

# Student Podcast

## Overview

NB Youth and our students are the future of the province, therefore it's important that we give our youth and students a voice to speak about what is critical for their success. It's also important for adults to listen and understand how issues are addressed from a youth lens. The Student Podcast activity allows students to express their thoughts and opinions regarding various health and social care topics, while encouraging them to get involved and contribute to their community.

## What you'll need

- Device to research and record
- Paper and pencil

## Instructions

- 1. Select a topic** relating to health or social care that you would like to research and discuss. Please refer to the list below for some ideas.
  - a. A public health issue in our province
  - b. A self-journey you would like to share
  - c. Mental health (Stigma, Education, Student's Needs, experiences, etc.).
  - d. Nutrition
  - e. Self-care and personal wellness
  - f. Self care tips or coping mechanism
  - g. Health or social care employment opportunities in the province
- 2. Research your topic.** Be sure to source at least 3 references during your research and should be reputable resources. Peer reviewed medical articles would be Ideal.
- 3. You are welcomed to include your opinions and experiences about the topic although please remember to make the content appropriate for ALL students and follows the NB school policies.**
- 4. Plan out the format and outline** for your podcast.
  - a. How do you want to deliver It (e.g., formal, Informal, conversational, report, etc.)?

- b. How long do you want it to be? (Recommend being between 10 - 20 minutes)
- 5. Create a script** that will help you stay on track during the Interview/ and or podcast. The format can be bullet point or a detail word-by-word script.
- 6. Use your phone or computer to record your podcast.** It can be a simple voice recording, or it can be a full-on edited format. The purpose is to spread your voice and knowledge on the topic.
  - a. Make sure you are in a quiet and comfortable space to record.
  - b. Ensure the voice quality is adequate enough for others to listen and comprehend.
- 7. Optional:** Share your podcast with us by sending it to COE@gnb.ca. We would love to listen and share your podcast if approved by the COE Health Lead.
- 8.** Below is a user guide to help get you started: [Guide | Student Podcasts](#)

**Podcasts to check out for inspiration:**

- [“Farming for Mental Health” | Centre of Excellence for Health \(centresofexcellencenb.ca\)](#)
- [SPARK-A Mother-Daughter Journey | Centre of Excellence for Health \(centresofexcellencenb.ca\)](#)

## **Career Connections**

- How might starting or listening to a podcast provide you with essential career planning skills?
- What are some habits and routine that students could practice to help them ease into a successful post-secondary education and eventually career?

## **NB Curricular Outcomes**

### **English Language Arts General Curriculum**

- Students will be expected to speak and listen to explore, extend, clarify, and reflect on their thoughts, ideas, feelings, and experiences.
- Students will be expected to communicate information and ideas effectively and clearly, and to respond personally and critically.

- Students will be expected to use writing and other forms of representation to explore, clarify, and reflect on their thoughts, feelings, experiences, and learnings; and to use their imaginations

### **Personal Wellness 6-8**

- SCO 8.1.3 Students will evaluate how media and technology influence the health and well-being of self and community
- SCO 8.2.1 Students will evaluate behaviours/environments that helps foster positive mental health and build resilience
- SCO 8.3.2 Students will evaluate factors and influences that contribute to a safe society

### **Wellness 110**

- GCO 1.0 Students demonstrate an understanding of the concept of wellness
- SCO 2.1 Students access community wellness resources
- SCO 2.2 Students design wellness activities for varying audiences
- SCO 3.3 Students investigate the impact of mental fitness on healthy living

## **Global Competencies**

[Collaboration](#)

[Communication](#)

[Critical thinking and Problem-solving](#)

[Self-Awareness and Self-management](#)

[Innovation, creativity, and Entrepreneurship](#)

[Sustainability and Global Citizenship](#)