University of Hawaii – Windward Community College
Staff Development

POST GRANT REFLECTION

Procedure
1. Complete this form-fillable report.
2. Submit your signed report to the Chair of the Staff Development Committee not more than 30 days following the project completion date.

<table>
<thead>
<tr>
<th>Grant Applicant</th>
<th>Jamie Boyd</th>
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<tbody>
<tr>
<td>Title of Proposal / Project</td>
<td>Acupressure</td>
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<tr>
<td>Date of Project</td>
<td>Thursday, March 15-25, 2019</td>
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<tr>
<td>Amount of Grant</td>
<td>$1000</td>
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</tbody>
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Describe the information, knowledge, skills gained from your project
I completed two levels of acupressure training: 1) Process Acupressure, and 2) Clinical Acupressure.

The workshops taught me how to use acupressure to balance and energize the whole body and to focus on specific body parts. I learned 35 specific formulas for acupressure sites on all parts of the body to treat many ailments, such as blood pressure, digestive problems, or headaches. I also received a clinical handbook and study 70 other specific formulas.

Describe how you will apply your experience to further the College’s mission to provide quality post-secondary education.
I am currently redesigning the Certified Nurse Aide course and including acupressure point therapy appropriate for the discomforts experienced by the aged and medically fragile.

Describe how you will share your experience with your office, department, or the faculty/staff at large.
I will offer acupressure at convocation,

Signature of Grant Applicant   Jamie Boyd   Date   9-30-19

Staff Development Committee’s Actions □ Accepted □ Not Accepted

Chair, Staff Development Committee   Date