Use of Brightspace Checklists as a Student Self-Check Leads to Increased Scores on Assignment

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Introduction

Course = NFS 207 General Nutrition
- ~1,000 students/year; majority first-year; meets Gen Ed A1, B3
- 7-part Dietary Assessment Project that evaluates student dietary intake

Rationale
- Students often **miss** key components and lose points which impacts the quality of the overall project

DAP 2: Food and Beverage Report

DAP 2: Food and Beverage Report Submission Checklist

- ☐ I set up my profile with an appropriate activity level.
- ☐ I set up my profile with weight change set to 0. This project is designed to assess overall diet and macro- and micronutrients.
- ☐ I included 2 weekdays and 1 weekend day of reported food and beverage intake to provide adequate data for dietary assessment.
- ☐ I recorded at least 5 separate food and/or beverage items per day to provide adequate data for dietary assessment.

Results

SMALL CLASS; N=34
- NS 6%
- F 6%
- D 3%
- C 6%
- B 6%
- A 73%
- ns 18%

MEDIUM CLASS; N=100
- B 4%
- C 2%
- D 0%
- F 1%
- NS 0%
- A 92%
- 10%*

LARGE CLASS; N=201
- NS 1%
- F 4%
- D 2%
- C 3%
- B 3%
- A 87%
- 19%*

t-test, ns: nonsignificant, * p<0.05

In this assignment students record **their own dietary intake** for the Food and Beverage Report - there are often many mistakes despite various forms of instruction

The **conditional release** provides a roadblock to submission without completion of the checklist

FALL 2020 Compared to SPRING 2021

Scores Significantly Increase in Medium and Large Class Sizes with the Addition of the Checklist

1. Create Check List
Common errors were listed, giving students a self-check mechanism prior to submission
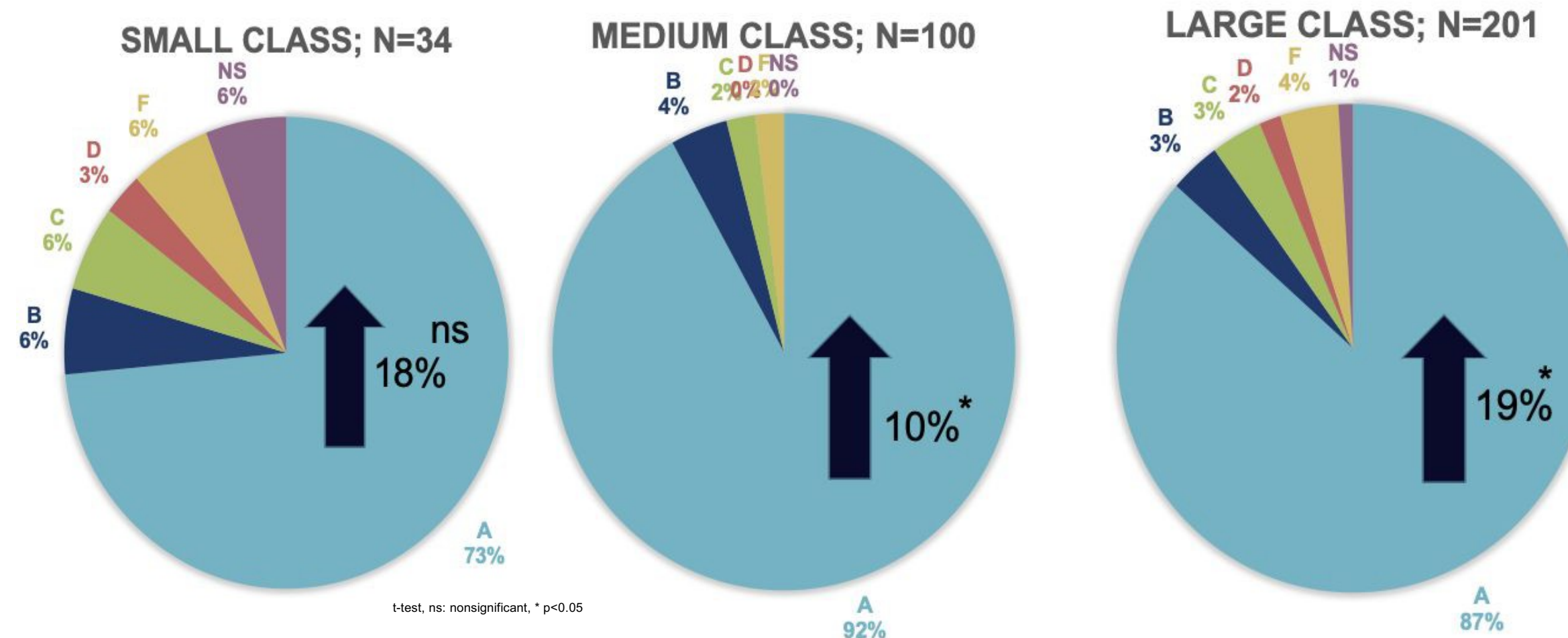
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2. Create Release Condition
Students must complete the checklist in its entirety before being able to view the assignment submission link.

3. Average score increased significantly from 90 to 93.5%
Although there were several course instructions, the checklist provided more guidance for students than any other component.

Conclusion
The checklist can be used as a self-check for students on assignments to improve scores.