What’s Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

April 8, 2020
Click the **Participants** button.

Click one of the icons to provide feedback to the host. Click the icon again to remove it.

**Note:** You can only have one icon active at a time.
Activity - Pick One!

Click the icon

- Green ✔
- Red X

- Hip-Hop or Rock-n-roll
- Morning person or Night owl
- Burgers or Hot Dogs
Managing Nonverbal Feedback (Hosts)

Click the Participants button to see a list of participants and their nonverbal feedback.

In the participants list, you can view and manage feedback using these features:

- if a participant clicked on a feedback icon, you’ll see that icon beside their name.
- The number above each feedback icon shows how many participants have clicked on that icon.
- If a participant clicked raise hand, you can lower their hand by hovering over their name and clicking Lower Hand.
- Click clear all to remove all nonverbal feedback icons.
Today’s Agenda

A message from the Directors…

Today’s Discussion

• Online Nutrition and PA Education
• Guidelines for Developing (or Using) Content
• Support from the State Offices, CNS, and UC ANR
Ergonomic Tips for Telecommuters

Using a table or counter with your equipment at the right height for you will place the least amount of strain on your body. Risk of injury decreases, and you can work longer and more efficiently.

Boxes and books elevate the laptop to eye level

Input devices are at elbow height

Input devices are at elbow height

Cushions, towels, and pillows provide additional support and raise you to proper seating height

TIP: Wear supportive shoes when standing

TIP: Use boxes, cushions, or reams of paper as a footrest

Boxes, books, and a microwave elevate the laptop to eye level
Online Nutrition and PA Education

• A lot of effort is happening!
• Coordination - through Supervisors and Advisors
• Let’s work together – and also maintain your relationships with participants, students, schools, and agencies
• Starting points - examples
  • Develop PowerPoint slides
  • Make practice videos
What types of content have nutrition program staff developed for online delivery?

- Content from approved curricula
- Physical activity content
- Recipe demonstration
- Garden demonstration
- Other content - please specify
Online Nutrition and PA Education

Discuss in your teams and with your Supervisor

• What is the community requesting and how can we adapt programming to meet needs (within program guidelines)?
• What content will you teach?
• Any supporting content needed – recipe video, PA video, etc.
• How can you deliver it to participants?
• What resources can you use?
• What will you need?
Guidelines for Developing (or Using) Content

Requirements
• Use approved curriculum and materials
• Include source credit
  • UC curricula – credit author(s)
  • Non-UC curricula (like ESBA) – publisher credit
• No copyrighted images, music, etc. without express permission
  • If not sure, don’t use it
• Book reading – guidance will be provided
• Recipes – need to relate to the lesson
• CFHL, UC – safeguarding adult participant information
Guidelines for Developing Online Content

Required Elements for All Online Content:

• Program branding
• Funding statement
• Non-discrimination statement
• ’And Justice for All’ content
• Closed captioning for all videos

Program-specific checklists coming soon!
Guidelines for Developing (or Using) Content

Recommendations

• Use pre-existing content when possible and appropriate
• #1 - Content developed by your colleagues around the state!
  • Incorporate along with your own content and connection
• Recipe videos from Extension programs that have granted permission
• Physical activity videos – with permission
  • Example – ESBA videos
Guidelines for Developing (or Using) Content

Recommendations

• Use the simplest technology needed to accomplish your goal
  • Zoom is a great tool for teaching – *more in a minute!*
  • Record PowerPoint slides with narration
• Ask for help if you need it
Support from State Offices, CNS, and UC ANR

- Lesson Plan Template for online learning
- Online learning video guide
- Resources for existing content
- Materials
  - PowerPoint templates with branding, funding, non-discrimination
  - ‘Plug-and-play’ branded video intros and outros – program specific
- Coordinate assistance with technology needs
  - Video editing
  - Closed captioning
UC ANR Video Resources

• Webinar by Ricardo Vela - Shooting videos with your iPhone (recording)  
  https://ucanr.edu/sites/Professional_Development/Monthly_WebANRs/
• Learning and Development web page ucanr.edu/videotools
• Video Production Manual by Petr Kosina and Steve Elliot -  
  https://ucanr.edu/sites/Professional_Development/files/316779.pdf
• An existing recorded and posted training by Steve Elliot –  
  https://www.youtube.com/watch?v=BWJnkDeCI78
• Video production checklist by Dustin Blakey–  
  https://ucanr.edu/sites/Professional_Development/files/317103.pdf
• Equipment and software suggestions by Dustin Blakey -  
  https://ucanr.edu/sites/Professional_Development/files/318523.pdf
• An online eCourse in development
Using Zoom for Online Education

• **Today at 3 PM! Zoom Basics**
  - [https://ucanr.zoom.us/j/751701428](https://ucanr.zoom.us/j/751701428) | 1 669 900 6833 | Webinar ID: 751 701 428

• Accessibility – Zoom mobile app
• Privacy - Zoom has privacy features that are easy to enable
• Useful features for teaching
  - Polls
  - Non-verbal feedback
  - Annotation tools

Chat – what do you want to learn about Zoom?
UCCE Connects to You – 100% at Home

Tomorrow! Thursday, April 9, 2020 from 2-3pm
Zoomercise!

Monday – Wednesday – Friday 12:30 PM

https://docs.google.com/spreadsheets/d/1fMmHcy_BV-2EEAcYM73x2iat7eCbw2oxWzAq0r3_3hE/edit#gid=0
We’re in this together!