

# They Snooze, You Lose!



TMZ.com

Linda Yarrow, PhD, RD/LD, CDE  
Dept. of Human Nutrition

- “You don’t understand anything until you learn it more than one way.”
  - Marvin Minsky, MIT Scientist

# Types of Learners

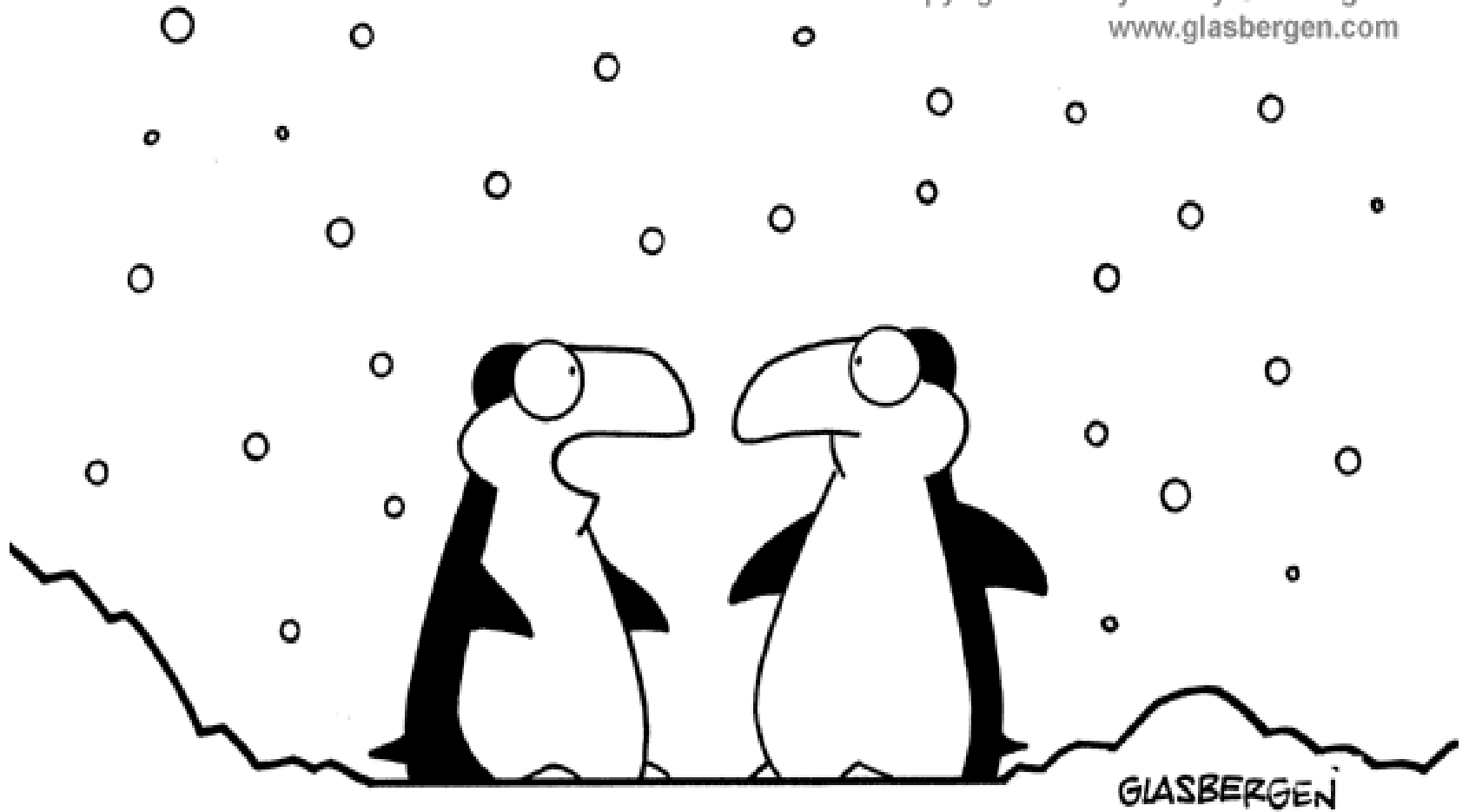
- Visual
- Auditory
- Tactile/Kinesthetic

READ THE SYLLABUS!!!



**EXASPERATED**

Copyright 2003 by Randy Glasbergen.  
www.glasbergen.com



**“Low fat diets don’t work. I eat fish every day  
and my butt still drags on the ground!”**

# Message Boards

- Who picks the topic?
- Moderators
- Should the Instructor participate?
- Value?

# SoftChalk

- Interactive lessons (HTML embedded)
- Games: crosswords, matching, word search
- Widgets
- Multiple Choice or T/F questions, pop-up text
- Labeling, sorting, drag-n-drop
- Flashcards, YouTube Videos

# Digital Presentations

- Groups
- Requires collaboration
- Communication challenges
- Critiques by students
- Small Group Reflection form
- Campus vs. Distance

GLASBERGEN

Copyright 2008 by Randy Glasbergen.  
www.glasbergen.com



**“Why does it take 6 weeks to lose 5 pounds,  
but only 1 day to gain it all back?”**

# Wikis

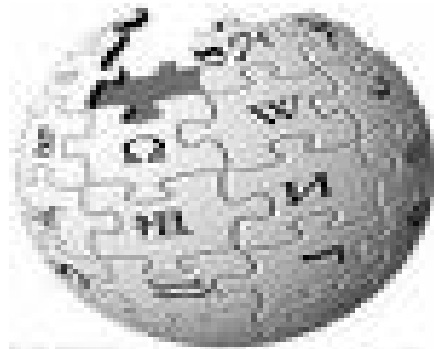
- Students need to be proficient in technology for education
- Encourage social interaction, collaborative learning & information sharing
- Increase student engagement & participation
- Actively involved in construction of knowledge
- Support asynchronous communication

# Wikis cont.

- Everything is fixable!!
- Assignment details
  - Disease definitions
  - Causes
  - Signs and symptoms
  - Medical treatment
  - Dietary treatment
  - References
- Critiques by other students

# Examples

- Wet Paint
- PB Wiki



**WIKIPEDIA**  
*De vrije encyclopedie*

# Student comments

- Made me dig deep in researching & learning; great resource to use for future assignments
- Wiki was never boring to read
- Wiki pages were dynamic & engaging
- Learned from editing other conditions; enjoyed it & benefited more than I expected to

Questions?

