

Encouraging discussion and active participation both online and in person:

Chapters 19 and 20 in *Communicating Nutrition* cover these topics and provide ideas.

In an online situation, providing options for ways to participate enhances participation and provides variety for both students and instructors. Expecting students to vary how they participate to take advantage of different options was discussed as a good idea. Otherwise, students will revert to what they are most comfortable with.

Examples of options for student participation included creating Tik-Tok videos and doing self-reflections/assessments.

With online courses, students may never practice in-the-moment discussions, which is an important skill. One option for providing an opportunity for this when most or all of the course participation is asynchronous, is to have students break into groups with others in a similar time zone and record zoom discussions that can be shared with the instructor.

Evaluating participation was discussed and having a participation rubric to record level of participation allows for giving a participation grade, whether in person or online.

Clearly stating and explaining expectations for participation at the onset of the course is essential and easily forgotten. Engage students in dialogue about what active participation includes and the benefits. Learning how to participate is a communication skill and is appropriate to teach.

There was agreement that COVID has had a negative impact on student participation.