

# Blog-Based Course Design for Meaningful & Interactive Learning

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## What is Blogging?

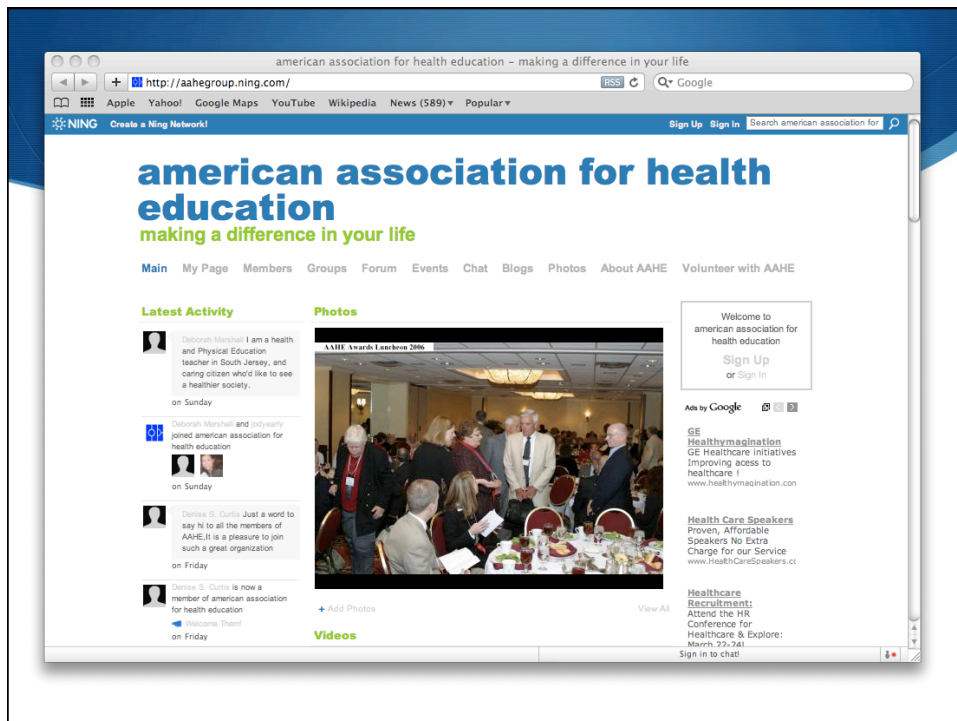
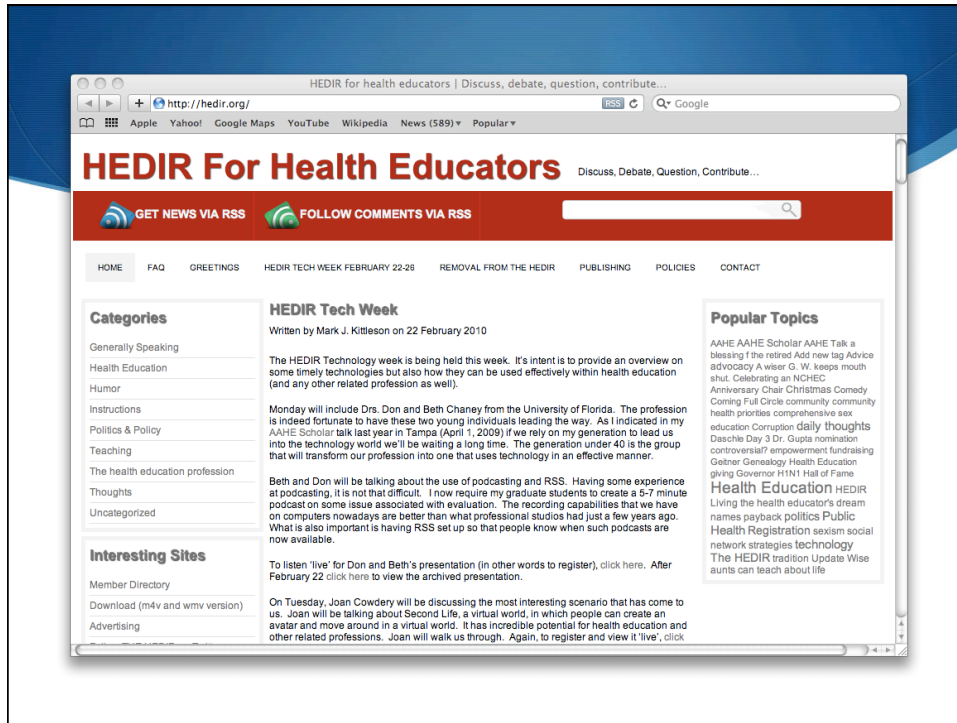


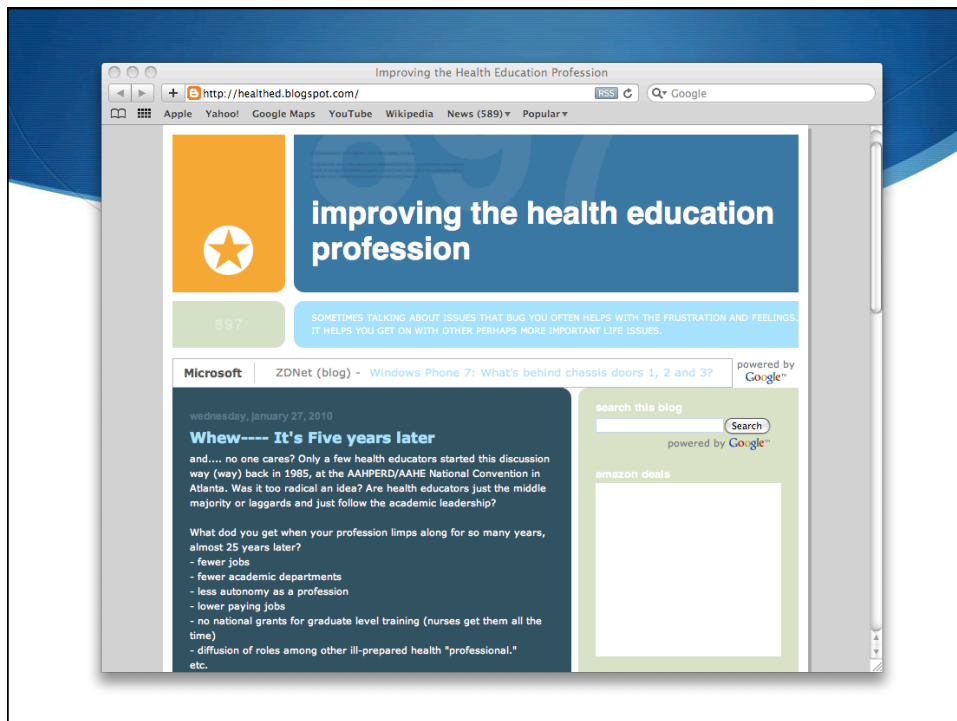
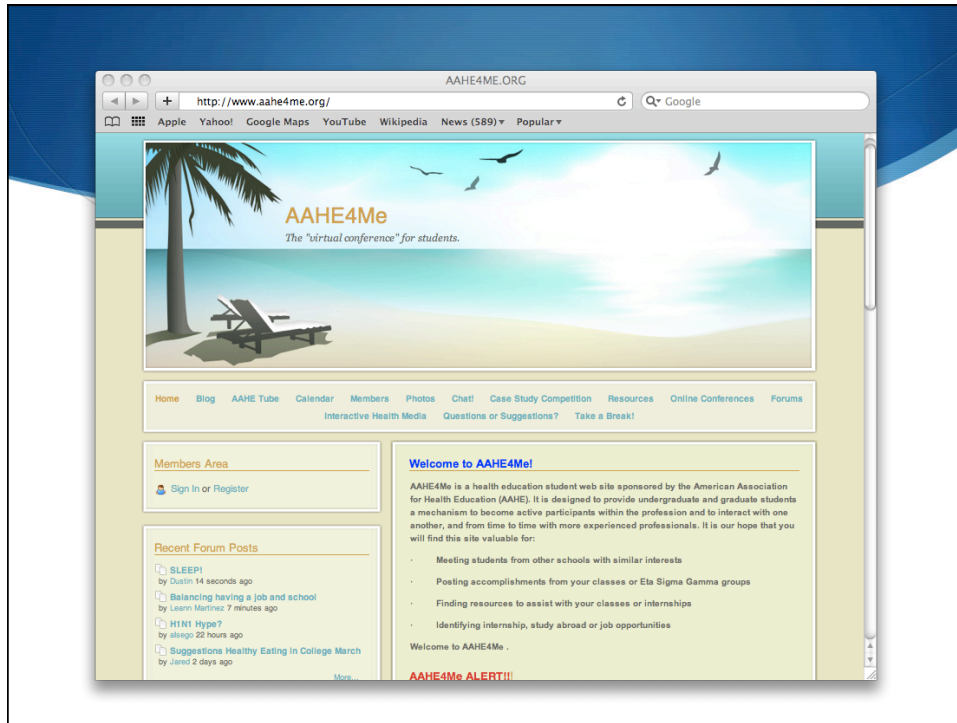
## Blogging Definition

- ◆ short for “web log”
- ◆ a Web site that contains an online personal journal through regular posting of content
- ◆ Can include hyperlinks, images, and embedded video
- ◆ May allow commenting from readers

## Blogs in Health Education







# Benefits of Blog-Based Learning for Students and Faculty




## Why use blogs?

- ◆ Save paper, all assignments online
- ◆ The Web becomes your textbook
- ◆ Development of transferable technology skills
- ◆ Easy to make use of interactive Web assignments
- ◆ Students can tailor their learning to fit their interests
- ◆ Students more apt to share opinions
- ◆ Promotes communication between students outside of class time

# Basics of Creating and Managing a Blog



## 1 Create a Google Account



This process will create a Google account that you can use on other Google services. If you already have a Google account perhaps from Gmail, Google Groups, or Orkut, please [sign in first](#)

Email address (must already exist)	<input type="text"/>	You'll use this address to log in to Blogger and other Google services. We'll never share it with third parties without your permission.
Retype email address	<input type="text"/>	Type in your email address again to make sure there are no typos.
Enter a password	<input type="text"/> <a href="#">Password strength:</a>	Must be at least 8 characters long.
Retype password	<input type="text"/>	
Display name	<input type="text"/>	The name used to sign your blog posts.
Email notifications	<input type="checkbox"/> Send me feature announcements, advice, and other information to help me get the most out of my blog.	



## 2 Name your blog


**Blog title**


Your blog's title will appear on your published blog, on your dashboard and in your profile.

**Blog address (URL)** .blogspot.com  
[Check Availability](#)


The URL you select will be used by visitors to access your blog. [Learn more](#)

**Word Verification**





Type the characters you see in the picture.

**CONTINUE** 

## 2 Choose a template

Choose a custom look for your blog.


You can easily **change the template later**, or even create your own custom template design once your blog is set up.

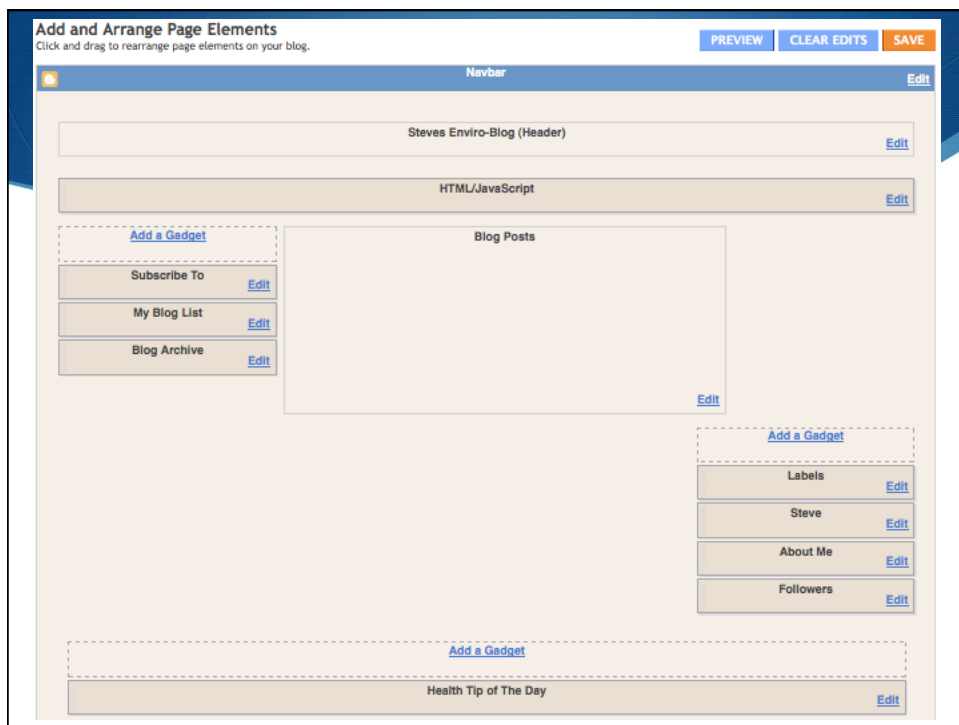
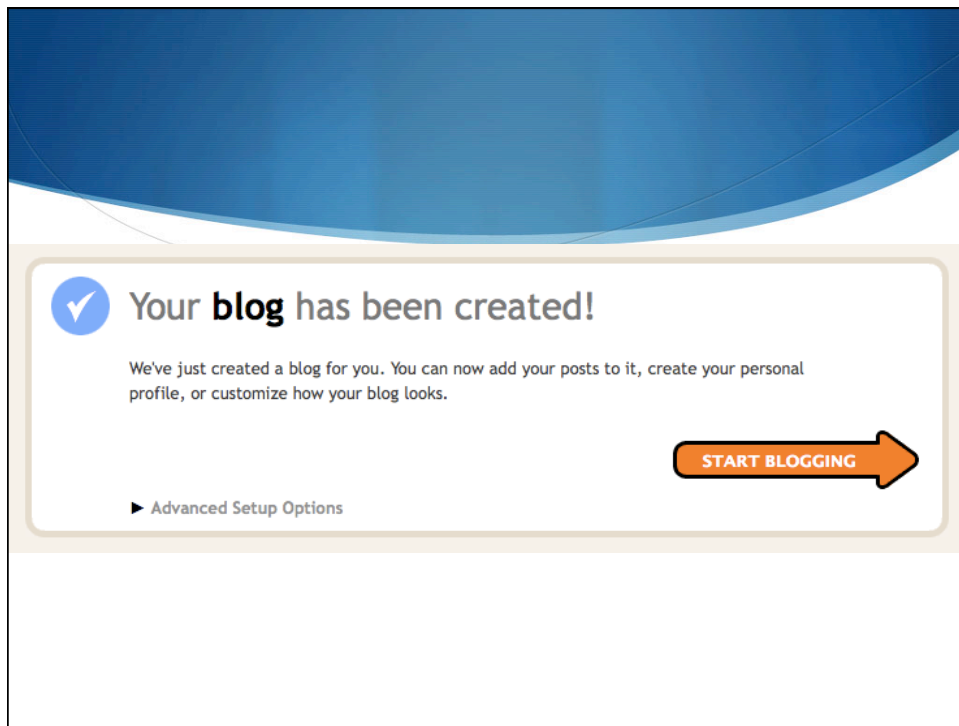
**Minima**  
Created by: Blogger  
[preview template](#)

**Minima Black**  
Created by: Blogger  
[preview template](#)

**Sample Blog**

**Sample Blog**

**CONTINUE** 





## Commenting

**Comment Notification Email**

[Choose from contacts](#)

**Comment moderation**

Always

Only on posts older than  days

Never

Review comments before they are published. A link will appear on your dashboard when there are comments to review. [Learn more](#)

**Email address**

We will email you at this address when a non-member leaves a comment on your blog. Leave blank if you don't want to receive these emails.

## Creating Blog Posts

Title:

[Preview](#) [Edit HTML](#) [Compose](#)

Rich text editor toolbar with icons for undo, redo, font color, background color, bold, italic, text color, link, unlink, list, ordered list, quote, and insert link.

Large text area for writing the post content.

▶ [Post Options](#) Labels:  [Show all](#)

**PUBLISH POST** **SAVED** Draft saved at 11:33 AM


# Editing Blog Posts



The screenshot shows a WordPress interface for editing blog posts. At the top, there is a header with the text 'Editing Blog Posts'. Below the header is a navigation bar with a dropdown menu for 'Label Actions...' and a 'Select:' dropdown with options 'All' and 'None'. To the right of the navigation bar, it says 'Your Posts: All, Drafts, Schedu...'. The main content area is a table of posts, each with a checkbox, 'Edit' and 'View' links, a post title, a category, and a date. The posts are as follows:

Post Title	Category	Date	Comments	Status
(Untitled Post)		2/25/10		draft
Eco-Chic Lifestyle Change Week 5: Weekly Update	Eco-Chic Lifestyle Change	11/4/09		
Eco-Chic Lifestyle Change Week 4: Weekly Update	Eco-Chic Lifestyle Change	10/28/09		
Share and Voice: To recycle or not to recycle?	Share and Voice	10/27/09		
Eco-Chic Lifestyle Change Week 3: Weekly Update	Eco-Chic Lifestyle Change	10/21/09	1 comment	
Eco-Chic Lifestyle Change Week 2: Weekly Update	Eco-Chic Lifestyle Change	10/15/09	2 comments	
Eco-Chic Lifestyle Change Week 1: My SMART Goal	Eco-Chic Lifestyle Change	10/7/09	4 comments	
Reflection: Weeks 1 and 2		9/28/09		draft
Welcome to Steve's Enviro-Blog!	Advocacy Project, Eco-Chic Lifestyle Change, Eye Openers, Read 'n' Seed, Reflections, Share and Voice	9/22/09	1 comment	

# Top 10 Tips for Designing and Implementing a blog-Based Course



The slide features a blue gradient background with a green water drop icon in the bottom right corner. The title 'Top 10 Tips for Designing and Implementing a blog-Based Course' is centered in white text.

Tip 1) Keep it cheap – There are many blog platforms that are free. Take cost into consideration.



## Blogger.com Sample Page








## Tip 2) Teach the basics, but give them advanced options such as widgets, gadgets, and avatars

**BLOG ARCHIVE**

- ▼ 2009 (7)
- ▶ Nov 1 - Nov 8 (1)
- ▼ Oct 25 - Nov 1 (2)
  - Eco-Chic Lifestyle Change Week 4: Weekly Update
  - Share and Voice: To recycle or not to recycle?
- ▶ Oct 18 - Oct 25 (1)
- ▶ Oct 11 - Oct 18 (1)
- ▶ Oct 4 - Oct 11 (1)
- ▶ Sep 20 - Sep 27 (1)

GRAB MY BUTTON BY COPYING THE CODE AND PASTING IT INTO AN HTML GADGET ON YOUR BLOG!



**SUBSCRIBE TO**

Posts ▼

All Comments ▼

## Tip 3) Know your stuff – Maybe have your own personal blog so you know the platform, HTML, RSS/Feed Readers



The screenshot shows the Google Reader interface. On the left, there's a sidebar with 'All items (16)', 'People you follow', and 'Subscriptions'. The main content area is titled 'Home' and features a 'Look at what's new' section with a featured article 'Jayne in a Land Down Under (10)'. Below this, there are several other article snippets from various blogs like 'Broken Computer', 'Australian Adventures with Shar', and 'Too busy to blog?'. On the right side, there's a 'Recently started' section and a 'Tips and tricks' box.



## Tip 4) Cover Etiquette – Providing Hyperlinks, Copyrights

### Share & Voice: The United Nations Framework Convention on Climate Change

Currently, in Copenhagen, the **United Nations Framework Convention on Climate Change** is taking place. 119 heads of state and government are making have joined together to make positive decisions affecting climate change. It's said to be the largest ever of its kind. Decisions on how to cut emissions and how much to cut them by. Almost more importantly, they are making decisions on how to hold each country accountable for sticking to the decided policies.

According to the **UNFCCC**, "The 119 heads of state and government represent countries that account for 89% of the world's GDP, 82% of the world's population and 86% of global greenhouse gas emissions. Included in the 119 countries are the 20 largest economies and the top 15 greenhouse gas emitters in the world."

## Tip 4) Cover Etiquette

Since my project is centered around water quality, I wanted to show you how much we rely on clean drinking water and how hard it would be if somewhere like the Great Lakes became too polluted for us to use it as a water resource. Go to this [questionnaire](#) and complete each question. After you enter your information, look at what others contributed around the country. Some of the stats are a bit shocking!

This next link I'm having you click on, is an [opinion survey](#). This shows what our current water worries are. Complete this activity the same way and check to see what others answered around the country!

All of these activities are provided by the [United States Geological Survey](#).

[Click here](#) to see the current water quality around the state of Minnesota.



## Tip 5) Make it fun – Give out things like awards



## Tip 6) Get organized – Have students label assignments.

--{ HOME }--{ ADVOCACY PROJECT }--{ ECO-CHIC }--{ EYE OPENERS }--{ READ N SEED }--{ REFLECTIONS }--{ SHARE AND VOICE }--

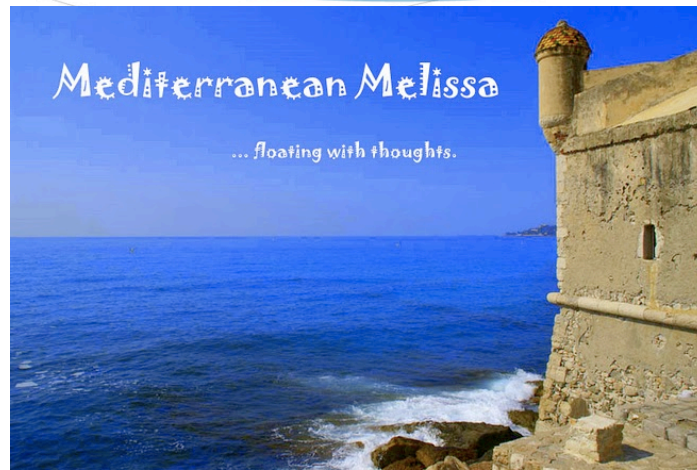
Labels:  [Show all](#)

- Eco-Chic Lifestyle Change
- Eye Openers

### LABELS

- Advocacy Project (1)
- Eco-Chic Lifestyle Change (10)
- Eye Openers (2)
- Read 'n' Seed (1)
- Reflections (1)
- Share and Voice (8)

## Tip 7) Make it pretty – Professional blog header



## Tip 7) Make it Pretty – Text headings, formatting, colors, images/photos

WEDNESDAY, NOVEMBER 11, 2009

Eco-Chic Lifestyle Change Week 6: Weekly Update

### My SMART Goal

My SMART goal for the past week of the Eco-Chic Lifestyle Change project was:

"I will eat 5 servings (1 serving=1/2 cup) of fruits and/or vegetables and 0 servings of dairy products each day."

### Successes & Challenges



I can't say there were too many challenges this week. When you focus on a goal for an extended period of time, it changes how you see things on a daily basis and gives you a new way of thinking. My father-in-law stayed with us last weekend though. My mother-in-law sent along some kind of lasagna dish and tons of candy and cookies. What was she thinking?! Now, the lasagna she made for the guys, but the candy? She sent the candy and cookies, because she didn't want them in her house! Isn't that just mean?

We went to a buffet place one night while he was here as well. Now, you might think that this would be the place that would be the worst to go, but it was actually fabulous!

There were so many veggie options that I wouldn't or couldn't make at home. It was nice to have a large selection of vegetables to choose from. Totally loved it!!

## Tip 8) Be flexible – Give them options in assignments

Wednesday, December 16, 2009

### Share and Voice: Caring for Nature on Barrow Island

For my last share and voice I wanted to find something that again shows what people are doing to help out our environment. I came across the youtube clip below and was really intrigued by it. On Barrow Island, which is just off the coast of Australia, Chevron employees have been working hard at retrieving oil from the island's land while keeping the island's environment the same. This was very interesting to me. I hope you all can take a chance to watch this clip, it isn't very long, but I guarantee it will catch your attention and get you thinking.



### Share & Voice: Highway Clean-up

Just recently I became a member of Eta Sigma Gamma, which is a national professional health education honorary. By being a member I get to participate in events that are not only good for the community, but turn out to be good for the environment too! On Monday after Environmental Health eleven Eta Sigma Gamma members, including myself drove a little way outside of Duluth (apparently near Dr. V's house) where we picked up trash over a two mile stretch of road.

I really didn't know what to expect. I knew that I would come across cigarette butts, pop cans, and things like that, but I was surprised by the kind of crap people throw out of their vehicles onto the side of the road.

Just to give you an idea of some of the things I found I have created a list:

- cigarette butts
- pop/beer cans
- plastic bottles
- toilet paper
- cardboard
- condom wrapper
- broken CD
- styrofoam



## Tip 9) Keep it simple – Organize classmates into groups

Group 1 - 

Group 2 - 

Group 3 - 

Group 4 - 

Group 5 - 

Group 6 - 

## Tip 10) Expect the unexpected – Technology is unpredictable.

- ◆ Be Flexible with Due Dates/Times if Necessary
  - ◆ Blogging platforms can have downtimes and glitches that affect posting and commenting.
  - ◆ Power outages can affect student access.
- ◆ Word Verification:
  - ◆ Pros: Prevents most spam comments.
  - ◆ Cons: Can sometimes have a glitch that prevents comments.
- ◆ Messing with HTML can mess up blog functionality.
  - ◆ Always download template before changing HTML.

# Blog-based activities you can use in your course



# Advocacy Project

December 13, 2009

## Advocacy Project: Fluoride Around You

### Purpose

Through this activity, I hope to show why healthy fluoride should be encouraged in our water systems and to prove the need for fluoride in our daily lives.

### Instructions

This is a two-part activity.

### Part 1: Please read the following:

- Learn about the [top ten facts](#) of having fluoride. See why fluoride is a positive additive and why it should be implemented into our lives.
- Check out these [fluoride sources](#). Click on some of the sources to see how much fluoride is in each product listed. Evaluate all of the items on the page to your own life and how many of these items you consume yourself. Think about how healthy your food and beverage choices are especially after you look into the fluoride levels in the items.
- [CDC](#) offers a great site to see what is happening fluoride-wise in your own community. This will allow you to see how fluoride affects your own family & community (a localized idea)

- Click on your state, then county, then your town
- See what fluoride is being used around you and how you're getting your fluoride.
- Look at towns around you to see what you could also be consuming from their fluoride systems.

# Eye Openers

### Eye Opener: Environmental Working Group

**Crest Toothpaste: Rated 5 out of 10 and Considered a Moderate Hazard**

I never thought of toothpaste being a hazard. It is shocking to see that ingredients within the toothpaste I am currently using are linked to things such as cancer and reproductive toxicity. I need to consider changing some of the products I use. This is a great site to search for healthy and safe products.

**Ingredients in this product are linked to:**

- Cancer
- Developmental/reproductive toxicity
- Violations, restrictions & warnings
- Allergies/immunotoxicity
- Other concerns for ingredients used in this product: Neurotoxicity, Endocrine disruption, Persistence and bioaccumulation, Organ system toxicity (non-reproductive), Miscellaneous, Multiple, additive exposure sources, Irritation eyes, or lungs), Enhanced skin absorption, Contamination c Occupational hazards, Biochemical or cellular level changes





# Lifestyle Change Projects

Eco-Chic Lifestyle Change Week 8: Weekly Update



**My Smart Goal:**  
To drink six to eight 8 ounce glasses of water everyday in my reusable metal water bottle, and to also use a reusable bag every time I go to the grocery store!

**Successes & Challenges:**  
Again I had a really successful week! I really surprise myself sometimes with how much water I drink, I feel like a lot of the time I just pick up my water bottle and sip away at it without even realizing it! I didn't go grocery shopping this week, but I did use my reusable bag a few different times this past week when I was bringing things to and from school. This past week could have been a problem for me since I was extremely busy with school, but I think the fact that drinking all of my water is becoming such a part of my life that I just

# Reviews

Wednesday, December 9, 2009

**Read 'n' Seed 6: Final Review of "Eating Locally: 100 Mile Diet"**

Since the next couple days are going to be very busy for me, I thought it would be best to write the final review of the "100 Mile Diet" today, instead of waiting until Friday.

**OVERVIEW OF ENTIRE BOOK:**

The "100 Mile Diet" is about a couple that decides to only eat food produced 100 miles of their Vancouver home for one year. This book includes their detailed story as the authors connect with the people and places that produce what they can eat. The narrators highlight the challenges the couple faced, the benefits they attained while engaging in this diet change, information about local food that they weren't aware of before, how large food corporations are steadily taking over, and goes in depth about stories and emotions they encountered throughout the year.

**3 MOST SIGNIFICANT THINGS LEARNED:**

- 1.) Why is it important to eat locally?
  - \* Help flourish local economy
  - \* Locally grown foods are almost always better for you and also tastes better (no pesticides and chemicals!)
  - \* You help reduce global warming by eating locally (don't eat food that has to be shipped thousands of miles, just to reach your plate).
  - \* Local produce is much fresher
  - \* Better for air quality and pollution
  - \* More variety when eating local food
  - \* Local fruits and veggies have longer to ripen

# Reflections

## Reflection: Weeks 5 & 6

### WEEK 5:

What we choice to eat has a major impact on the environment and week 5 was a huge wake up call to that fact. Our eye-opener this week was the **CSPI** activity. I did three different assignments that showed me how my diet effects the environment and my health. I was encouraging to see that even the smallest change can make a huge difference. Next, we watched the video "Future of Food". I thought this video was really interesting and it changed the way I look at my food choices. The question that I have been asking myself is, where did this come from, instead of just randomly picking the first thing I see.

I began reading my book **Omnivore's Dilemma** and so far it has been one of my favorite parts of this class. Watching "Future of Food" was a great introduction to the food industry and Omnivore's Dilemma explores the topic as well. I am excited to continue reading and to learn more about the history and future of food.

# Share and Voice

## Share & Voice: UMD's Smoking Policy Forum

### SMOKING POLICY FORUM

The forum was held on Tuesday, October 27th in Bohannon Hall 90 from 7pm to 9pm. It was moderated by Dr. Mary Currin-Perceival, assistant professor of political science. An encouragement of questions, concerns, or just open ears were wanted. The [policy](#) affects everyone and a broad range of opinions and input were wanted before the Student Association meets with University administration. Current proposed changes may be made to the policy and it is up to someone to speak up.

- I felt like this was something I needed to attend; both of my parents smoke and I thought it was time for a voice out. My boyfriend and I met up with a few of my other friends that are in the [American Lung Association](#) group (Erika Serena and Shar Drew). We got these sweet t-shirts to show our support "I am a designated no smoking area." TALK ABOUT SWEET!!!

I was a little disappointed when the forum started because not that many people showed up for how big of a hype I thought it'd give off. However, most of the people there were for the current ban and was sporting the cool shirts we all just received.

As the forum continued I was extremely interested in what was being discussed. Many non-smokers stood up and spoke about





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