CREATE’s 2-Minute Tips

Spring 2019

The following are different links or documents that we might send out as part of our 2-minute tips for this semester, which are sent out every two weeks and are directly related to this semester’s lunch-and-learns: \* = sent

* Helping Students to Cope with Anxiety: Dates – 1/25, 2/8
  + \*Website: <https://www.learnpsychology.org/student-stress-anxiety-guide/> - This online article provides an overview of stress, how to recognize it, and how students can more effectively deal with it
    - Supplemental: “State of Mind in the College Classroom.docx” (3 pages)
  + \*Video: <https://www.youtube.com/watch?v=uQJdV-Ck0k0> [8 min 31 sec] – This very entertaining video gives 20 tips for college students to help manage stress, share it with your students!
    - Supplemental: “Mindfulness and physical exercise for depression among nursing students – 2017.pdf” (2 pages)
* Using Feedback to Boost Student Achievement: Dates – 2/22, 3/8
  + \*“Effective Teaching Strategies - 5 Feedback Elements.docx” (3 pages)
  + \*“Teaching Students How to Manage Feedback.docx” (3 pages)
* Creating High Quality Self- and Peer-Assessment Activities: Dates – 3/22, 4/5
  + \*Video(s):
    - Choose one:
      * “Self-Assessment: Reflections from Students and Teachers” (K-12 – specific strategies – linked to supplemental article) - <https://www.youtube.com/watch?v=CkFWbC91PXQ> [5 min 45 sec]
      * “Mastering Self-Assessment: Deepening Independent Learning Through the Arts” (High School) - <https://www.youtube.com/watch?v=Va66oMkWP_o> [4 min 45 sec]
    - Supplemental: “Promoting Learning and Achievement Through Self-Assessment – 2009.pdf” (7 pages)
  + \*“Guidelines for Facilitating Peer Reviews.pdf” (4 easy pages)
* Developing Case Studies to Foster Critical Thinking: Dates – 4/19, 5/3
  + “Unlocking the Mystery of Critical Thinking.docx” (2 pages)
    - Supplemental – “Critical Thinking Skills in Nursing Students - Comparison Between Freshmen and Seniors – 2015.pdf” (4 pages) – this study provides evidence from healthcare education that students’ critical thinking might not increase across their degree programs – Eeck!
  + Check out this Website: <http://www.criticalthinking.org/>
    - Supplemental – “Online unfolding case studies to foster critical thinking – 2017.pdf” (1 page)