Transform your online course into a haven of calm

Mindful UX design techniques to create a stress-free learning environment

Good design is invisible—but its impact is undeniable.



Why care about a stress-free online learning environment?

Cluttered interfaces

Mincreased anxiety

🗠 Decreased motivation

Welcome to the Int Speakers by Field ART1000 Instructor Name email@ufl.edu	Speakers by Degree	
		Modules Calendar
Module	Lecture	Assignments
1	Introduction and Definitions <u>Lecture M1</u> <u>Slides M1</u> ب	<u>Objectives</u> Due: July 9
2	Form and Content <u>Lecture M2</u> <u>Slides M2</u>	Intro Post Due: July 9 <u>Discussion</u> Due: July 16
<u>3</u>	Art and technology	Discussion Response <u>#1</u> and <u>#2</u> Due: July 9

Where do I start?

Confusing start point

😂 Intimidating



Objectives

Upon completion of this module, you will be able to:

- Define key nutrition terminology.
- Categorize feedstuffs base on their contribution to the diet.
- Summarize key differences between ruminant, monogastric, and equine digestive tracts.

Instructional Materials

- Lectures
- Pre History of Art ⊕(13:00) PDF
- The Forms of Media ⊕(8:50) PDF
- <u>Rennaisance Period</u> ⇒(8:14) <u>PDF</u>
- Equine Art ⊕(8:58) PDF
- <u>Ruminant Themes</u> ⇒(14:39) <u>PDF</u>
- Art Analyzation Evaluation ➡ (17:08) PDF
- Activities
 - Module 2: Cultural Styles terminology
 - Module 2: Artistic Styles terminology
- Module 2 Artistic Categories Assignment

To Do List

- Watch lectures
- Review the <u>Module 2: Artistic Categories terminology</u> AND the <u>Module 2: Artistic Roles terminology</u>
- Complete the Module 2 Terminology Pre-Quiz; you must score at least 80% to continue
- Complete Module 2 Assignment
- Complete the Module 2 Quiz

Information overload

Decreased understanding

Poor academic performance

Welcome to ART1000 Introduction to Art Appreciation

Hello seniors, and welcome to ART1000. The purpose of this course is to give you opportunities to engage in scientific discussion which helps to facilitate scientific thinking and discourse. These will be important skills to have as you take your next step into graduate or professional schoo or into a career. You will also create a Powerpoint presentation with audio, participate in an online ethics in research activity, and take the national Biology Major Field Test, all of which are used to evaluate your learning so that we may continue to improve our teaching and curriculum as a department.

This course is divided into 8 modules. Please review the syllabus for the dates and deadlines associated with each of the modules. If this is your first experience taking an online college-level academic course, please note that the course moves quickly and that each student must consistently keep up with the readings, discussions, activities, writing, and quizzes. While sometimes students can "disappear" for a week or more for in-person lecture-based courses, however, doing so in this online course will result in you're missing several opportunities to earr points. <u>There are over 20 hard deadlines associated with this course. so make sure to keep up with assignments!</u> Many of the activities involve as little as 5 points, but if you miss the deadlines and don't participate you may quickly lose many points. We hope you will have an enjoyable semester discussing biological research with your peers!

Course Syllabus: <u>ART1000Fall 2024 Syllabus</u>

		The Instructors
Instructor Name	<u>email@ufl.edu</u>	Intructor Name
TA Name	<u>email@ufl.edu</u>	TA assigned to last names: TA Name
TA Name	email@ufl.edu	TA assigned to last names: TA Name
TA Name	email@ufl.edu	TA assigned to last names: TA Name
TA Name	<u>email@ufl.edu</u>	MFT Coordinator

Additional Course Notes:

- For most questions, your first stop should be the "Raise Your Hand" discussion board.
- Perhaps you will find that someone has already asked your question and received an answer. If not, by asking your question there, it car be answered for everyone else. This cuts down on emails, announcements, and repetition.
- Begin the course by going to Module 1 in "Modules" in the left column.
- · Your instructors' preferred communication method is via the Canvas "Inbox" function.
- Beginning with Module 2, you will be assigned to groups.
- Please determine your group number by going to the "People" page and selecting "Group".
- You will remain in your group throughout the semester unless group composition is changed by the instructor.

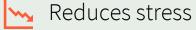
MFT-Related Notes:

- Here is an Excel file with a suggested review schedule ↓ for the Biology Major Field Test.
- Specific sub-topics can be found here: <u>https://www.ets.org/s/mft/pdf/mft_testdesc_biology_4gmf.pdf</u> ↓
- You may use your textbook for BSC 2010 and 2011 (or equivalent) for review.

• A free copy of the BSC2010/2011 textbook can be found below:

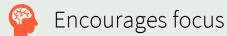
- <u>Achieve Link:</u> https://achieve.macmillanlearning.com/courses/55cfcg
- <u>Course ID</u>: 55cf
- Access Code: ABC123

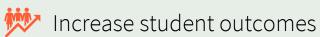
A well-designed course





🗼 Promotes sense of calm





Common UI Suboptimal Experiences

- 1. Confusing, unclear course navigation
- 2. Lack of visual and content consistency
- 3. Disorganized page structure
- 4. Lack of flexibility and control
- 5. Accessibility gaps



Confusing Navigation Paths

Unclear navigational direction can decrease student motivation.

Intuitive Navigation Paths

Ensure that users can easily navigate your digital product without feeling overwhelmed or frustrated.

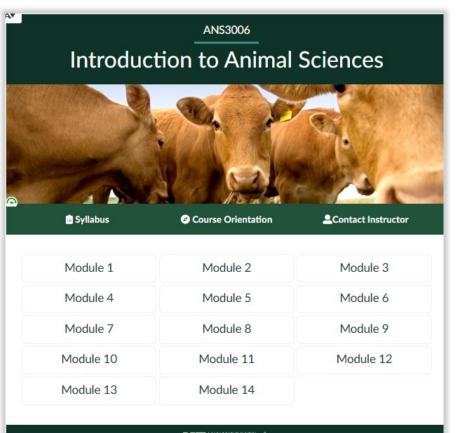


Mindfulness Tip

Designing with easy navigation helps students with depression have a more enjoyable and uplifting experience.



Clean Home Page



UF FLORIDA



DATE ## - ##

MODULE 1

Getting Started

DATE ## - ##

MODULE 2

Your Semester

What to Expect During



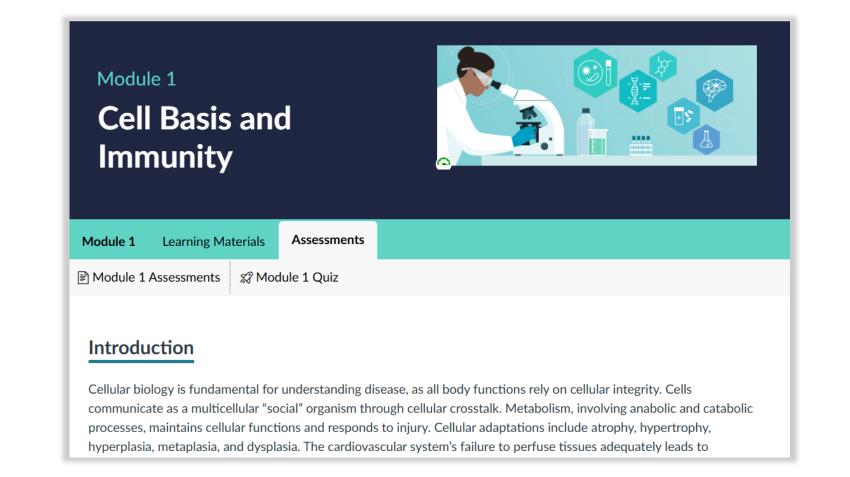
DATE ## - ##

MODULE 3

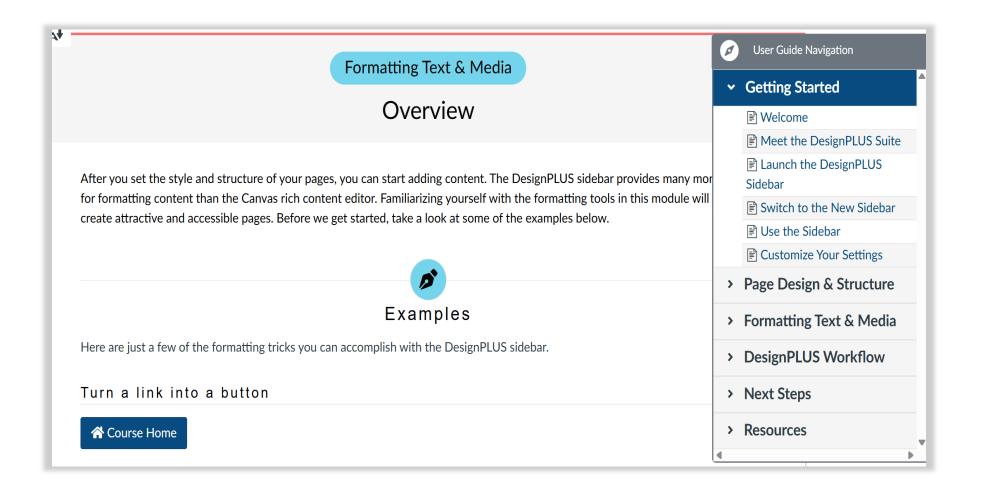
End-of-Term Information

UF |UNIVERSITY of

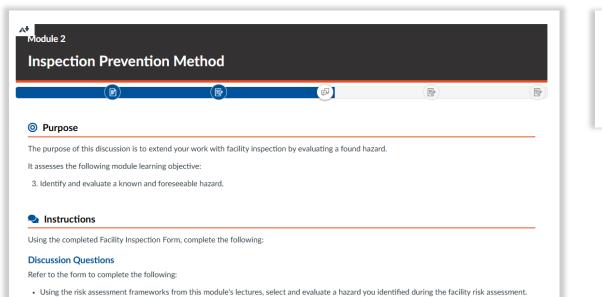
Tabbed Module Navigation



User Guide Navigation



Progress Indicators



Identify a prevention method to either mitigate or eliminate the hazard.

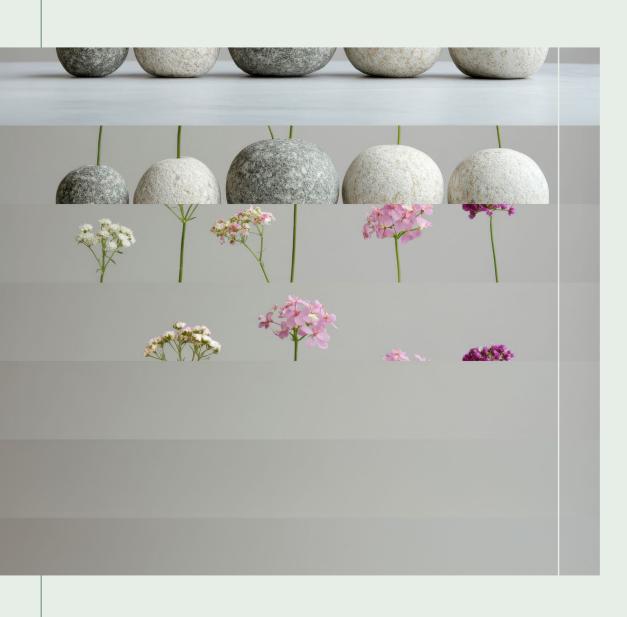
Response to Others

After posting your response, thoughtfully engage with at least two (2) of your classmates' posts by offering feedback or additional insights.

Next Steps

You can complete the module's assignments after completing the assigned readings and viewing the required videos. Use the bar below to see your location within the module and for navigation.





Lack Of Visual Consistency

Lack of visual consistency causes stress, can increase cognitive load, and reduces learning and satisfaction.

Build Predictability

Consistency and predictability in design elements contribute to a sense of familiarity and ease for users.



Mindfulness Tip

Consistent design elements can reduce anxiety and increase feelings of control for students with anxiety disorders.



Visual Encoding



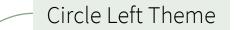


By the end of this module, you will be able to:

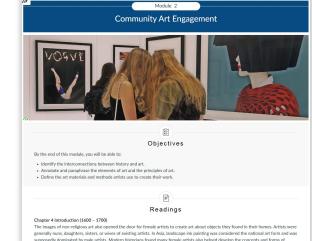
Identify the interconnections between history and art.
Annotate and paraphrase the elements of art and the principles of art.
Define the art materials and methods artists use to create their work.

Chapter 4 Introduction (1600 - 1700)

The image of non-refigious at take opened the door for femile artists to create at about objects they found in their homes. Artists were generably must, daughters, steines, or wives of existing artists. In Arkai. Interden ink participation at from and vas supposedly dominated by male artists. Moden historians found many female artists also helped develop the concepts and forms of landscape painting; however they needed to be better documented them.







supposedly dominated by male artists. Modern historians found many fem landscape painting: however, they needed to be better documented then.

Flat sections theme

Build Predictability

ABC1234 Title of Course



Module ## | Title of Module

Introduction

Replace this text with your course's introduction text here. Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod thridunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit loborts insi ut aliquipe va commodo consequat.

How to edit template pages: Utilize the new DesignPLUS sidebar to remove, rearrange, or add the blocks on this page. Here are some helpful instructions on how to work with the blocks:

Launch the new sidebar 4, click the More options icon ; in the upper right, then click Arrange Content.

• Use the Delete Item icon 🗂 to delete a block, or use the grip icon 🔢 to click, hold, and drag a content block to a new location.

For in-app help, click on the Help / Tutorials icon 🕑 for tutorials, user guides, and resources. Explore the Walkthroughs icon 🍃 in the Edit Current Element tab.

💆 Objectives

At the end of this module, you will be able to:

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Module ## Title of Module Introduction Replace this text with your course's introduction text here. Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat How to edit template pages: Utilize the new DesignPLUS sidebar to remove, rearrange, or add the blocks on this page. Here are some helpful instructions on how to work with the blocks: • Launch the new sidebar 4, click the More options icon i in the upper right, then click Arrange Content. • Use the Delete Item icon 📋 to delete a block, or use the grip icon 🚦 to click, hold, and drag a content block to a new location. For in-app help, click on the Help / Tutorials icon ③ for tutorials, user guides, and resources. Explore the Walkthroughs icon 🍃 in the Edit Current Element tab. Objectives At the end of this module, you will be able to: · Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Lorem ipsum

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Basic Bar – Alt template

Flat Sections - Alt Template

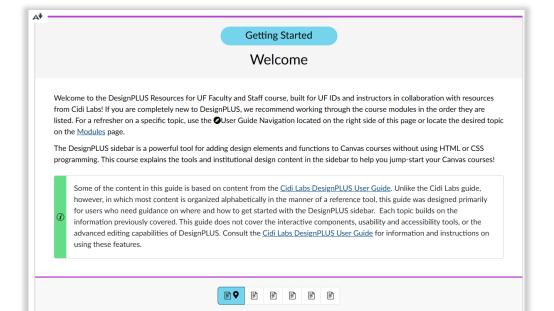
Visual Encoding Patterns



INTRODUCTION

Improvisation—The art or act of improvising or composing, uttering, executing, or arranging anything without previous preparation. Musical improvisation involves imagination and creativity.

You will learn about improvisation and its uses as a tool in making dances, what goes into making dances, and the process through which dances are made. This is often referred to as dance-making or choreography. Improvisation is often used as a tool in a choreographic process. Dance artists experiment and use their creative inspiration to make dances. This module will introduce you to improvisation as a creative tool.



Visual Encoding

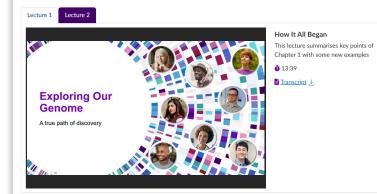


Syllabus		stions	Contact Don't hesitate to reach out with any questions!	
Refer to the syllabus course expectation		al questions le course.		
VIEW SYLLABUS	ASK A Q	UESTION	VIEW CONTACT	
Orientation	Module 1	Module 2	Module 3	
Module 4	Module 5	Module 6	Module 7	
	Module 9	Work Week	Module 10	
Module 8				

UFQUEST

Lectures and Videos

Watch all required lectures and videos below before starting on the Mandatory Learning Activities.



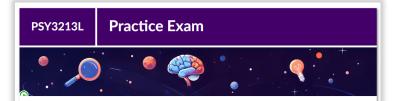
Class Reminders and Optional Resources

In this section, you will find important reminders from Dr. Klimenko and additional optional resources to explore this module further.

Review Research Project Page

I would like you to start thinking about whether you would like to do a Research Project or take the Final Exam as your final assignment.





Exam Guidelines

This **ungraded practice exam** is provided to help you prepare for the upcoming graded Final Exam, which covers the materials from **Modules 7-11**. Taking it is not mandatory but strongly recommended. Remember, the more problems you complete overall, the greater your chance of success in the course.

Please note that while Honorlock is not enabled for this practice exam, it will be used during your Final Exam.

Note: The Final Exam will use Honorlock, an online proctoring service. Please read these Honorlock instructions beforehand. They provide information on how to prepare for the exam and how to get technical support. Note that you will need to use <u>Google Chrome</u> ⇒ with the Honorlock Chrome Extension ⇒.

Grading

You will have 50 minutes and unlimited attempts to complete this practice exam.

່ງ <u>Return to Module</u>

DesignPLUS Multitool

Spring 2025		Module Builder		
Home	Estistic - Marke	1		
Syllabus	Existing Modu	les		
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Disorganized Page Structure

Lack of visual consistency causes stress, can increase cognitive load, and reduces learning and satisfaction.

Create Organization

Reduce overwhelm and reduce cognitive load = students can focus and prioritize.

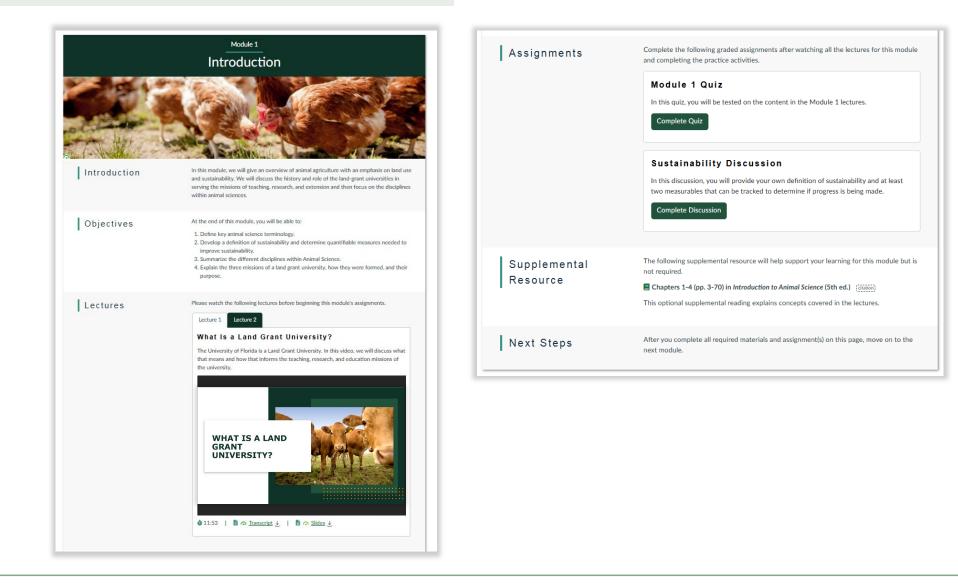


Mindfulness Tip

Clear page structure can help students with ADHD stay focused and engaged.



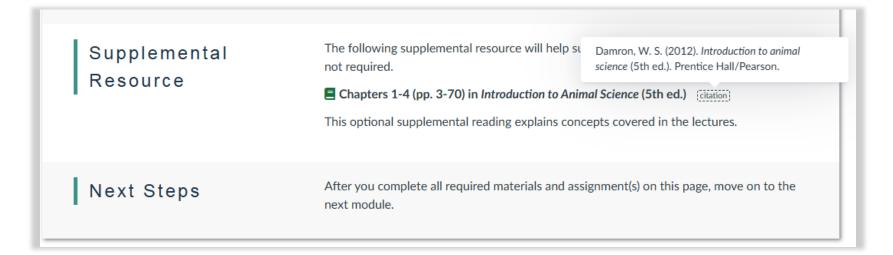
Chunks, Headings, Tabs



Columns

Chapter 4			
	Division o	of Fractions	
To divide two fractions, you multi	ply the first fraction by the reciprocal o	of the second fraction.	
1: Read	2: Watch	3: Practice	4: Take the Quiz
Carely and the state of the sta	These videos will let you see	In your workbook, complete	
	These videos will let you see the process in action:	In your workbook, complete the following exercises:	Once you feel confident in your fractional division skills,
the following:			
Grab your textbook and read the following: Pages 36-39 Pages 43-46		the following exercises:	your fractional division skills,

Popovers



Hover over each of the terms to rev			
Torm 1	Term 2 definition to display on hover	Term 3	Torm 4
Term 1	Term 2	Term 5	Term 4

Columns

Compare and Contrast

Option A

Did you hear that? They've shut down the main reactor. We'll be destroyed for sure. This is madness! We're doomed! There'll be no escape for the Princess this time. What's that? Artoo! Artoo-Detoo, where are you? At last! Where have you been? They're heading in this direction.

Option B

Wait a minute! Threepio! Come in Threepio! Threepio! Where could he be? Take over! See to him! Look there! They're madmen! They're heading for the prison level. If you hurry, you might catch them. Follow me! You stand guard. Come on! Oh! All this excitement has overrun the circuits of my counterpart here. If you don't mind, I'd like to take him down to maintenance. All right.

What is Cause and Effect?

Cause and Effect is a text structure that shows the relationship between two events in which one makes the other happen.

Here is an example from the book we're reading:

Cause

Describe the example cause.

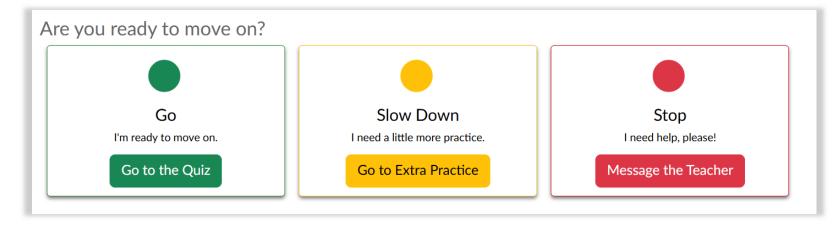
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Effect

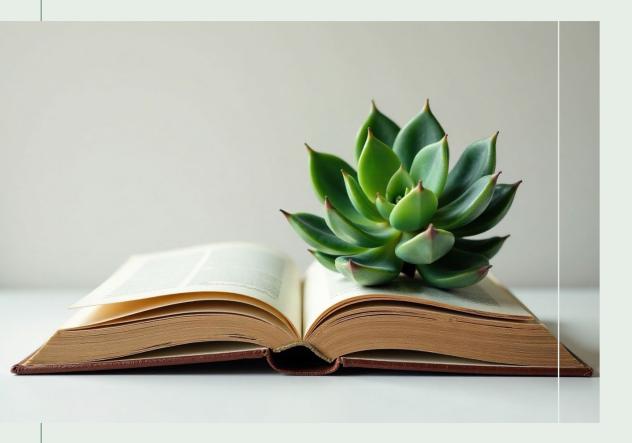
Describe the example effect.

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Columns







Lack of flexibility and control

Users become anxious or frustrated, leading to a negative learning experience.

Empower Users

Allowing users to manage the information they receive.



Mindfulness Tip

Giving students control over their learning experience can increase motivation and reduce anxiety.



Progress Indicators

Inspection Prevention Method

O Purpose

A* Module 2

The purpose of this discussion is to extend your work with facility inspection by evaluating a found hazard.

(2)

It assesses the following module learning objective:

3. Identify and evaluate a known and foreseeable hazard.

Instructions

Using the completed Facility Inspection Form, complete the following:

Discussion Questions

Refer to the form to complete the following:

• Using the risk assessment frameworks from this module's lectures, select and evaluate a hazard you identified during the facility risk assessment.

(P)

B

Ð

· Identify a prevention method to either mitigate or eliminate the hazard.

Response to Others

After posting your response, thoughtfully engage with at least two (2) of your classmates' posts by offering feedback or additional insights.

Next Steps

You can complete the module's assignments after completing the assigned readings and viewing the required videos. Use the bar below to see your location within the module and for navigation.

Completion Timeframes



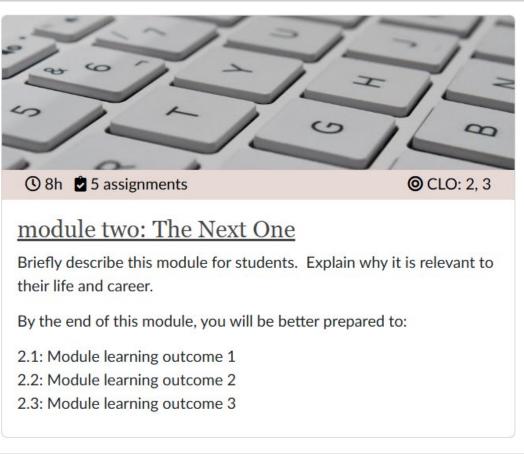
module one: Get Started

Briefly describe this module for students. Explain why it is relevant to their life and career.

By the end of this module, you will be better prepared to:

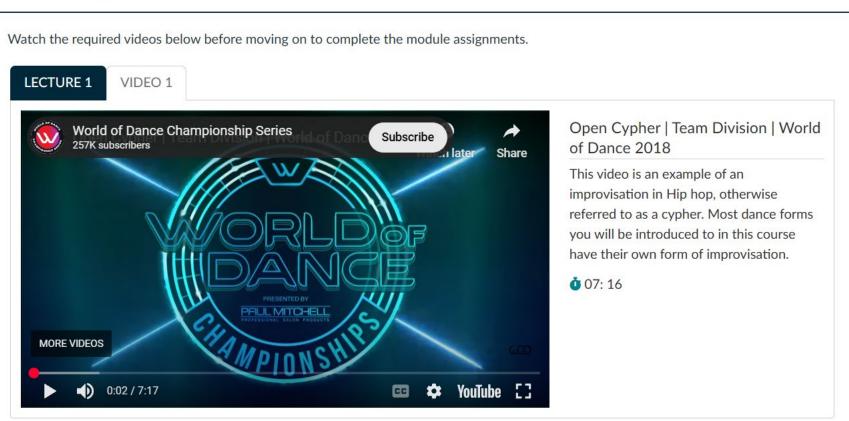
1.1: Module learning outcome 1

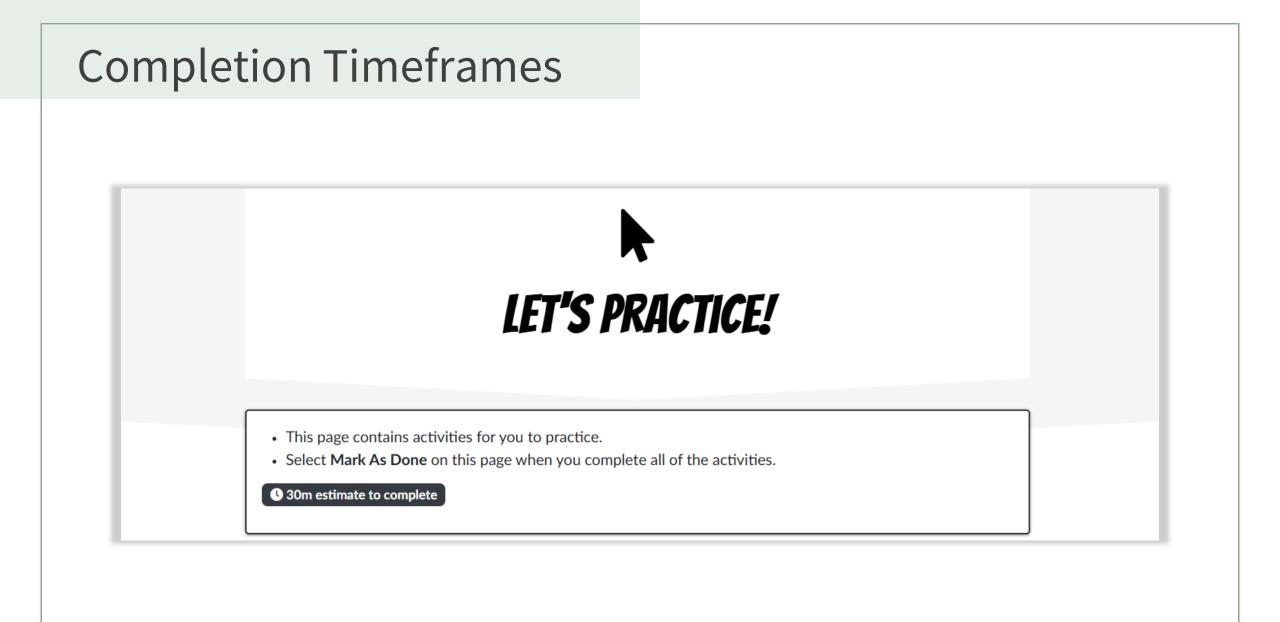
- 1.2: Module learning outcome 2
- 1.3: Module learning outcome 3



Timestamps

Videos





Quick Checks

Quick Check Questions

Please take a moment to reflect on the following questions after watching the video. Write down your thoughts to help you formulate your submission to the assignment.

Which of the following is a key feature of Classical Greek sculpture?

○ A. Hierarchical proportions

○ B. Rigid and frontal poses

C. Idealized naturalism

	Correct!	
0	D. Abstract forms	
	Check Answer	

Quick Checks

♦ Check Your Understanding

? Question text?	? Question text?	? Question text?
O Answer 1 Text	O Answer 1 Text	O Answer 1 Text
○ Answer 2 Text	O Answer 2 Text	O Answer 2 Text
○ Answer 3 Text	O Answer 3 Text	O Answer 3 Text
○ Answer 4 Text	O Answer 4 Text	O Answer 4 Text
Check Answer	Check Answer	Check Answer

Flip Cards

Module 2 Analyzing Art

Introduction

I am certain that *all* of you have had at least one powerful experience with an artwork in your life. Perhaps it was a painting that hung in your grandmother's house, or a monument you saw on vacation, or even something you made yourself. And yet, I bet that many of you still feel like you don't totally understand art, or even appreciate it all that much. In this module, we will get to the very heart of the issue and address two big questions that drive the rest of the course forward: what is art, and what does it mean to appreciate it? We will look at some familiar and some unfamiliar artworks to help answer those questions and pave the way for a future rich in powerful interactions with art.



The Kiss

Gustav Klimt

The Kiss is an oil-on-canvas painting with added gold leaf, silver and platinum by the Austrian Symbolist painter Gustav Klimt. It was painted at some point in 1907 and 1908, during the height of what scholars call his "Golden Period". Wikipedia





Accessibility Gaps

When accessibility is integrated into the course design, students with disabilities or learning difficulties may feel less stigmatized or selfconscious about their needs.

Accommodate All Users

We can create digital experiences that allow participation from all users and those with diverse needs, including those with cognitive, visual, hearing, or motor impairments.

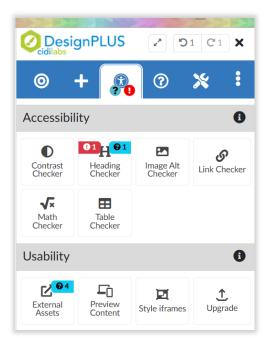


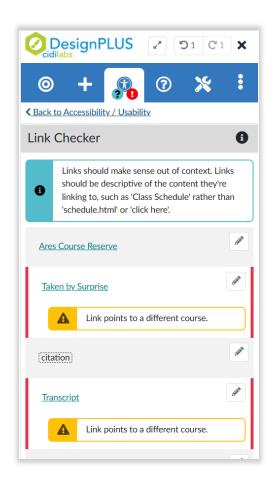
Mindfulness Tip

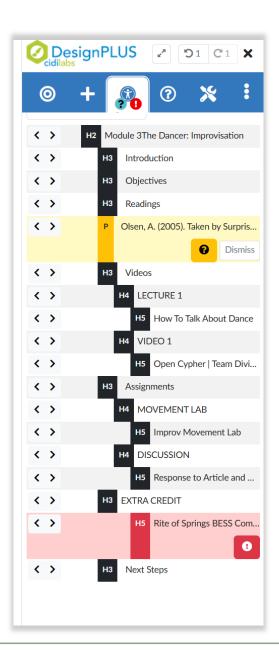
Inclusive design can promote a sense of belonging and reduce feelings of isolation for students with disabilities.



Accessibility







Design Solution

	e UFIXIT Review Files		Scan Now
82% Course Accessibility Score	Welcome to accessibility! UDOIT helps track and improve your course's accessibility recommendations to create a more accessible learning en Let's work together to make your content accessible to al	wironment and watch your score increase.	Need Help? We've got some suggesti help get you on your way! Get Started
Scorecard			
High Impact	⑦ Weight:	60%	Category Score: 88%
> Medium Impact	 Weight: 	30%	Category Score: 96%
> Low Impact	 Weight: 	10%	Category Score: 0%
Content Summary		Files Summary	
Errors: 152		File Issues: 4	
Suggestions: 68		Total Files: 4	
00			

Thank you

Lori Gibbons

Assistant Director, Graphic & Web Design Center for Online Innovation and Production coip.aa.ufl.edu | lori.j.gibbons@ufl.edu