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
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
Week 1 Recap & Week 2 Reminders

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!
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
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

Deborah Fetter
NUT 010V A01 FQ 2019

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.)
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!

Debbie Fetter, PhD
Email: dsfetter@ucdavis.edu
Blog: https://phdeats.wordpress.com
Instagram: @phdeats | Twitter: @phdeats