

When It's Online, Do They Learn?

NEA Nutrition Knowledge and E-Learning Confidence

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Introduction

Nutrition Education Assistants (NEAs) teach basic nutrition concepts to low income participants in most counties in the state of Minnesota.

- NEA knowledge of lifecycle nutrition principles has not been studied, and their confidence in learning online is unknown.
- To strengthen and build core competencies, NEAs would benefit from a course in basic lifecycle nutrition principles. A web-based nutrition course would be both convenient and economical.
- Through the development of a pilot, WebVista-based nutrition course and subsequent course offerings, both nutrition knowledge and E-learning confidence were studied.

Methods

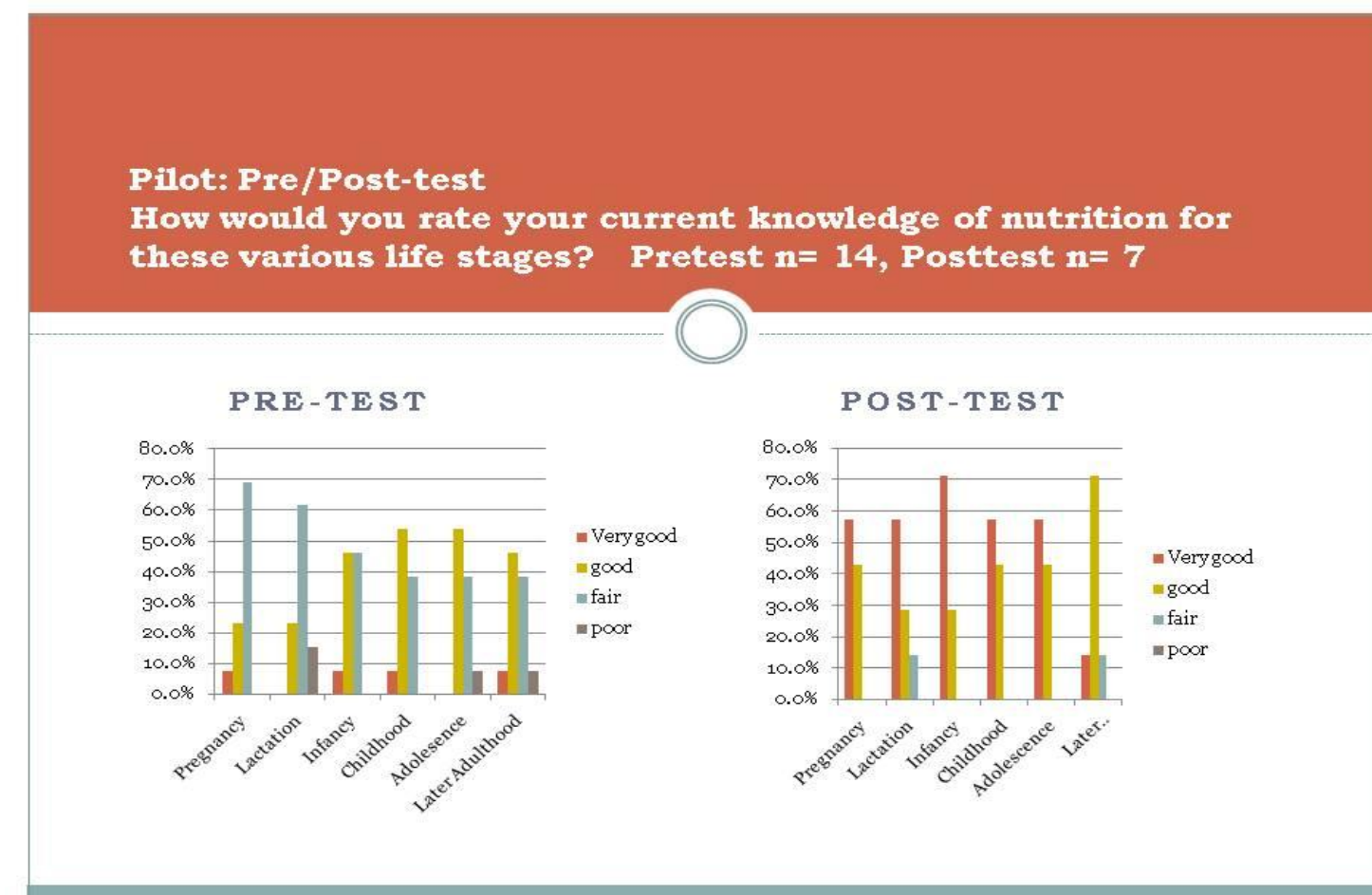
- Pre/post tests and Reflection Papers**
...to assess nutrition knowledge and E-learning confidence
- Mid-course Formative Evaluations**
...for student input on course improvement
- Reflection Surveys**
...to assess course usefulness, E-learning confidence, NEA role confidence

These methods were used in all three class offerings (pilot, Winter 2008 and Spring 2009)

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Results

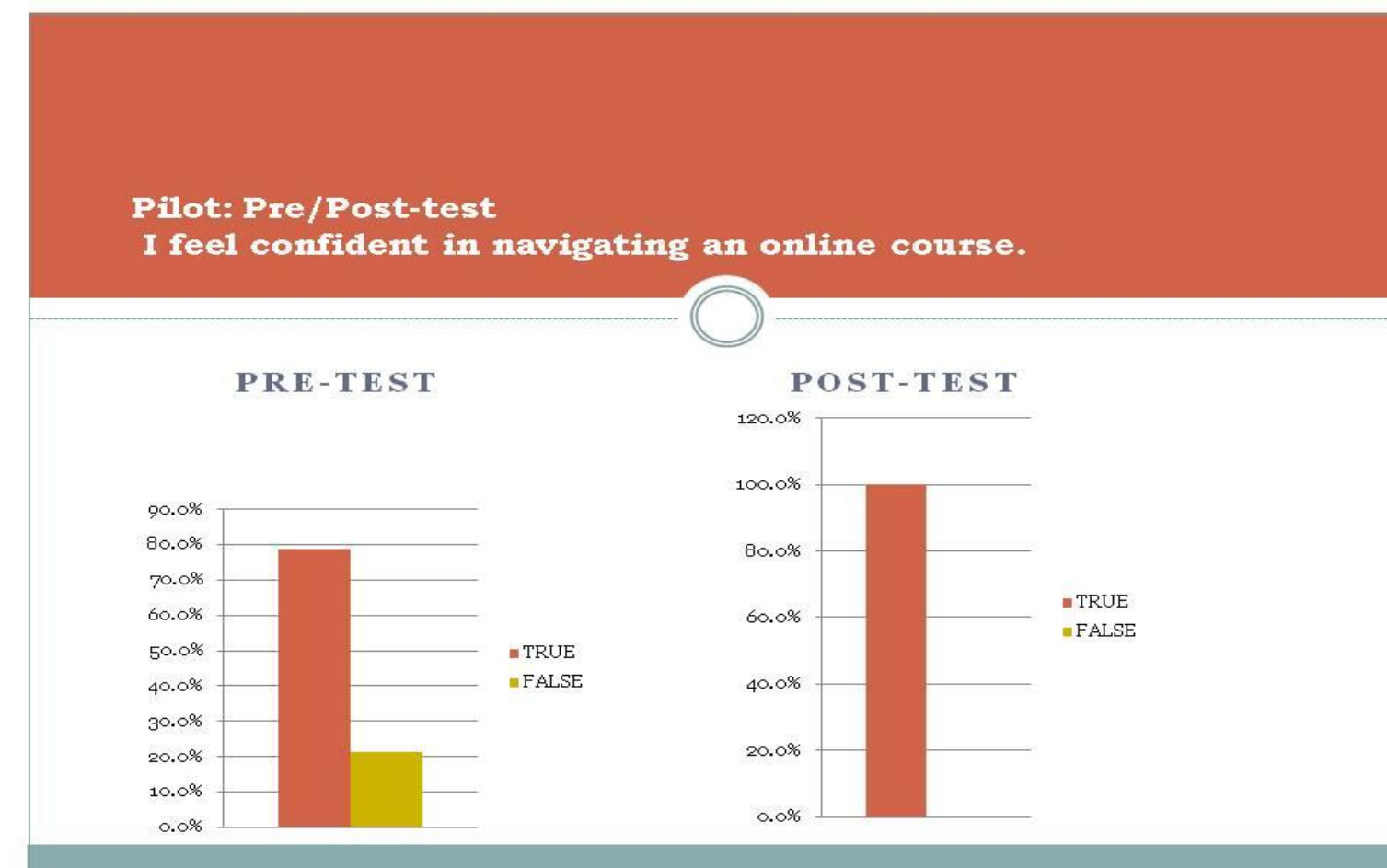


Pilot Online Nutrition Class: Lessons Learned

- NEAS FELT KNOWLEDGE OF LIFECYCLE NUTRITION IMPROVED
- PRE/POST TESTS INDICATED IMPROVED NUTRITION KNOWLEDGE
- IMPROVED CONFIDENCE LEVEL IN ONLINE COURSE NAVIGATION
- INCREASED CONFIDENCE IN 'LEARNING ONLINE'

Spring 2009 High Points

- REVISED "GETTING READY FOR CLASS: TECHNOLOGY"
- ADDED "SCAVENGER HUNT" (QUALITY MATTERS)
- CONTINUED PRACTICE QUIZ
- PRE/POST SURVEY MONKEY/FORMATIVE EVALUATION (EMAIL)
- 7 NEAS COMPLETED



Winter 2008 High Points

- TIME TRACKED/WEEK: RANGE 1-3 HOURS ONLINE
- MID-COURSE FORMATIVE EVALUATION: (N=9)
'LIKES'= THE TEXT; THE DISCUSSIONS; 'MEETING' OTHERS; LEARNING NEW TECHNOLOGY
- 'DISLIKES'= MISCOMMUNICATION RE: TIME IN CLASS; KEEPING UP WITH DISCUSSION POSTINGS; TOO MUCH FOR NEW NEAS;
- UPDATES PER FORMATIVE EVALUATION= COMMUNICATED TIME POLICY (HR)
CLARIFIED DISCUSSION PROCEDURE/FACILITATOR ROLE

Implications and Actions

- DEVELOP A WEEKLY CHECKLIST OF ACTIVITIES (QM)
- REVIEW CLASS USING QUALITY MATTERS RUBRIC (8 STANDARDS)
- ADD SOCIAL NETWORKING (NING?)
- OFFER WORKSHOP ON WEBVISTA/DISCUSSION PROCESS SEPARATE FROM COURSE

Conclusions

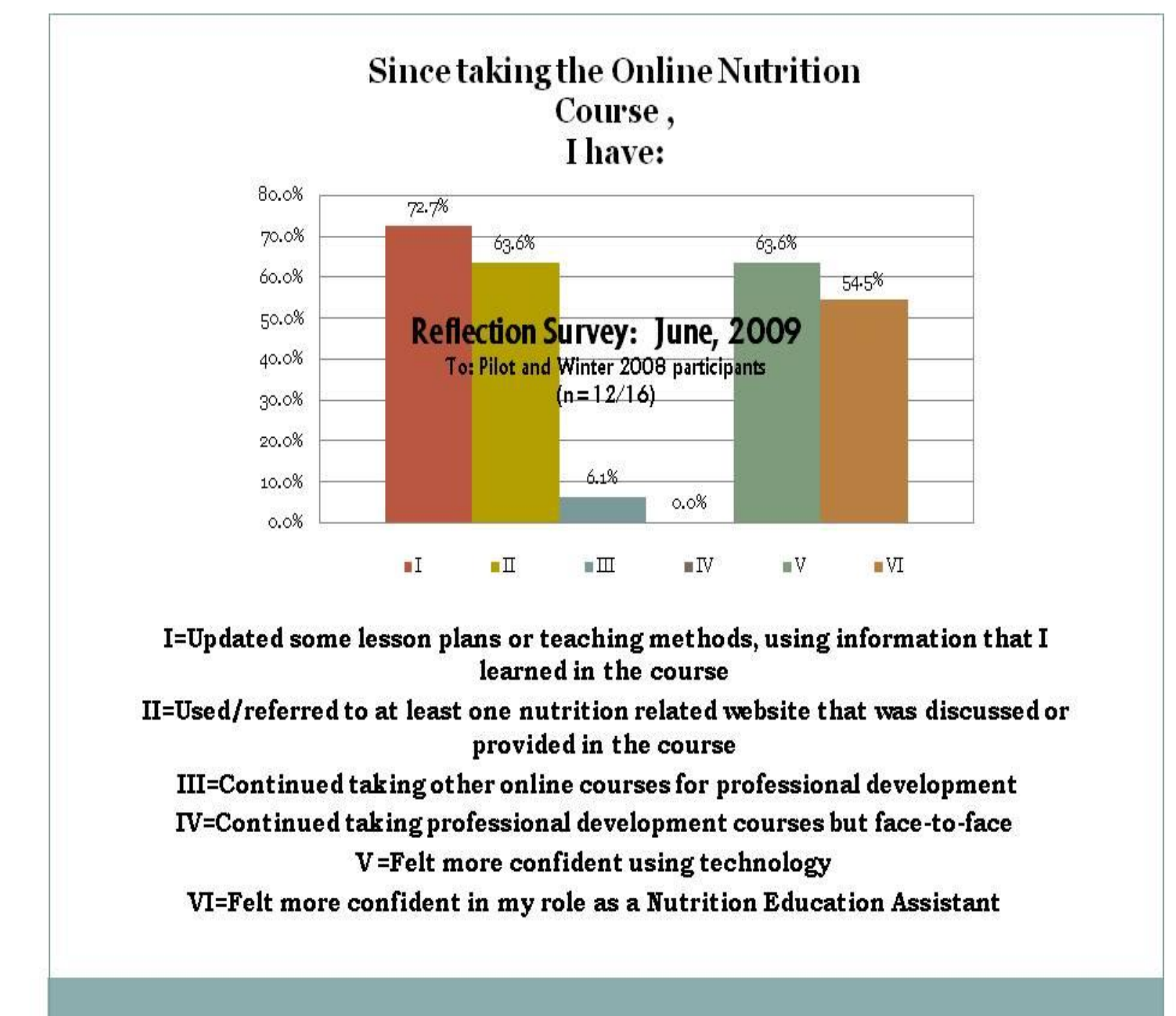
In all three trainings:

- Pre/post tests indicate NEA nutrition knowledge increased after participating in an online nutrition course
- A majority of NEAs felt that they could learn as much online as face to face

A Reflection Survey of past course participants in June 2009 indicated:

- NEAs have found the online class to be useful in their work; have felt more confident using technology after taking the course; and feel more confident in their role as NEA

Next Steps



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