

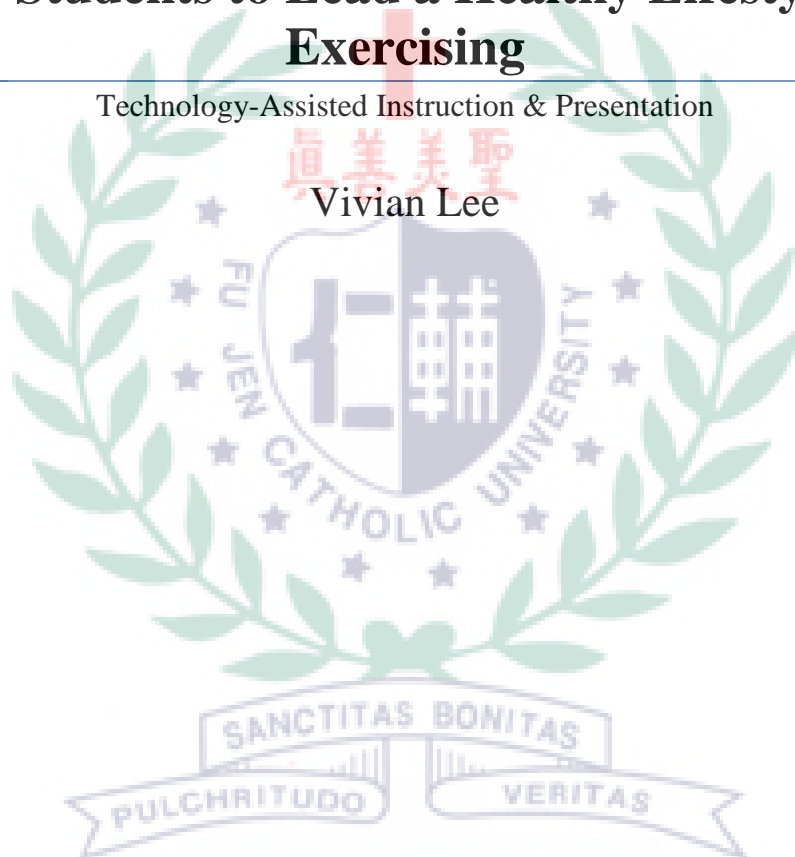
ENGLISH DEPARTMENT, FU JEN CATHOLIC UNIVERSITY

GRADUATION PROJECT 2016

Learning Outcome Demonstration: Ways for FJU Eng. Students to Lead a Healthy Lifestyle by Exercising

Technology-Assisted Instruction & Presentation

真善美聖
Vivian Lee



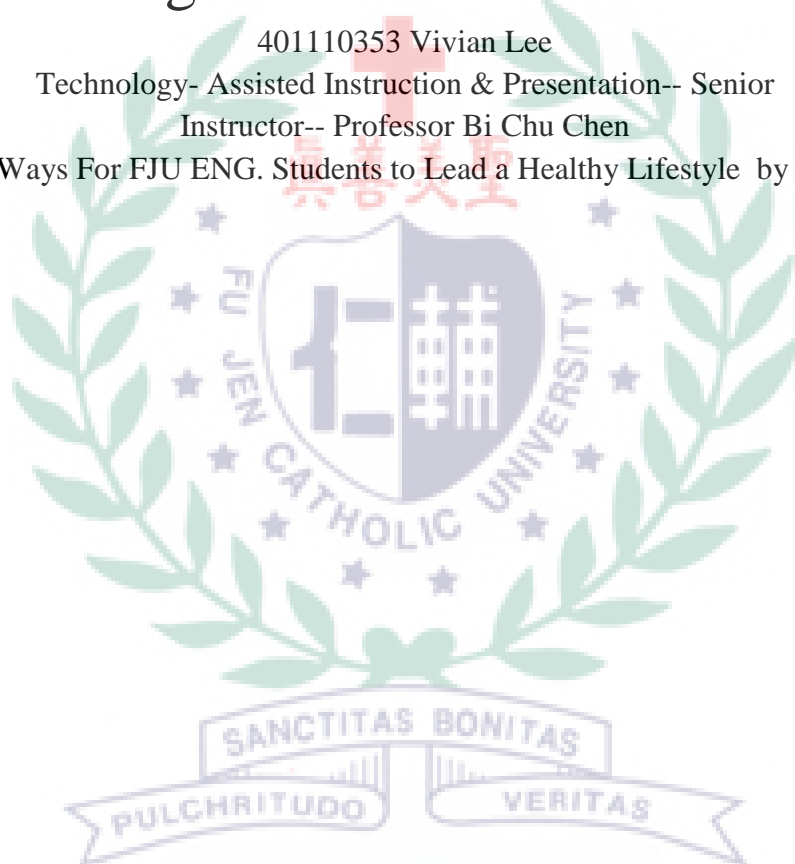
Learning Outcome Demonstration

401110353 Vivian Lee

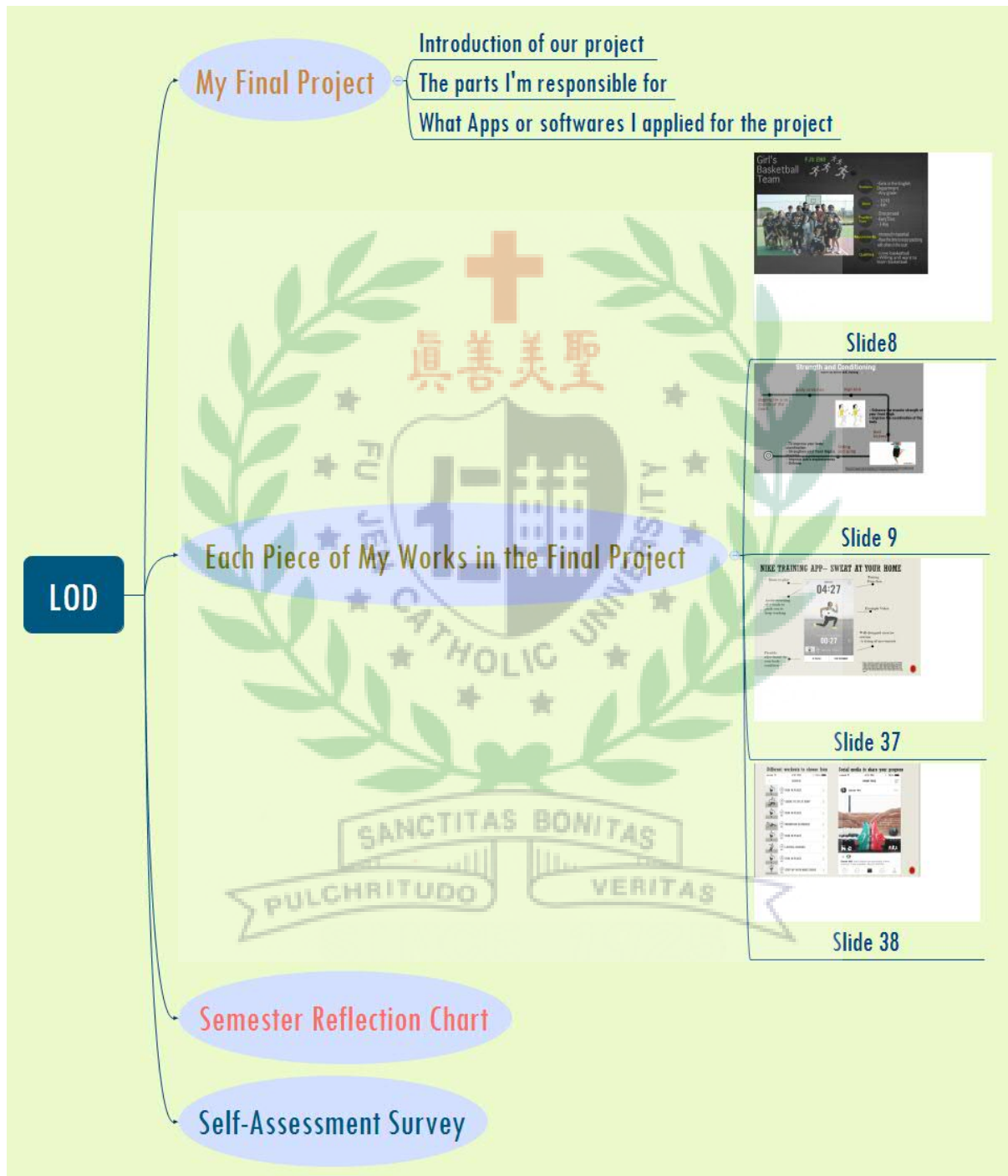
Technology- Assisted Instruction & Presentation-- Senior

Instructor-- Professor Bi Chu Chen

Project-- Ways For FJU ENG. Students to Lead a Healthy Lifestyle by Exercising



Outline



My Final Project--
Ways For FJU ENG. Students to Lead a Healthy Lifestyle by Exercising

The content of this project is to introduce the English department's students the ways that they can stay healthy by exercising despite the heavy workloads. Moreover, it informs the right ways to exercise. We aim to promote exercise to the students in the English department to help them stay healthy.

In this project, I'm responsible for the part to introduce our girl's basketball team on the English department. And introduce the body strength trainings in the practice of the girl's basketball team to show what exercises the students can do by joining the team. In addition, I'm in charge of the part introducing one of the apps for working out on your own-- Nike Training app which can be simply used with one's smart phone. To deliver my contents, I've applied some softwares to present apart from ppt like Easelly and Cadoo which are helpful for organizing the contents into a logical, easy-to-follow, and richer presentation. Besides, I showed the Nike Training app from my smart phone during the presentation in order to let the classmates and teachers to better recognize what it looks like on the smart phone.

Slide 8

Girl's Basketball Team

FJU ENG CATHOLIC UNIVERSITY

Members

- Girls in the English Department
- Any grade

Since

- 2012
- 4th

Practice Time

- Once per week
- Every Thurs.
- 3-4hrs

Requirements

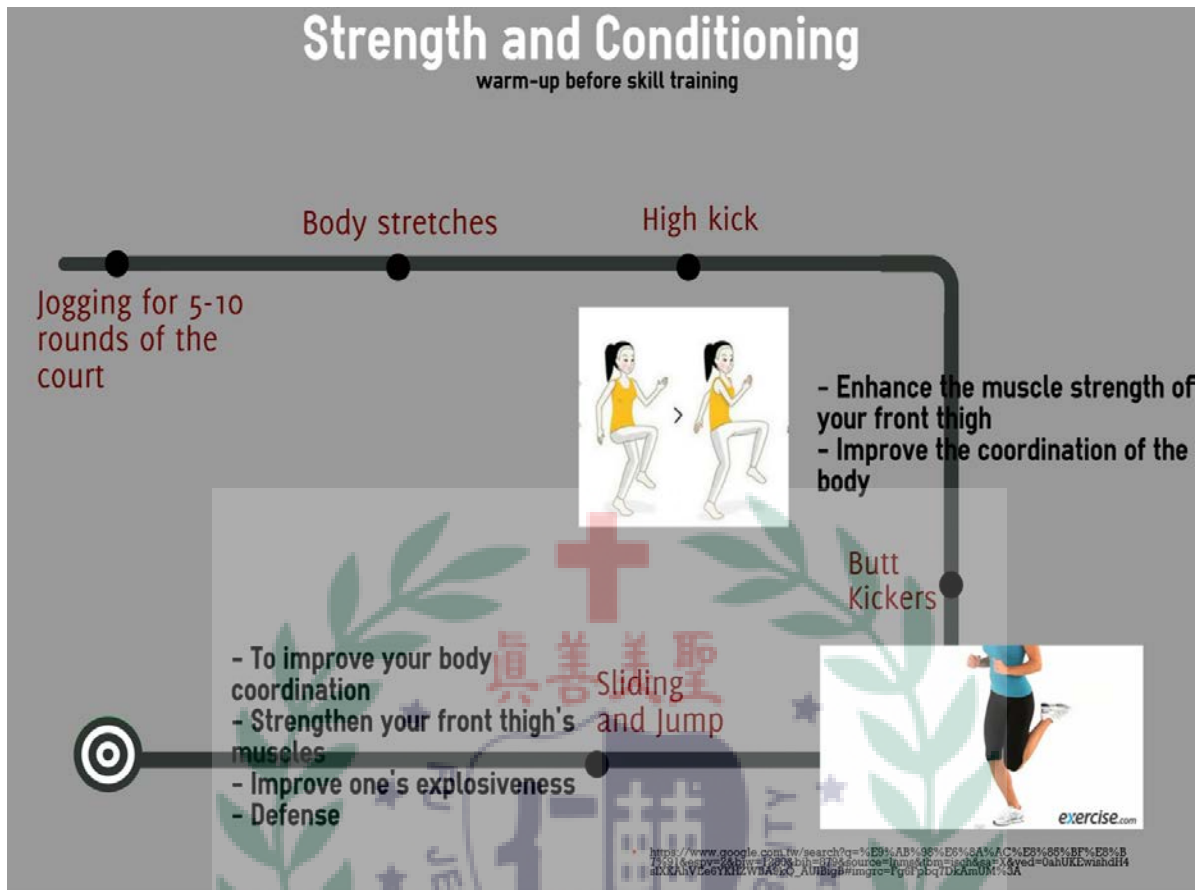
- Interested in basketball
- Have the time to enjoy practicing with others in the court

Qualities

- Love basketball
- Willing and want to learn basketball

I used Easelly to create a poster to briefly introduce our girl's basketball team.

Slide 9



I used Easelly to create a poster to briefly introduce the body strength training that girl's basketball team would do and what the trainings can help with our muscles. It's also done to show what exercises English department students can get from joining the team.



							TAIP class			Name: Vivian Lee Student No.: 401110353	
104-1	Week	Mon.	Tue.	Wed.	Thurs .	Fri.	Sat.	TAIP Weekly Reflections (continue build on the same document) Naming rule: Stu. NO. Name_week NO. reflection			
Sept. 2015	1	13	14	15	16	17	18	19	I think this course is quite interesting, and is different from other courses that I've taken, including the content, the way of teaching, and the way of learning. I like this kind of lively class, but sometimes the lecture is a little bit fast so that we may be confused about what we need to do next. By the way, I'm interested in 3D printing and big data analysis in the trends that Bichu introduced to us today.		
	2	20	21	22	23	24	25	26			
	3	27	28	29	30	1	2	3			
	4	4	5	6	7	8	9	10			
	5	11	12	13	14	15	16	17	LMS is quite an effective way to build a good communication between the students and teachers, I think. All the materials, assignments, discussions, can be uploaded onto the platform and being shared and previewd by the students. Compared to traditional way of teaching and learning, which is less interactive, with the help of LMS, a course certainly can become much more completed and richful for both students and teachers. Besides, in a virtual interacting classroom, instructors can use ppt, films, Evercam to assist teaching.		
Oct.	6	18	19	20	21	22	23	24	Today we are required to practice with moodle by introducing a material and set up two activities. I chose an interesting youtube video as a material teaching tips for folding clothes as a pro. And I decided to design a poll and ask the students to upload a short clip of themselves folding clothes.		
	7	25	26	27	28	29	30	31	This is my first time knowing and using Xmind. I think this kind of mind mapping tool is really useful when we need to do our		
Nov.	8	1	2	3	4	5	6	7			

									<p>own brainstorming, compare and contrast different things, notes, and so on. Especially I think it's quite easy to use; in addition, the design part of Xmind is really flexible. I can make the lines look like our brain nerves or simply a line. I can also upload pictures to make it more interesting.</p> <p>Today we are the first group to present. We introduce Million Singer this fun software to the class. There was a lot of fun when presenting and having everyone involved in the game. Another software I learned today is Audacity. I've heard it before, but I didn't know that it has quite much functions!! I was surprised. And I think the function of vocal remover is really useful. Other functions like adjusting the pitch or standardizing the volume or mixing two songs together are all fun and convenient. I think it's also an easy-to-use software.</p>
9	8	9	10	11	12	13	14	<p>We had a quite efficient discussion today.</p>	
10	15	16	17	18	19	20	21	<p>However, we still met some difficulties having an online discussion. For example, we were supposed to be online at 9:30, but I was still working that time, so I was a little bit late, and had everyone waited for me for a while. In addition, Alan left the discussion immediately after we said goodbye to each other when we first thought that we had finished all the discussion, but the rest of us who are still on the skype's phone found that we needed to divide our jobs, so we kept on discussing the rest without Alan. But except for these, we had an interesting and efficient discussion. Today's presentation are all full of fun! New softwares again that we learned to use! However, it's a pity that RPG's installation had something wrong with it that we couldn't have chance to design and play it in class. Our group found that maybe we can also use RPG to do our final project.</p>	
11	22	23	24	25	26	27	28		

									Two of them quite need time to finish with the designing part, I think.
	12	29	30	1	2	3	4	5	This week we are working on the project of Cacoo, both for group's and individual's. Our group members think cacoo is less friendly to use than Xmind. Xmind's interface is much more beautiful. Cacoo is more flexible in designing the shapes, lines, but Xmind is more organized for beginners to quickly be familiar with it and produce a mind mapping or diagram which is already good-looking by applying the templates it provides. However, Cacoo can be made online with others just like google docs, which is very convenient, but the chatting system and "saving" is not stable enough, I think. I'm usually worrying whether I've saved the latest changes. Answers to the questions in the assigned article: 2. At the end of the article. 3. If I want to use the article, I should give credit to the author, showing that the article is adapted from whom. Besides, I should not use it for commercial use. 4. Yes, the author agrees that CC can free us from copy rights problems. Although it may not resolve all the questions about who owns the history, it allows us to freely share things for everyone to copy or circulate it but also give credit to the original source.
Dec.	13	6	7	8	9	10	11	12	
	14	13	14	15	16	17	18	19	In the first class, Bichu taught us the software useful for doing research paper. It's really useful for us to have it classify the data we collect. However, I think it's a little bit difficult for us to learn it in one class. But it's a good introduction for us to know this new software. Our group has finished some parts of our final project today. We've had our pictures and videos recorded in the gym to introduce the exercises at the gym on our campus. We also made a script for introducing boy's basketball team of our
	15	20	21	22	23	24	25	26	

									department.
Jan. 2016	16	27	28	29	30	31	1	2	I think we, especially me myself, could be more prepared with out presentation. It's glad that we applied quite a lot of apps or softwares to present. However, I think our designing part could be improved. I quite like some of the groups like Iris's group's prezi, or other's emaze's design. I think Joanna's group who presented the Disney's princesses today did a good job with their application of emaze and bistrup. However, I
	17	3	4	5	6	7	8	9	think if they want to talk about something like feminism, they can do more research. One quesiton: Why should girls be as srtrong or tough as male? Which means that male represents strong, yet it's not true. Another question for Yuting's group: What do you think is the most important factor that makes Starbucks more than a coffee shop, especially when it's compared with other coffee chain stores?
	18	10	11	12	13	14	15	16	I really enjoy this course a lot. I've learned many softwares or apps that I've never heard before, and most of them are all very useful for future presentations, and forexpressing our ideas in another interesting and attractive ways. Besides, I'm impressed by the teaching of Bichu, since I think all of the students love this course, Bichu let us join ourselves in the class so that we would like to make efforts and enjoy in the class. I like the midterm software instruction which give us the chance to learn something interesting from our peers!