

Title of Project: Self-Study Modules
Agency Name: Illinois Department of Human Services
State: Illinois
Key Word Descriptors: Participant self-study modules

Description of Project:

This project was undertaken to provide an alternative to traditional nutrition education sessions for WIC participants. Self-study modules for participants are intended to give nutrition education options to both participants and WIC staff. Self-study modules are similar to participant workbooks that enable clients to learn at their own pace and allow for flexibility in educational opportunities within a clinic. This is beneficial for both clinics and participants.

Results of Project:

Participant self-study modules have been well received by both clinic staff and participants. They are especially useful for participants who have been on WIC with other children and may be open to new approaches to nutrition education. Evaluation is an important component to the use of self-study modules. Every self-study module includes an evaluation component to determine customer satisfaction and achievement of objective(s).

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