Task 9 Reflection letter

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Before this course, I was unaware what a made up a program evaluation. I was able to learn how to conduct one and how to be effective in doing so. I learned that there are many programs that are simply underfunded and understaffed, but have the potential to be amazing programs. I was excited to learn that during the course, we would be allowed to choose our own agency to evaluate. I first wanted to evaluate a program called Weight Watchers because my mom is heavily involved in this program and has been very successful in it, losing 25 pounds in less than one year. Unfortunately, I was unable to evaluate that program so, I thought about something that I feel even more passionate about, health and wellness, and what better place to go then the YMCA.

The YMCA has a goal of “building a healthy spirit, mind, and body for all” (YMCA of South Hampton Roads, 2017). This goal is also a goal that I have for myself. When I was 16 years old, I found that my passion in life was helping others. I was always involved in sports teams as a child, so I decided that I wanted to find a career that could combine both a team, and a making a direct impact on other people’s lives. I found the perfect career of a firefighter. At 16 years old, I joined an Explorer Post through the Virginia Beach Fire Department, similar to a Boy Scout Troop, that helped train me and helped me volunteer in my community. At 18 years old, I joined a local volunteer fire department, Oceana Volunteer Fire Department, where I run shifts every Friday night. I found that my health and wellness needed to be a very important part of my life, so I began to pay more attention to it, making changes in my diet and I started exercising daily. Health and wellness is one of the most vital parts of a fire fighters routine.

I learned a great deal about the YMCA and about all of its programs. Most importantly, I learned how to make suggestions for future program ideas and improvement of the current program. Most of the time the agency will take into consideration what your findings are and how they can improve their program. I have done this in my own workplace by making suggestions for new menu items, specifically one a customer requested frequently, and at the fire station by giving ideas for workouts or training evolutions.

