



CENTER FOR EXCELLENCE IN TEACHING & LEARNING
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May 4, 2020

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CETL Weekly Lifeline for Teaching Thru the Pandemic

This weekly newsletter will display the content and links for Monday Basic and Wednesday Wisdom along with other resources to support our teaching and student learning.

Online Teaching Survival Series

Week 4: May 4, 2020 – Monday Basics

	<u>Description</u>
Monday Basics: May 4, 2020 How to Grade Your Assignments & Tests in Blackboard	In this recorded video , Dr. Hoda El-Sayed (Computer Science, CETL Fellow) will demonstrate step-by-step how to grade in Blackboard. She will demonstrate how to grade tests, written assignments (including Turn It In assignments), and discussions. She will also demonstrate how to put all grades in the Blackboard Grade Center so that students can see their grades all in one place.
Webinar Link https://us-lti.bbcollab.com/collab/ui/session/playback	

Week 4: May 6, 2020 – Wednesday Wisdom

	<u>Description</u>
Wednesday Wisdom: Wednesday, May 6, 2020 (3:00PM-4:00PM EDT) – Course Tour	<p>Join Dr. Sumanth Reddy (History and Government, LOTTO I facilitator) for a tour of one of his Geography courses. He will show you how he chose to organize his course, his experiences using different types graded assignments in Blackboard, and the joys of an organized Grade Center! This webinar will stream live, and the recording will be available for viewing afterwards on the CETL website and the BBTRAIN-007: Getting Started with Blackboard – Virtual Campus Edition on Blackboard (links to come).</p> <p>Live Webinar Link: https://zoom.us/j/402999814?pwd=a2wyTnBmUFVuZlBsdGRDTIVoNURFZz09</p> <p>Meeting ID: 402 999 814 Password: 784545</p>

Additional Updates & Information

LOTTO Dates to be determined	<p>LOTTO I Institute will be a three-week, self-paced, primarily asynchronous (with some synchronous sessions) workshop intended to give faculty an in-depth training on how they can offer current face-to-face classes using an entirely online delivery method. Emphasis will be placed on a learner-centered approach and using the different tools within Blackboard to ensure academic continuity when face-to-face classes are not possible. The Emergency Remote Instruction Checklist, published by Quality Matters, will be used to guide the design and organization of these classes.</p> <p>LOTTO II Institute will be a three-week, self-paced, primarily asynchronous (with some synchronous sessions) workshop intended to train faculty how to design a course that meets Quality Matters standards using the full Quality Matters rubric (more extensive than the Emergency Remote Instruction Checklist). Since the emphasis of LOTTO II will be on course design, faculty attendees will be expected to be able to use Blackboard tools with little instruction so that the pedagogical implications of the design can be discussed.</p>
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**Con't. Why
Everyone Should
Keep a Journal –
7 Surprising
Benefits**

What do Albert Einstein, Marie Curie, Frida Kahlo, Leonardo da Vinci, and Frederick Douglass all have in common? Each of these famous figures kept a journal or diary to record their experiences, thoughts, or feelings. Kahlo and da Vinci even used illustrations to express emotions and sketch out ideas.

From scientific geniuses to thoughtful artists — and everyone in between — keeping a journal can be a beneficial [self-care](#) practice. In fact, journaling can help you:

1. Achieve goals

When you use your journal to write down your goals, you can keep better track of your intentions. This will help you stay accountable and serve as a reminder of what you need to do to accomplish them. Be sure to get specific.

2. Track progress and growth

If you make journaling a regular habit, you can see how much progress or growth you've made by revisiting previous entries.

3. Gain self-confidence

Seeing your progress can also give you a serious confidence boost. You can feel proud looking back at the challenges you faced and seeing how far you've come.

4. Improve writing and communication skills

Writing, like anything, improves with practice. When you journal every day, you're practicing the art of writing. And if you use a journal to express your thoughts and ideas, it'll help improve your overall communication skills.

5. Reduce stress and anxiety

Sometimes negative thoughts and emotions can run on a loop in our heads. This can be stressful when you're dealing with a challenging situation — it can even make your present situation feel worse. But if you stop and put your emotions down on paper, it can help you release negative thoughts from your mind. As you write, you may even come up with a solution you hadn't thought of before.

6. Find inspiration

Leonardo da Vinci drew some incredible invention ideas in his journals. Like him, you can also use your journaling time to brainstorm or let your imagination run wild. The inspiration that may pop up while you're writing or sketching might even surprise you.

7. Strengthen memory

The Journal of Experimental Psychology published research that shows how writing your thoughts down can reduce intrusive thoughts about negative events and improve working

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memory.* Even the simple act of writing something down lets your brain know you want to remember it. That's why note-taking is such an effective practice when learning something new.

Explore the many different types of journaling

Ready to start but not sure how? Here are a few different types of journaling options to consider:

- Stream of consciousness: Write down your thoughts as they happen. The words and thoughts don't need to make sense, you're simply capturing your thoughts in action.
- Dream journal: Take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries right when you wake up.
- Food journal: Make a note of what you've eaten each day. This will help you be more mindful about the foods you choose to eat. If you're struggling with a healthy weight-loss journey, documenting what you ate can offer insight into areas you may need to change.
- Fitness journal: Keep track of your workouts so you can stay committed to an active lifestyle. The best part of keeping this type of journal is seeing the progress you made over time.
- Gratitude journal: Before going to sleep, make a list of everything you were thankful for that day, week, or month.
- Sketch journal: Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.
- Day's events journal: Keep track of your experiences throughout the day. Whether it's making note of a funny conversation or describing a new recipe you enjoyed.
- To-do list: Instead of keeping a running tally of to-do items in your head, write them down. You can cross things off as you complete them and get a great sense of accomplishment.
- No matter which type of journal you decide to keep, remember there is no right or wrong approach. It's all up to you. The simple act of taking the time to get in touch with your mind, body, and spirit is what's truly important.

*[“Expressive writing can increase working memory capacity.”](#) *Journal of Experimental Psychology*, September 2001.

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