

# Introduction: Aggie for Life

- UC Davis
  - BS Nutrition Science
  - PhD Nutritional Biology
- Doctoral research focused on incorporating PA & technology into the Shaping Healthy Choices Program
- Assistant Professor of Teaching Nutrition
  - Nutrition 10 and 10V
  - Pedagogical research



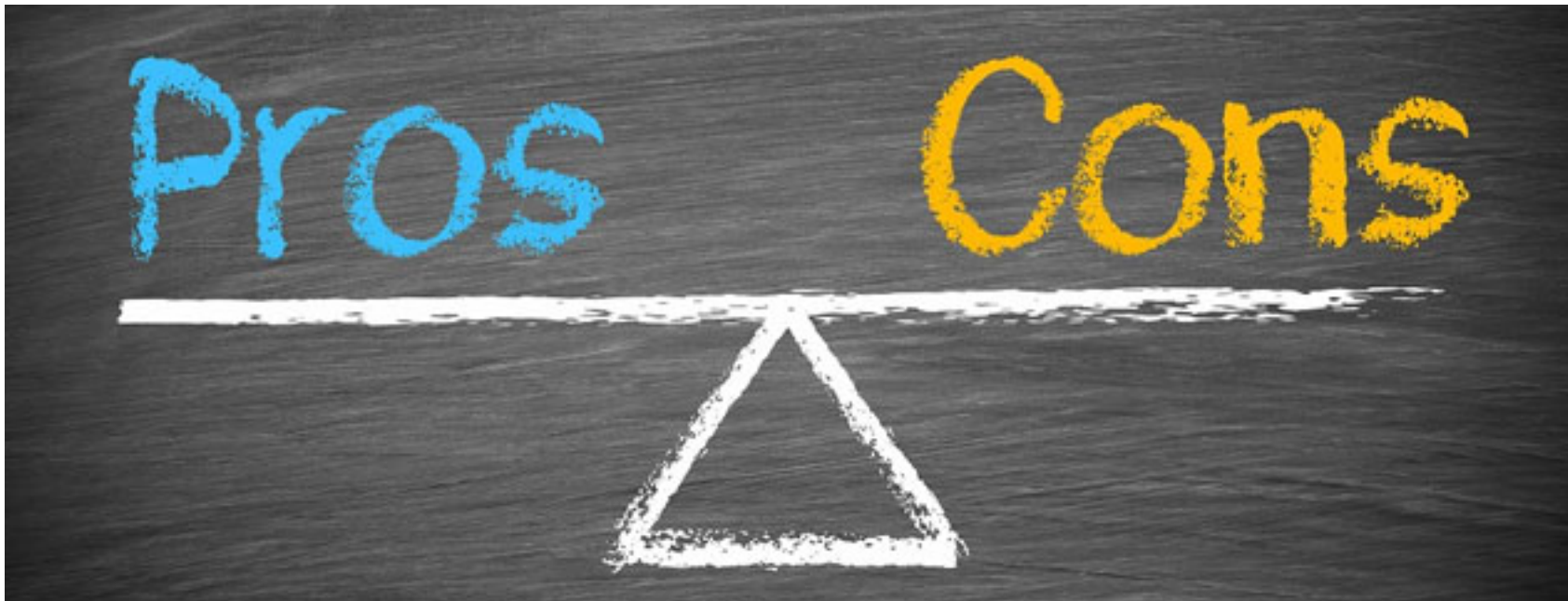
# Introductions in the Chat Box

- What is your favorite part about teaching?



# Think-Share (in the chat)

*Explain what you know about the pros and cons of online education.*



# Online Education

- Popular: Represents the fastest growing sector of higher education  
(TechTrends, 2018)
- Students more likely to engage in quantitative reasoning  
(JCHE, 2018)
- Advanced learning platforms provide suitable and easier environments for implementing online courses
- Cost savings
- Flexible schedule

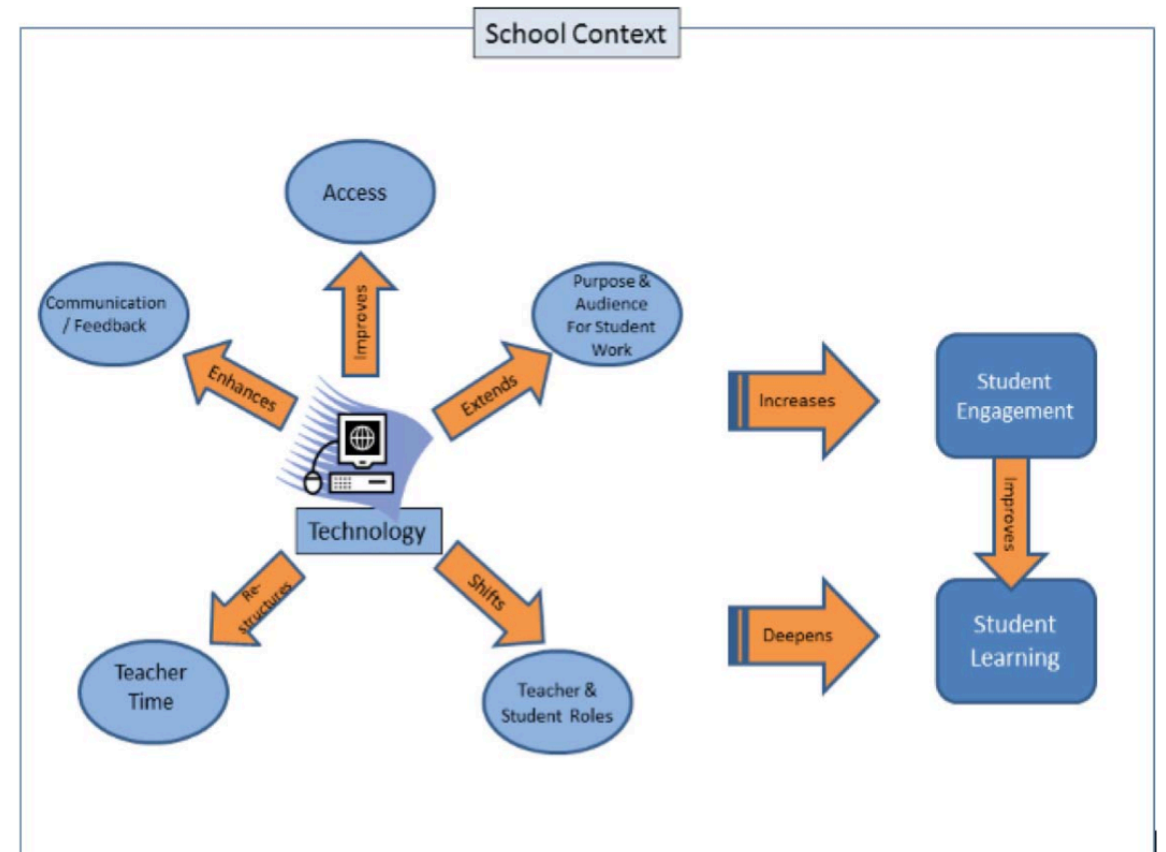


Figure 4. Roles of technology in learning.

# Challenges

- Attention
- Isolation
- Course navigation
- Self-monitoring
- Technical difficulties
  
- Less likely to engage in...
  - collaborative learning
  - student-instructor interactions
  - discussions with diverse others



(McKnight K, et al., *JRTE*)

(*JCHE*, 2018)

(Selwyn N, *Teaching in Higher Education*)

# Nutrition 10V: Discoveries and Concepts in Nutrition

- 100% online (exams, assignments, office hours, videos, reviews, etc.)
- Intro general education course
- Launched Winter 2018
  - 100 student pilot
- Now accommodates 800-900 students per quarter (cross-campus); >1,100 this quarter 😊



# Instructional Team

- Roles shift
- Focus on correspondence & management
- Finding new ways to connect with learners
- Organization is crucial
  - Weekly team meetings
  - Task management spreadsheets

F'19 NUT10/10V TA Task Sheet ☆

File Edit View Insert Format Data Tools Add-ons Help Last edit was made 3 days ago by Britt Robinson

100% \$ % .0 .00 123 Calibri 16 B I S A

fx Exams (Britt, Ziwei and Jiye)

	A	B	C	D	E	F
1	<b>Exams (Britt, Ziwei and Jiye)</b>					
2	<b>Tasks</b>	<b>Lead</b>	<b>Due Date</b>	<b>Class</b>	<b>Status</b>	<b>Quarterly comments, updates</b>
3	<b>Week 0</b>		<b>9/26-9/29</b>			
4	Setup ProctorU account(s)	New Head TAs and ProctorU TA		10V	Completed	
5	Create 3 exams: MT1, MT2, and Final	Debbie		10V	Completed	
6	Update MT1 Review Slides	Britt/Ziwei		10/10V	Completed	video pathways for NUT 10V, up
7	<b>Week 1</b>		<b>9/30-10/6</b>			
8	Schedule ProctorU refresher training for TAs	Debbie		10V	Completed	
9	Make sure the review session schedule works for everyone	Debbie		10/10V	Completed	
10	Update MT2 Review Slides	Britt/Ziwei		10/10V	Completed	video pathways for NUT 10V
11	Update Final Review Slides	Britt/Ziwei		10/10V	Completed	done for NUT 10V
12	Post MT1, MT2 and Final review slides to Canvas	Debbie		10/10V	In progress	<a href="#">SOP</a>
13	<b>Week 2</b>		<b>10/7-10/13</b>			
14	Attend ProctorU training	New TAs		10V	Completed	
15	Update the dates on the googlesheet and send email for MT1 on-call sign-ups	Jiye	10/10 by 5 PM	10V	Completed	<u>Each TA will sign-up 2hr on-call for the googlesheet.</u>
16	Proof MT1	Ziwei + Britt	10/10	10/10V	Completed	
17	Midterm 1 Review Session Practice	Kristen+Britt	10/10	10/10V	Completed	1-2pm Wednesday

# Welcome Videos



Welcome Video Examples:  
Zeyu & Britt





# Communication is Key!

- Importance of consistency and modularization in course structure  
*(J Comput Assist Learn, 2017)*
- Weekly overview announcements
  - Sent out Mondays at 9:00 AM
  - Summarizes previous week + upcoming week
  - Links to key areas on Canvas site
  - Personalization (emojis, current events)
  - Event/internship opportunities

 Edit



## Week 1 Recap & Week 2 Reminders

Oct 7 at 9am

[All Sections](#)

Hi all,

We hope you are having a great start to fall quarter! 🍂 We are now in week 2 of the quarter, so let's recap week 1 and talk about what's on the schedule this week 😊. As always, if you still have questions after reading below, please post your questions on [Piazza](#) or come to any of our [virtual office hours](#).

### Week 1 RECAP

*Review the [syllabus](#) and record exam dates, diet project deadlines, and quiz deadlines in your planner and/or set reminders on your phone.*

*[Video Modules Week 1](#): We watched the following modules--> [How Your Body Processes Protein](#) and [Meeting Protein Needs & Food Choices](#).*

*Quizzes: The [chapter 1 quiz](#) and [chapter 2 quiz](#) were due on Sunday, October 6th by 5:00 PM.*

*[Diet Project Action Items](#): The NEW Diet Project assignment is now available to download on Canvas. See the [announcement](#) that was sent out Friday.*

~ ~ ~

# Make Learning Fun!

Daily Value Fiber = 25grd

7g fiber

%DV = the percent daily value for protein, just for fiber.

PLAZZA NUT 010V 001 WQ 2018

midterm\_1 midterm\_2 final diet\_project chapter1 chapter2 chapter7 extra\_credit jeopardy course\_logistics miscellaneous

New Post Search or add a post...

Filtering by: Unread Posts Add shortcut

LAST WEEK

**Fixing my diet project** Mon  
On my feedback for my diet project it gave me a 5 and it says to fix subsequent calculations. What does that mean.

WEEK 2/11 - 2/17

**Question on Metabolic Syndrome** 2/16/18  
Hi yall. I have a question out of curiosity. For people who are obsessed with shrinking their waist using corsets, how d

**Midterm 1 question** 2/14/18  
I thought this question was true can someone explain to me why it is false Indigestible energy losses from protein appe

Class at a Glance Updated 13 seconds ago. Reload

- no unread posts
- 1 unanswered questions
- no unresolved followups

86 total posts  
294 total contributions  
85 instructors' responses  
15 students' responses  
51 min avg. response time

Student Enrollment  
84 enrolled

Download us in the app sto

HIDE QUESTION

Put the following stages of cancer development in chronological order by typing in either 1, 2, or 3 (1= first stage of cancer development, 2 = second stage of cancer development, 3 = third stage of cancer development).

68 in blank promotion

68 in blank progression

68 in blank initiation


SUBMIT

Diet and Cancer

Dietary link is strong:

# PlayPosit

- Embedded questions in videos
- Appear about every 4-7 minutes
- Questions are put into chapter quizzes
- Low-stakes formative assessments
- Holds attention
- Paid & free accounts



The image shows a video player interface for a video titled "Diet and Cancer". The video content is a collage of various foods including bread, potatoes, carrots, eggs, fish, and vegetables. Overlaid on the video is a quiz question. The question text reads: "Put the following stages of cancer development in chronological order by typing in either 1, 2, or 3 (1 = first stage of cancer development, 2 = second stage of cancer development, 3 = third stage of cancer development).". Below the question are three fill-in-the-blank fields with the words "promotion", "progression", and "initiation" next to them. A "SUBMIT" button is located at the bottom of the question area. The video player interface includes a "HIDE QUESTION" button in the top left corner and a progress bar at the bottom.

**Diet and Cancer**

Dietary link is strong:

Put the following stages of cancer development in chronological order by typing in either 1, 2, or 3 (1 = first stage of cancer development, 2 = second stage of cancer development, 3 = third stage of cancer development).

fill in blank promotion

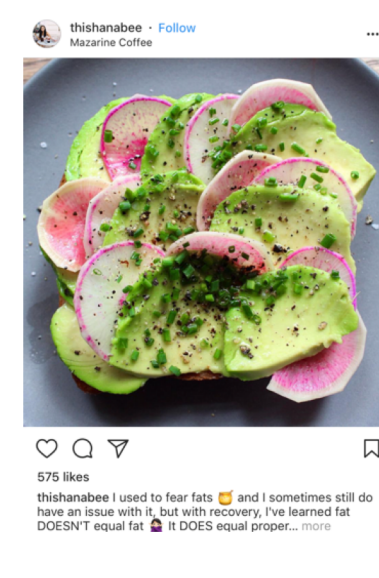
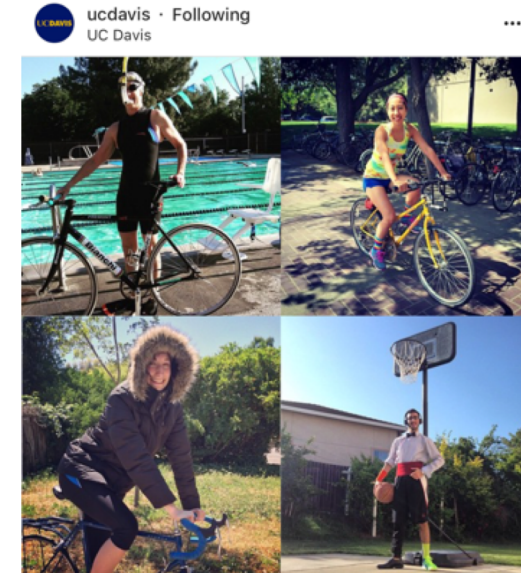
fill in blank progression

fill in blank initiation

SUBMIT

# Social Media – Please Type in the chat some ways you’re using it 😊

- Quarterly health promotion campaigns
  - NUT 10 MOVES!
  - Back 2 School
  - Rocks the Rainbow
- Scientific literacy

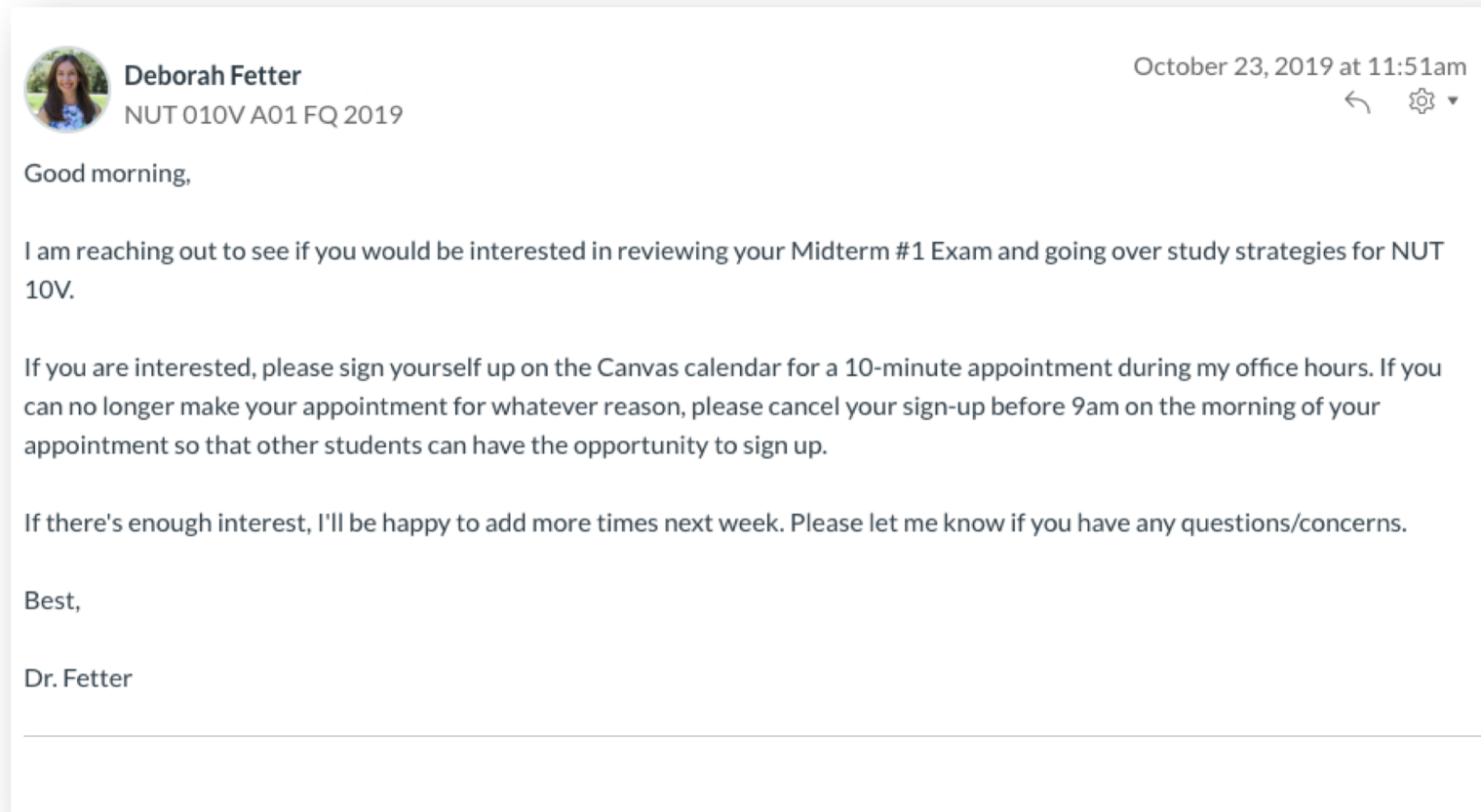


# Improving Self-Monitoring Skills

- Weekly assignments
  - Formative assessments
  - Incentive to keep up on videos
- Action items for projects
- Office hour appointments
- Releasing content at staggered dates
- Offer small incentives

# Inclusivity in Online Education

- Making yourself & your team accessible
- Identifying those that may need extra assistance
- Creating a variety of different learning resources



The screenshot shows an email interface. At the top left is a circular profile picture of a woman with long dark hair, identified as Deborah Fetter. To her right, the text reads "Deborah Fetter" and "NUT 010V A01 FQ 2019". In the top right corner, the date and time "October 23, 2019 at 11:51am" are displayed, along with a back arrow and a gear icon. The main body of the email contains the following text:

Good morning,

I am reaching out to see if you would be interested in reviewing your Midterm #1 Exam and going over study strategies for NUT 10V.

If you are interested, please sign yourself up on the Canvas calendar for a 10-minute appointment during my office hours. If you can no longer make your appointment for whatever reason, please cancel your sign-up before 9am on the morning of your appointment so that other students can have the opportunity to sign up.

If there's enough interest, I'll be happy to add more times next week. Please let me know if you have any questions/concerns.

Best,

Dr. Fetter

# Inclusivity in Online Education

- Pre-course survey
  - Assess background knowledge/potential misconceptions
- Course feedback survey
- Encourage students to work together
  - Take quizzes (open-book)
  - Share study resources (google doc study guides, quizlets, etc.)

Quizlet Search Create

## Nutrition 10V

STUDY

- Flashcards
- Learn
- Write
- Spell
- Test

PLAY

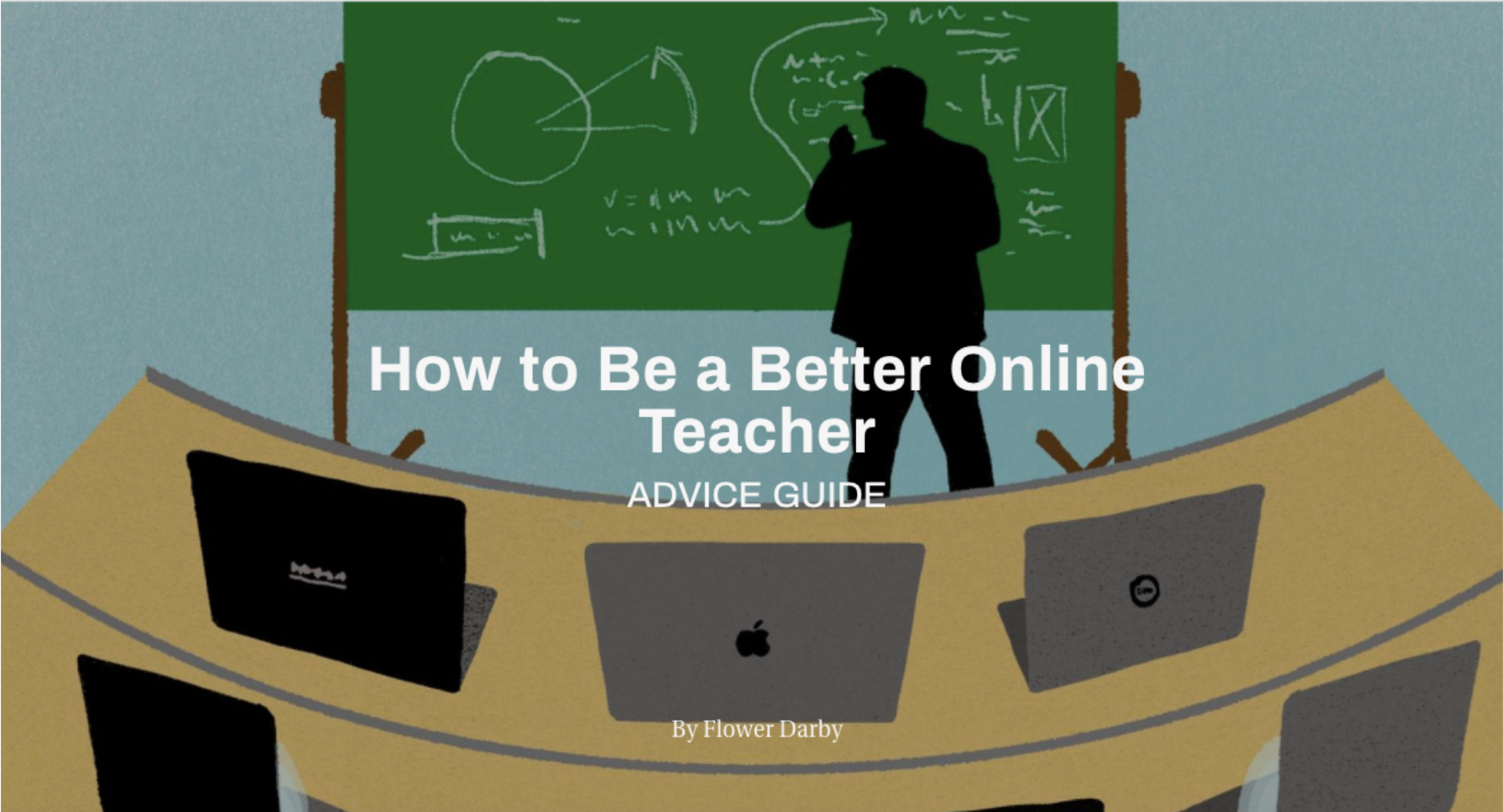
- Match
- Gravity

Fat provides how many kcal/gram?

← 1/101 →



THE CHRONICLE OF HIGHER EDUCATION

An illustration depicting an online classroom. In the background, a teacher's silhouette stands at a green chalkboard filled with whiteboard diagrams and equations. The foreground shows a curved desk with several laptops, including one with a prominent Apple logo. The overall style is flat and modern.

# How to Be a Better Online Teacher

ADVICE GUIDE

By Flower Darby

<https://www.chronicle.com/interactives/advice-online-teaching>

# Key Takeaways

- Organize your material through Modules
  - Intuitive organization
- Chunk videos into shorter videos
  - 3 min-15 min
  - 1 lesson may become 5 shorter videos
- Be yourself
- Add visual appeal
- Scaffold learning activities

# Questions?



# Thank You!

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