SUPPORTING REFLECTION, EXPERIENTIAL LEARNING AND JOURNALING WITH PEBBLEPAD

Centre for Teaching Excellence PebblePad Users Group February 1st, 2023



LAND ACKNOWLEDGEMENT

- I acknowledge that the University of Waterloo is located on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples.
- The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.





WATERLOO



FACULTY OF HEALTH

This project was supported in part by a Learning Innovation and Teaching Enhancement (LITE) Seed Grant from the Centre for Teaching Excellence, University of Waterloo.

OUTLINE

- Overview of Course and Context
- What is Outdoor, Experiential, and Place-Based Learning?
- The First Course Offering using just D2L
- Enter Nature Journaling: What Is It and Why Did I Use It?
- Exploring the Potential of PebblePad
- Curriculum Design and Pedagogical Considerations
- How PebblePad and D2L supported Experiential Learning and Nature Journaling
- Practical Considerations
- Take Aways
- LITE SEED Grant Study
- What's next?
- Question and Answer Period



A FEW QUICK POLLS TO GET TO KNOW EACH OTHER ...



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OVERVIEW OF THE COURSE AND CONTEXT

• REC 230: Outdoor Recreation, Tourism, and the Natural Environment Course Description:

- The course examines human-nature relationships in leisure and tourism contexts from an interdisciplinary perspective. It integrates experiential learning with theoretical and critical inquiry to understand and analyze values, attitudes, cultures, programming, impacts, management, and contemporary issues and trends.
- Offered as a lecture with mandatory seminar.
- Strong emphasis on outdoor, experiential and place-based learning within the course description and historic course offerings.

Past course offerings:

- Separate summative Experiential Creative and Reflective (ECR) course assignment.
- 10 seminars with small group in-situ debriefs.

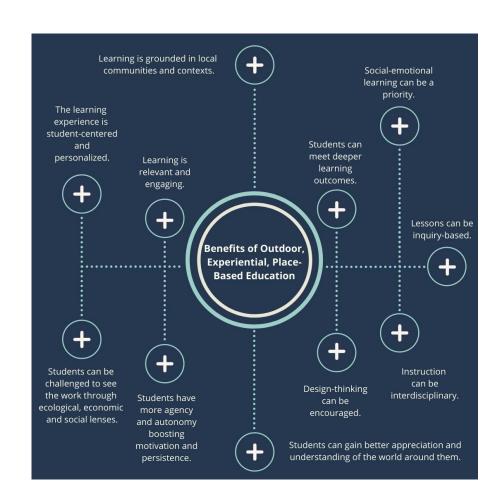
My Online Course Offerings during the Pandemic:

- Self-directed online seminars with guided weekly reflections facilitated by PebblePad and D2L Resources.
- Seminars as integral component of ECR Assignment.



OUTDOOR, EXPERIENTIAL, and PLACE-BASED LEARNING

- 'Pandemic Pivot', remote online learning, ZOOM fatigue, and higher levels of student burnout (Iglesias-Pradas, et al, 2021).
- Outdoor, experiential and place-based learning enables meaningful, personalized and culturally relevant learning by giving students 'voice and choice' in determining what, how, when and where they learn; tailoring learning to each students' strengths, needs and interests; ensuring mastery of academic skills; and, promoting student agency (Getting Smart, et al., 2017).
- BUT: how do we achieve this in an online / remote instructional environment?





A FIRST COURSE OFFERING USING JUST D2L

First course offering:

- Fall 2020.
- 100% online, using D2L
 Discussion Boards / Forums.
 - 1 Accountability / Evidence of Completion / Reflection Post.
 - 1 Peer Review Feedback Post.
- Summative ECR Assignment not integrated with seminars, but a separate course component, per historic course offerings.

Week	Theme	Experiential Activity	Discussion Forum Post
1	Welcome Seminar	Team Building Activities	Self and Group Roles
2	Nature and Environmental Ethics	Group Discussion and Establishment of Classroom Contract	Practicalities of using Leave No Trace Ethics in Seminars
3	Place Connection	5 Senses Sit Spot	Natural Space(s) I am Connected to
4	Place Connection	Nature Scavengar Hunt	Defining Nature as a Continuum
5	Place Connection	Nature Wander	My Evolving Understanding of Place Connection
6	Communicating Nature	Storying Walk	Nature stories as Inspiration for recreation, leisure and conservation
7	Communicating Nature	Mapping Significant Sites in Nature	Maps as Storytelling
8	Communicating Nature	Drawing Nature	Art as a Means of Communicating Nature
9	Nature and Wellbeing	Adventure Activities	Seeking Peak Experiences in Nature
10	Nature and Wellbeing	Mindfulness Meditation in Nature	Therapeutic Benefits of Nature
11	Nature and Wellbeing	Breathe and Body Scan in Nature	The Impact of Being in Nature on my Wellbeing
12	Final Debrief	Groups Discussion of Highlights, Contributions, and Takeways	Transferable Skills and Lessons Learned



A FIRST ATTEMPT at ONLINE OUTDOOR, EXPERIENTIAL, and PLACE-BASED SEMINARS

Successes:

- Students enjoyed the virtual scavenger hunt facilitated through the Goosechase App in Week 1
 - Great team building activity
 - Lead to comfort with peers in small group and meaningful engagement in peer review feedback process.
- Some students enjoyed the diversity of the self-directed outdoor recreation activities.
- Some students really engaged with the ECR assignment.

Student and Instructional Team Feedback and Reflection:

- Weekly discussion board posts were bulky and time-intensive processes for students and for TA Seminar Facilitators.
 - Students felt they were being asked to do discussion board posts in ALL their classes.
- Some students were not comfortable doing self-directed outdoor recreation activities alone, despite safety mechanisms put in place and detailed (printable) instructions due to cultural and personal circumstances, and / or a lack of prior experience in the outdoors.
- ECR Assignment was very disconnected, limited evidence of its ability to cultivate place-connection / place-attachment because of limited emersion in and engagement with selected place.



ENTER NATURE JOURNALING

- What is it and why did I use it?
- Nature journaling is the practice of drawing or writing in response to nature.
- Dual Triad:
 - Pictures, Words and Numbers.
 - I Notice, I Wonder, It Reminds Me of (IN, IW, IRMO).
- Emphasis on:
 - Growth mindset.
 - Nature immersion / place connection.
 - Peer-to-peer feedback centered on growth and development of nature-journaling skillset.

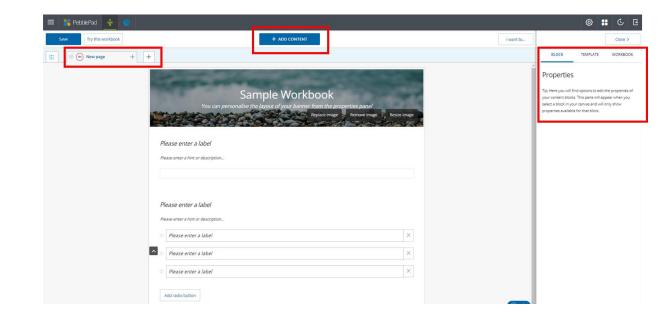




EXPLORING THE POTENTIAL OF PEBBLEPAD

- What is PebblePad, and why did I use it?
 - An e-portfolio tool and personal learning journey platform that supports reflective activities and integrative learning.
 - Instructors can embed multimedia content and provide prompts to scaffold learning and reflection through custom templates or PebblePad-provided templates.
 - Students provide evidence for their learning and reflect on their experiences over time.







EXPLORING THE POTENTIAL OF PEBBLEPAD

Attended a series of PebblePad Workshops

- Workshop 1: Learned about the basics of PebblePad Workbooks' functionality, design, and types of use in other courses.
- Workshop 2: Learned about peer feedback, marking, and other forms of assessment with PebblePad Atlas.
- PebblePad Design Café: Opportunity to work on specific elements of designing your own course components using PebblePad (e.g. custom workbook and Atlas integration).

Reached out to form a partnership with Centre for Teaching Excellence

- Faculty Liaison and Senior Educational Developer Integrative & Experiential Learning
- LITE Seed Grant Application
- SoTL Workshop Series

Online Learning Assistants (OLAs)

Undergraduate Students hired in Summer 2021

Academics

- Knowing the seminar was allocated Teaching Assistants helped with the planning and implementation.
- Course Instructor's subject matter expertise was essential to the development and design of the assignments and Workbook

CURRICULUM DESIGN CONSIDERATIONS

Course ILO Modifications:

• **NEW ILO:** Upon successful completion of the course, students will be able to facilitate asynchronous, active and collaborative, learning experiences through weekly seminars and peer review feedback.

Course Content Modifications:

 Weekly Course Lecture Themes were aligned with activities and reflections in the Weekly Seminars.

Seminar Modifications:

 Developed weekly seminar audiocast, transcript, printable 'field guide', peer review feedback guide and rubric, and PebblePad workbook elements.

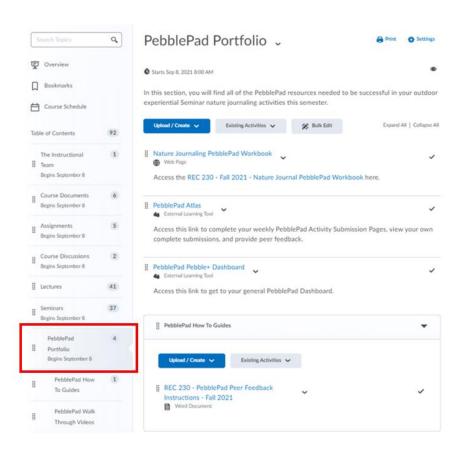
	Lecture	Seminar Structure			
Week	Theme	Theme	Experiential Activity	PebblePad Reflection	Peer Review Feedback Focus
1	Welcome, Introductions, Overview of Course	Introduction to Nature Journaling	Compile your Nature Journaling Toolkit	Why I Choose the Items in My Toolkit and How it May Change over the Semester	Practical considerations for your Nature Journaling Toolkit
2	Nature and Environmental Ethics	Nature and Environmental Ethics	Choosing Your Place	How I will Employ Leave No Trace Ethics when Visiting My Place	Practical considerations for visiting your place over the course of the semester
3	Place and History	Place Connection	Nature Journaling Activity #1: I notice, I wonder, It Reminders Me Of	Employing a Growth Mindset in Nature Journaling	Cultivating a Growth Mindset; Building Nature Journaling Skills
4	Ecotourism and Community	Place Connection	Nature Journaling Activity #2: To Each Its Own	Questioning the "done" in Nature Journaling	Cultivating a Growth Mindset; Building Nature Journaling Skills
5	Indigenous Land Sovereignty and Settler Colonialism	Place Connection	Nature Journaling Activity #3: Comparison	Directed attention and my evolving sense of place	Cultivating a Growth Mindset; Building Nature Journaling Skills
6	Social, Cultural and Psychological Dimensions of of Outdoor Recreation and Nature-Based Tourism	Storying Nature	Nature Journaling Activity #4: Poetry of Place and Moment	Art as a Means of Communicating Nature	Using Nature Journaling Skills to tell the Story of Your Place
7	Economic Dimensions of Outdoor Recreation and Nature-Based Tourism	Storying Nature	Nature Journaling Activity #5: Event Comic or Movie Storyboard	Nature stories as Inspiration for recreation, leisure and conservation	Using Nature Journaling Skills to tell the Story of Your Place
8	Climate Change	Storying Nature	Nature Journaling Activity #6: Maps as Story Telling	Maps as Storytelling	Using Nature Journaling Skills to tell the Story of Your Place
9	Parks, Protected Areas, and Wilderness Management	Nature and Wellbeing	Nature Journaling Activity #7: Sit Spot	Nature Immersion and Emotional Regulation	Using Nature Journaling to Connect to Self and Nature
10	Wildlife Tourism	Nature and Wellbeing	Nature Journaling Activity #8: Soundscape Maps	Therapeutic Benefits of Nature Sounds and Wildlife Interactions	Using Nature Journaling to Connect to Self and Nature
11	Nature and Restoration	Nature and Wellbeing	Nature Journaling Activity #9: Zoom In, Zoom Out	The Impact of Being in Nature on my Wellbeing	Using Nature Journaling to Connect to Self and Nature
12	Current Issues in Outdoor Recreation, Tourism, and the Natural Environment	Bringing it Together, Creatively	Final Debrief: Creating a 'Creative and Reflective' work that summarizes your Experience of Place	Transferable Skills and Lessons Learned	Bringing it all together to reflect on the holistic experience



CURRICULUM DESIGN CONSIDERATIONS

- ECR Assignment Modifications
 - Modified to a Scaffolded Portfolio Assignment instead of a separate activity.
 - Experiential: PebblePad Portfolio (40% of ECR assignment's total weight)
 - 11 weekly nature journaling seminar activities and Peer Review Feedback
 - Creative: Final Creative Piece (10% of ECR assignment's total weight)
 - A creative / expressive output that summarizes their seminar experiences
 - Reflective: Essay (50% of ECR assignment's total weight)
 - Reflects on the meaning and significance of their nature journal activities as a form of outdoor recreation and as outdoor, experiential, place-based experiences.

HOW PEBBLEPAD AND D2L SUPPORTED EXPERIENTIAL LEARNING AND NATURE JOURNALING



PebblePad and D2L Integration

- LEARN and PebblePad are synched through LTI links.
- Easy to navigate for students with single login.

PebblePad / Atlas

- PebblePad Workbook supported documenting and reflecting on Seminars.
- Small Groups were created as Sets in ATLAS for Peer Review and TA marking.

D2L

- Housed course and seminar info.
- Peer Group Introduction Posts (bonus assignment in Week 1 and 2).
- Ask your TA and Instructor FAQ pages.
- Posted Weekly Seminar Audiocast and Transcript.
- Posted printable 'Field Guides' for seminars.
- Housed all course materials (syllabus, lecture and seminar schedules), assignment guides, video walkthroughs, rubrics, grades / gradebook, and droboxes.



PRACTICAL CONSIDERATIONS: LOGISTICS

Timing

Monday:

- Lectures (live or posted recording depending on the semester)
- Live on course website at 8:30 am:
 - Seminar Audiocast and Transcript
 - Printable Seminar Instructions or 'Field Guide'
- Live in PebblePad at 8:30 am
 - Workbook Instructions and Worksheet
 - Peer Review Feedback from prior week
 - Peer Review Space for Current week

Wednesday:

- Grades from previous week's Peer Review Feedback posted by 4:30 pm in D2L Gradebook
- Friday
 - PebblePad Nature Journal entry due by 12 noon.
- Sunday
 - Peer Review Feedback due in ATLAS by 11:59 pm

Supports

• D2L:

- Announcements
- Calendar reminders
- Weekly Checklist
- Rubrics
- Gradebook

PebblePad

ATLAS Peer Review Sets

PRACTICAL CONSIDERATIONS: FRONT LOADED WORK REQ'D

• This is substantial, but should not put you off developing your own purpose built PebblePad Workbook.

• Things that made it easier:

- Familiarity with Nature Journaling.
- Support from CTE and OLAs.

My design process was "bulky":

- I designed everything outside of PebblePad and then has the OLAs import it into the template that Natalie and I created.
- This added unnecessary steps to the process, but reflected my initial lack of familiarity with PebblePad and the time constraints of preparing a whole new instructional process and set of assignments in 2 months while also actively teaching.

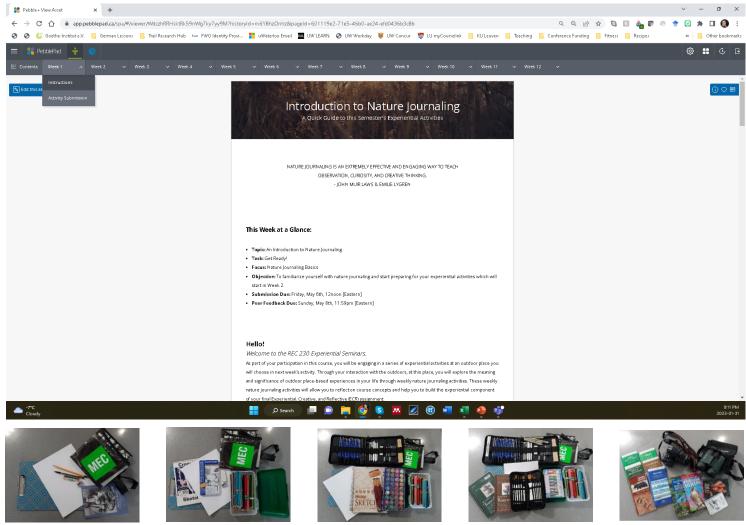


PRACTICAL CONSIDERATIONS: WORKBOOK DEVELOPMENT

Needed:

- Printable activity instructions so that students wouldn't complete their workbook pages at their place and be immerse in technology while on-site.
 - Workbook needed to have places to upload photos of the physical journal pages.
- Uniform look and feel as students navigated through the workbook, but connection to weekly focus, goals, and content.
 - 1 folio section per week.
 - 1st page instructions.
 - 2nd page worksheet.
- Detailed instructions and expectations for how to complete the workbook sheets.
 - Embedded examples throughout the instructions AND worksheet.
- Places to reflect on:
 - Activity, experience(s) of being nature / at their place, and to explain integration / adoption of peer review feedback.

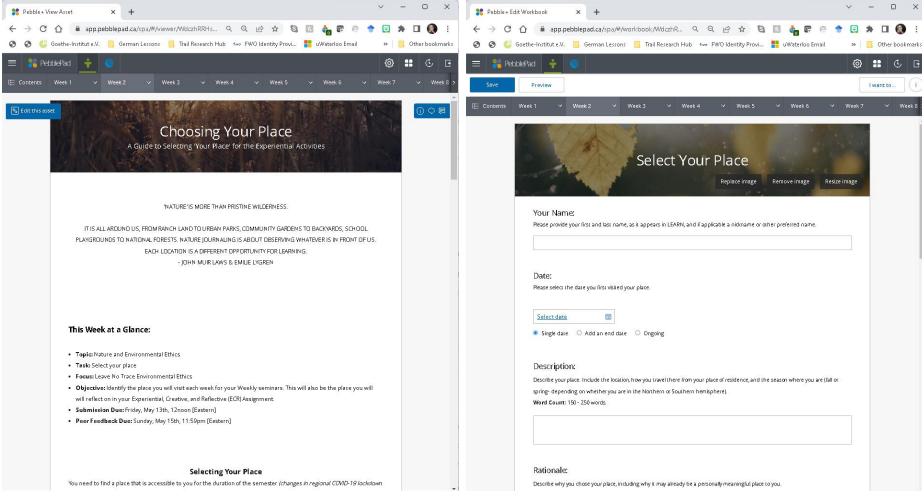
WEEK 1: Nature Journaling Toolkits



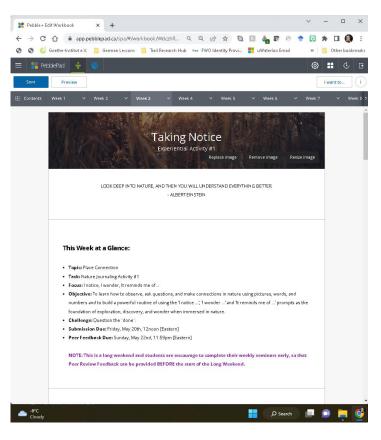
WEEK 2: Place Selection

Workbook Instructions

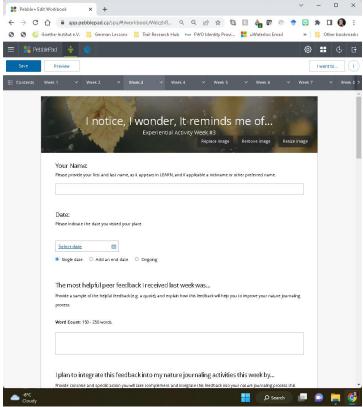
Fillable Worksheet



WEEKS 3 – 11: Nature Journaling in Place



Workbook Instructions



Instructor
Example Upload
of Nature
Journaling Page
Week #3



Fillable Worksheet

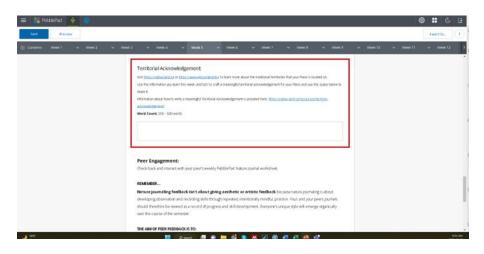


WEEK 5: Territorial Acknowledgement

Lecture Content and Crossover Information

- Lecture: Understanding the Intersection of Indigenous Land Sovereignty and Settler Colonialism with Outdoor Recreation, and Nature-Based and Adventure Tourism
- Topics ranged from theory to current issues to practical information students could actively employ to address the issues.

Seminar and PebblePad Workbook

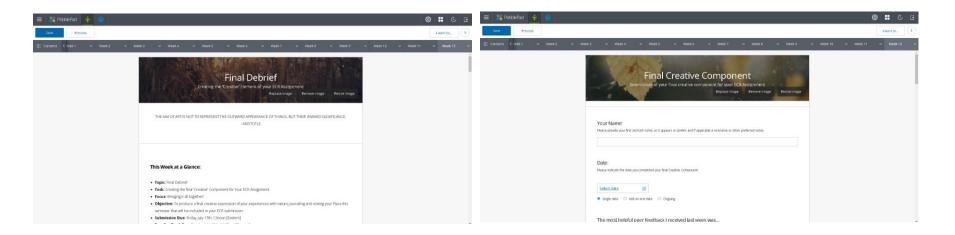


- Additional resources on D2L:
 - Podcasts
 - Recorded Webinar
 - Blogs and non-academic articles from outdoor sport magazines
 - · Links to Indigenous TikTok Influencer Videos
 - Links to Native Land and Whose Land
 - Links to Inclusive Outdoor Advocates and Groups
 - Movies

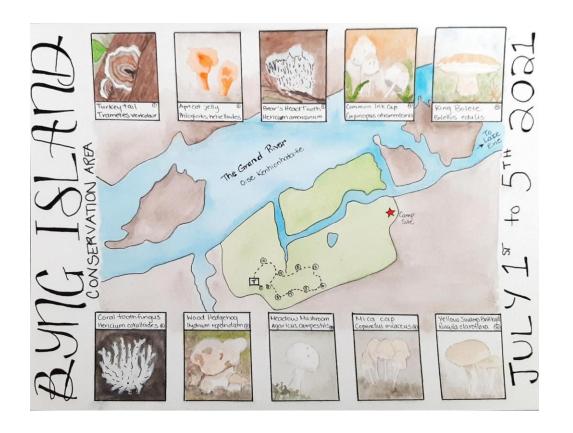


PRESENTATION TITLE PAGE 22

WEEK 12: The Final Debrief and Creative Component

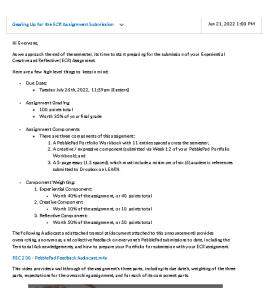


WEEK 12: The Final Debrief and Creative Component





WEEK 12: The Final Debrief and Creative Component





A second walkthrough, of how to submit Pebble Pad Portfolio along with the digital copy of your essay will be provided after consultation with the Centre for Teaching Excellence and Pebble Pad.

Additional resources, including a detailed rubric and assignment outline, to help you succeed on this assignment are provided under the following pathway:

- Content --> Table of Contents --> Assignments --> Experiential, Creative and Reflective (ECR) Assignment

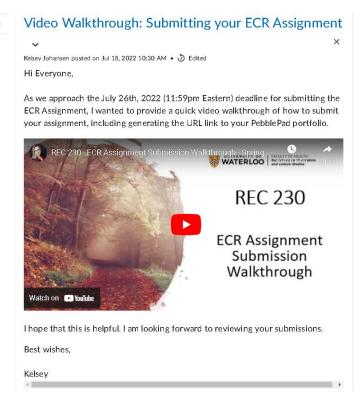
I hope that this information will be helpful to you in preparing, and submitting, your capstone assignment.

Best wishes,

Kebey Attachment(s):

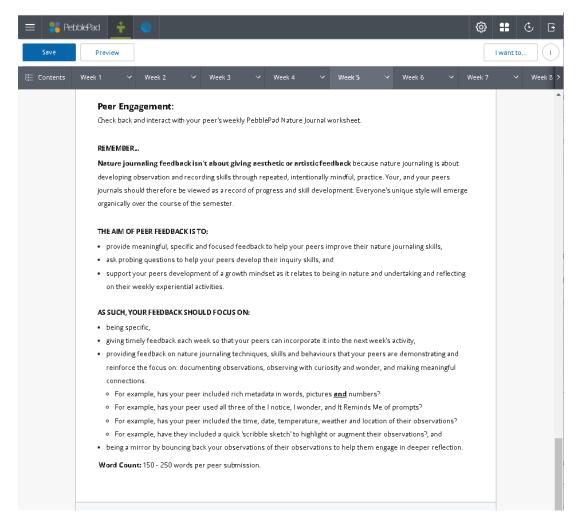
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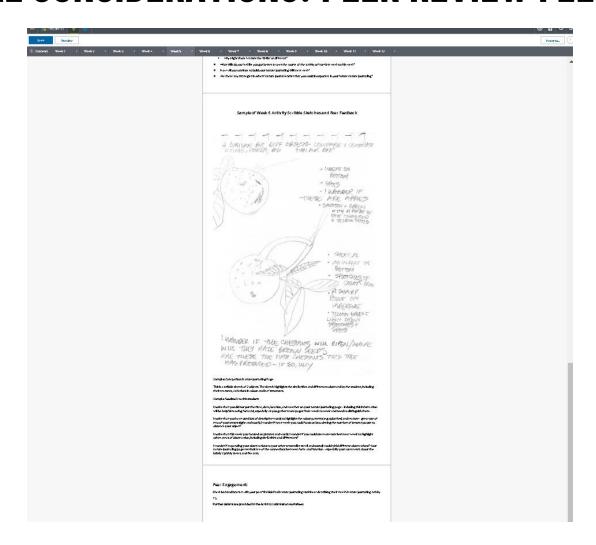




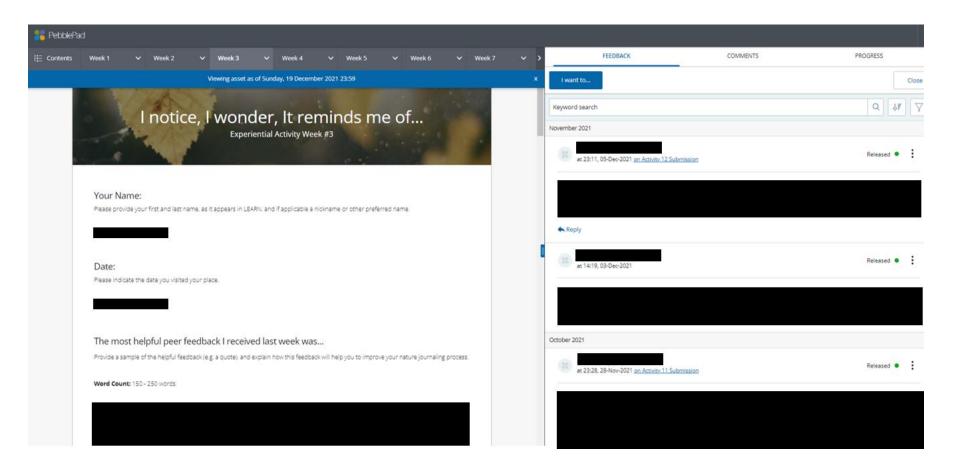
PRACTICAL CONSIDERATIONS: PEER REVIEW FEEDBACK



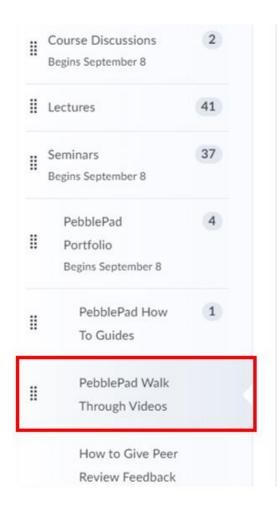
PRACTICAL CONSIDERATIONS: PEER REVIEW FEEDBACK

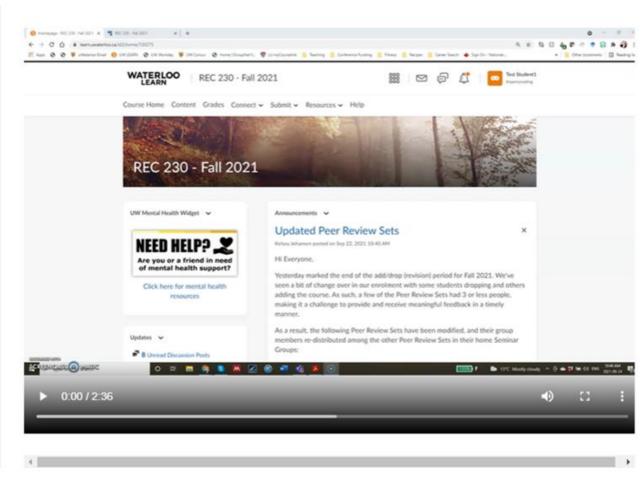


PRACTICAL CONSIDERATIONS: PEER REVIEW FEEDBACK



PRACTICAL CONSIDERATIONS: IN-SEMESTER SUPPORTS







PRACTICAL CONSIDERATIONS: FORMATIVE ASSESSMENT

- Workbooks were assessed at the end of the term as a part of the ECR Assignment.
 - This allowed students to focus on progress, rather than perfection, and cultivating a growth mindset.
- Weekly Peer Review Feedback provided in Atlas were assessed as formative assessments.
 - Peer review feedback was worth 20% of the students final grade, or 2% per week for 10 out of the 12 weeks.
 - Students received their grades by Wednesday, and needed to post their next peer review feedback by Sunday evening. This allowed them to improve their feedback giving, and therefore grades, each week.
 - Peer Review Feedback was assessed to ensure minimal "virtual high-fiving" happened, and that comments provided supported the authors continued growth and development of their nature journaling skill set as well as the growth and development of feedback providers.
 - Overarching Rubric on D2L, plus TAs provided with an excel sheet to make it easier to mark within Peer Review Sets in ATAS as marking in ATLAS and exporting to D2L Gradebook was time prohibitive and bulky.

Nature Journaling Peer Review Feedback Rubric

Course: REC 230 - Spring 2022

Criteria	Admirable 1 point	Satisfactory 0.5 points	Incomplete 0 points	Criterion Score
Actionable and Timely Feedback	Student's peer review feedback comments are easily actioned by peers. Feedback is submitted by the weekly deadline (11:59pm Sunday).	Student's peer review feedback comments can be actioned by peers with difficulty. Feedback is not submitted by the weekly deadline (11:59pm Sunday).	Student's peer review feedback comments cannot be actioned by peers and are not submitted by the weekly deadline (11:59pm Sunday).	/1
Fostering a Growth Mindset	Student's peer review feedback comments do an exceptional job fostering a growth mindset by using the provided prompts and avoiding aesthetic or artistic feedback.	Student's peer review feedback comments do a good job fostering a growth mindset by mostly using the provided prompts; some aesthetic or artistic feedback provided.	Student's peer review feedback comments do little to foster a growth mindset by focusing on assethetic or artistic feedback and not making use of the provided prompts.	/1
Constructive and positive interaction	Student's peer review feedback comments are positive and constructive, productively advancing their peers nature journal skills.	Student's peer review feedback comments comments are positive and mostly constructive, somewhat advancing their peers nature journal skills	Student's peer review feedback comments are disparaging or neither constructive nor appropriate, and do not advance their peers nature journal skills.	/1
Frequency of peer review feedback	Student has provided peer review feedback to 2+ peers.	Student has provided peer review feedback 1 peer.	Student has not provided peer review feedback any of their peers.	/1
Depth of peer review feedback	Students peer feedback exhibit the requisite depth and breadth (200 - 250 words).	Students peer feedback mostly exhibits the requisite depth and breadth (150 - 200 words).	Students peer feedback does not exhibits the requisite depth and breadth (less than 150 words).	/1
Total				/5

Overall Score

Exceptional
4 points minimum

Admirable 3 points minimum Satisfactory 2.5 points minimum Needs Improvement

Incomplete
0 points minimum



PRACTICAL CONSIDERATIONS: SUMMATIVE ASSESSMENT

Experiential Component – PebblePad Portfolio

- · Repeated iterative process and evidence of completion;
- · Use of Nature-Journaling Dual triad;
- Growth Mindset:
- · Clarify of Communication; and
- Peer Feedback Incorporated each Week.

Creative Component – Creative Output

- Documents experience in creative way;
- Reflects on Experience in a Creative and Personally Meaningful Way;
- · Growth Mindset Evident; and
- Clarity of Communication.

Reflective Component – Essay

- All Required Components included (intro, reflection on outdoor recreation, reflection on nature journaling, influence of outdoor recreation / nature immersion on worldview, lessons transferred to broader context and connections to academic literature, conclusion);
- Description of Experience and Creative Components;
- Structure, Organization, Depth, Breadth and Length requirements met / exceeded;
- Writing Style (Spelling, grammar and APA Formatting); and
- Research and Referencing (incorporates a minimum of 6 academic sources into reflection).

REC 230 Fall 2021 ECR Assignment

ECR (Experiential, Creative, and Reflective) Assignment Rubric

Student Name: Student Number:

ECR Title:

Total marks received for each component

Component	Comments	Mark Earned	Total Value
Experiential Component (Nature Journal) • 11 Worksheet entries, one page each, completed in PebblePad including associated file uploads • Content of journal entries meet identified expectations • Clarity of Communication • As per mark breakdown in LEARN.			40
Creative Component 1 Worksheet entry, one page, completed in PebblePad including associated file uploads Content meets identified expectations Clarity of communication As per mark breakdown in LEARN.			10
Reflective Component (Essay) • As per mark breakdown in LEARN.			50

TOTAL OVERALL SCORE: / 100

FINAL GRADE: ___ / 35

General Comments:



TAKE AWAYS ...

- PebblePad offers many features that can be used to create an engaging workbook.
- High level of student engagement throughout the semester.
- Students appreciated being able to download their entire Workbook as an exportable artefact at the end of term which they could keep as a record of learning.
- Several students participated in the 2022 International Nature Journaling week tagging the course online with the hashtag #UWREC230.
- Some students experienced technical issues at the beginning of the semester when they enrolled late – be aware of this potential and build in safeguards.



PRESENTATION TITLE PAGE 32

LITE SEED GRANT STUDY

 Nature Journaling and Online Experiential Learning Seminars: Fostering Place Attachment while Promoting Pro-Environmental Attitudes and Nature Stewardship among University Students using PebblePad.

• Methods:

- Pre- and post-test surveys
- Qualitative assessment of student's ECR assignments.

Challenges:

- Timelines of grant notification and REB office deadline for ethics applications for Fall 2021 semester.
- Student buy-in and support for the research, low response rate on surveys but high rate of permissions granted to thematically analyze students work.
 - Likely due to lack of additional work required on the part of the participating student.

What's Next?

Conference Presentations

■ **Johansen**, **K.**, & Chow, N. (2022). *Collaborating with Academic Support Units: Partnerships in Pedagogy, Praxis, and Research to Support Online, Experiential, and Place-Based Learning*. At the 13th Annual University of Waterloo Teaching and Learning Conference: Fostering Partnerships in Pedagogy, University of Waterloo, Waterloo, Canada, April 27th and 28th, 2022 [online].

Forthcoming Publications

- SCHOLE: A Journal of Leisure Studies and Recreation Education
 - Johansen, K. & Chow, N. (under review). Partnerships in Pedagogy: Towards Online Place-Based Education in Outdoor Recreation.
 - Minor revisions completed. Awaiting notification of acceptance.

In Preparation

- **Johansen, K.,** Panse, G. & Chow, N. (in preparation). Online Experiential Place-Based Education: A Review of the Literature. *In preparation for the International Journal for the Scholarship of Teaching & Learning*.
- **Johansen**, **K.**, Panse, G. & Chow, N. (in preparation). Outdoor, Experiential, and Place-Based Seminars: Understanding their impact on place attachment, pro-environmental attitudes and nature stewardship among university students. *In preparation for SCHOLE: A Journal of Leisure Studies and Recreation Education*.



Question and Answer Period



