them get credit towards their graduation. The topics included anything from sports, food, family, politics, and leisure activity and many more. There was supposed to be two sessions a 26-week program starting in October 2020 and ending in April 2021 and a 15-week program starting in February 2021 and ending in April 2021. Both of these sessions got cancelled due to not enough students signing up for the programs.
- Adapted into working with American Corner Szeged and going to conversation clubs and getting to know about Hungarian culture and helping them learn more about the US. This gave us an opportunity to form a better connection with Eniko Braun and lead to Dr. Paul Longenecker to asking for more opportunities to present and to work more with American Corner Szeged on more events that they would be hosting. This then became the main focus of the practicum.
 - **Events for American Corner Szeged that the AVI participated in:**
 - ✓ Conversation Club
 - ✓ AVI presentation (5 presentations covering wellness and leadership)
 - ✓ Learn American English
 - ✓ American guest speakers covering different topics

The goal for the AVI was “to enhance global understanding and cultural interactions, expand and develop connections between Hungarian and U.S. partners, share information about the US, Ohio and academic institutions using Wellness and Leadership as theme of the institute.

Wellness During the Pandemic:

- Covered the 6 types of wellness: Physical, Social, Emotional, Spiritual, Environmental, and Intellectual
- Described and gave examples of the 6 types of wellness, then went on to give examples of how these were effected due to the COVID-19 pandemic.
- Each person was given an chance to express how they were effected and distress. This presentation became more of a support group and allowed everyone to see that they were not alone and that everyone was doing different things to cope with the changes made to everyday life due to the pandemic.
- Different tips and coping mechanisms were given to the group, some included:
 - Breathing exercises to help decrease stress or meditate or journal
 - Getting outside and walking or increasing physical activity level
 - Zoom, FaceTime, or Skype with friends and Family

Results

The Wellness During the Pandemic presentation had positive feedback and allowed for everyone to voice their own concerns and problems they were facing due to COVID-19.

Feedback from the American Corner was great, Highly Satisfied (5).

Wellness During the Pandemic was one of their favorite topics.

Goals Achieved

1. Clearly spoke about the topic being presented, with more presentations communication became easier.
2. Conversation clubs allowed for knowledge to be gained about the Hungarian culture.
3. Feedback from topics I covered was positive and those who joined mentioned gaining knowledge that they did not have before.
4. Those who joined the presentations and conversation clubs became more comfortable while speaking English and less hesitant.
5. Presentation style allowed for everyone to speak freely on the topics allowing everyone to speak what they were feeling or what was on their mind.