Transform your online course into a haven of calm

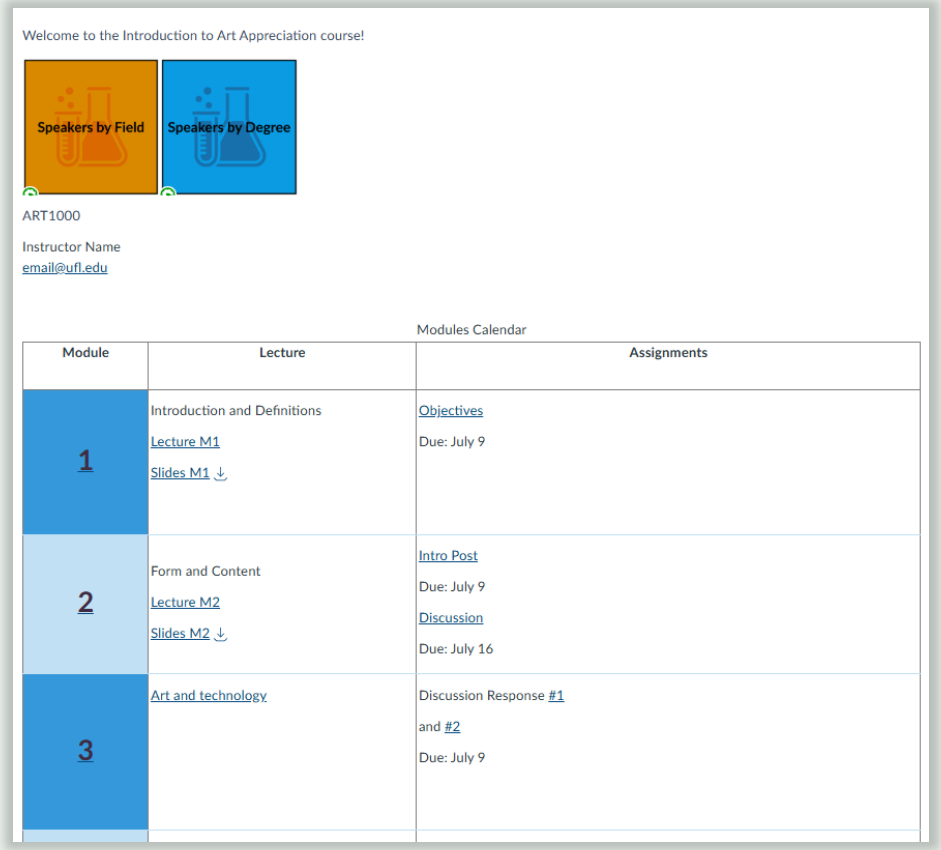
Mindful UX design techniques to create a stress-free learning environment

“Good design is **invisible**—but its impact is **undeniable**.”

Why care about a stress-free online learning environment?

Cluttered interfaces

- Increased anxiety
- Decreased motivation



Welcome to the Introduction to Art Appreciation course!

Speakers by Field | Speakers by Degree

ART1000

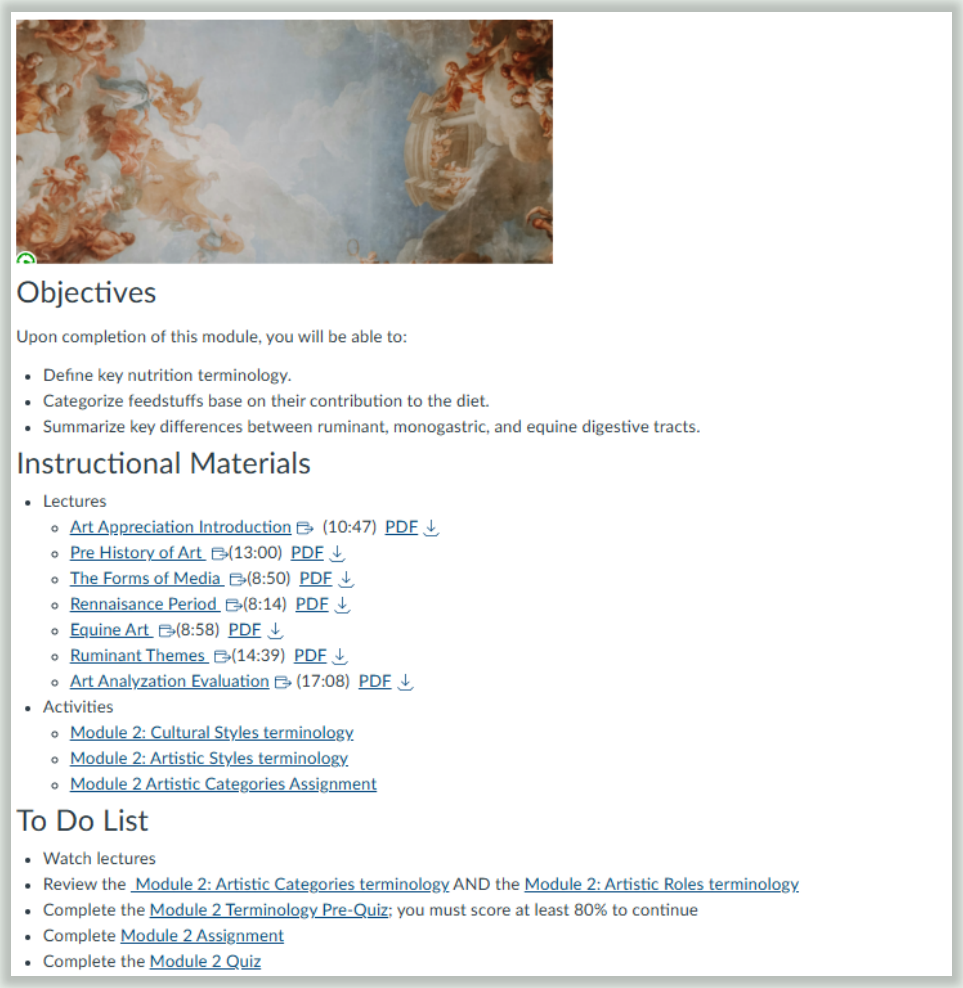
Instructor Name
email@ufl.edu

Modules Calendar

Module	Lecture	Assignments
1	Introduction and Definitions Lecture M1 Slides M1	Objectives Due: July 9
2	Form and Content Lecture M2 Slides M2	Intro Post Due: July 9 Discussion Due: July 16
3	Art and technology	Discussion Response #1 and #2 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

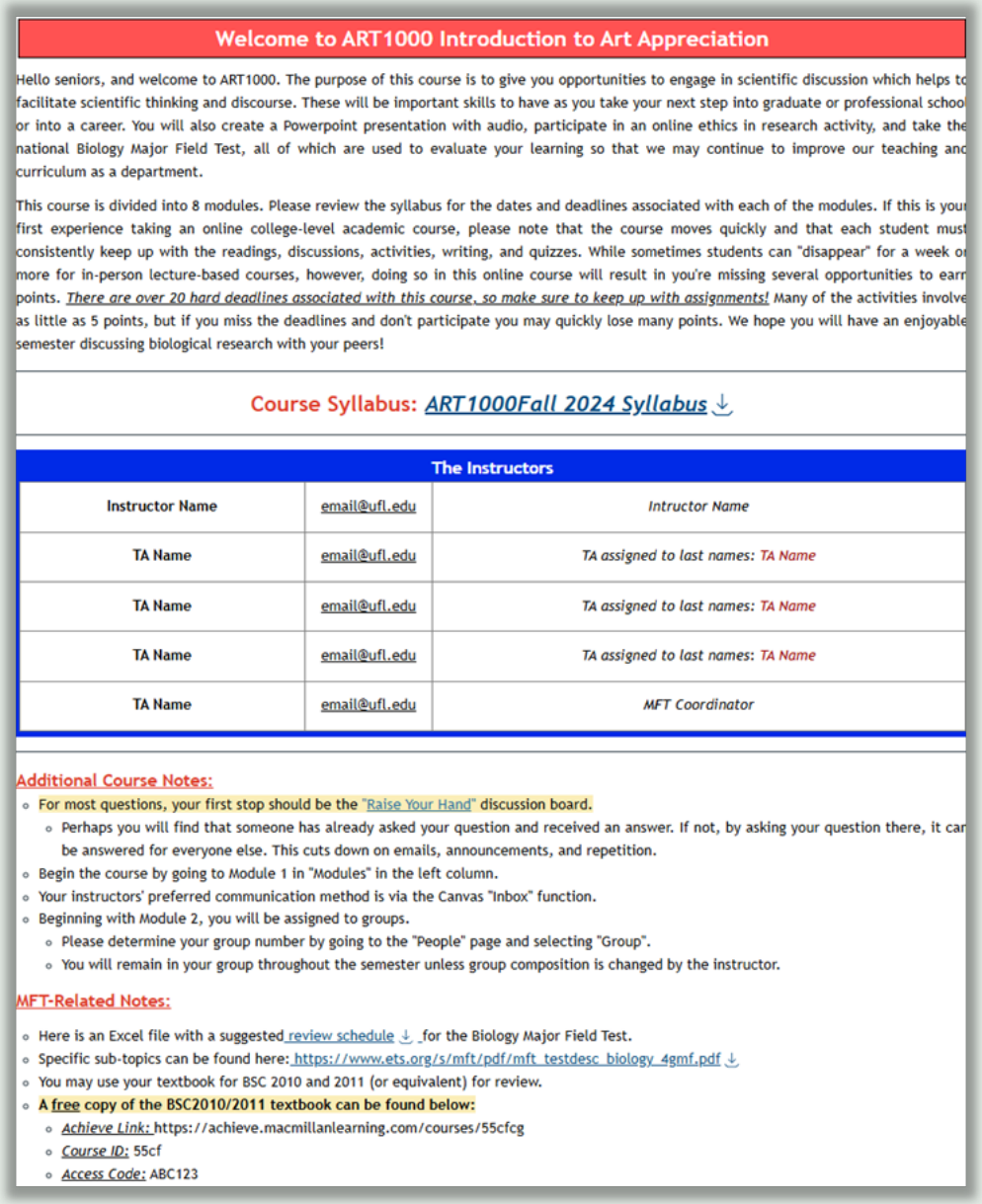
- Lectures
  - Art Appreciation Introduction (10:47) PDF
  - Pre History of Art (13:00) PDF
  - The Forms of Media (8:50) PDF
  - Rennaisance Period (8:14) PDF
  - Equine Art (8:58) PDF
  - Ruminant Themes (14:39) PDF
  - Art Analyzation Evaluation (17:08) PDF
- Activities
  - Module 2: Cultural Styles terminology
  - Module 2: Artistic Styles terminology
  - Module 2 Artistic Categories Assignment

To Do List

- Watch lectures
- Review the Module 2: Artistic Categories terminology AND the Module 2: Artistic Roles terminology
- 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 school 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 earn points. *There are over 20 hard deadlines associated with this course, so make sure to keep up with assignments!* 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: *ART1000Fall 2024 Syllabus*

The Instructors

Instructor Name	email@ufl.edu	*Intructor 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	email@ufl.edu	*TA assigned to last names: TA Name*
TA Name	email@ufl.edu	*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 can 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: https://www.ets.org/s/mft/pdf/mft_testdesc_biology_4gmf.pdf
- 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:**
  - *Achieve Link:* https://achieve.macmillanlearning.com/courses/55cfcg
  - *Course ID:* 55cf
  - *Access Code:* ABC123

A well-designed course

- Reduces stress
- Promotes sense of calm
- Encourages focus
- Increase student outcomes

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.

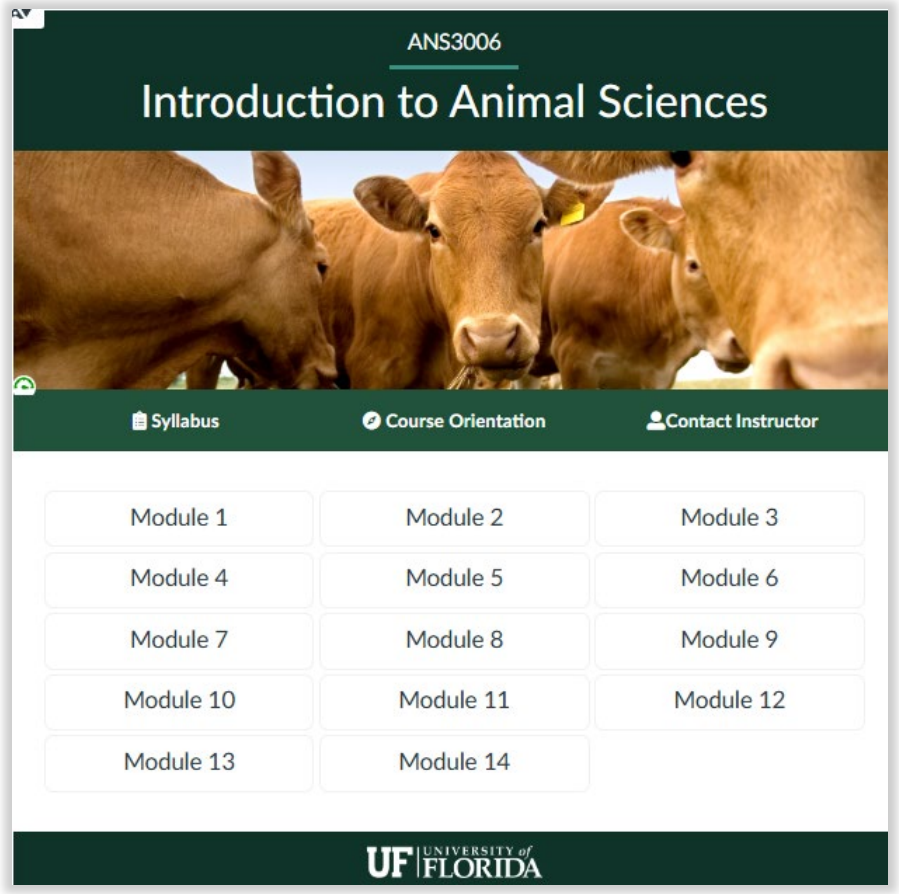
Intuitive Navigation Paths

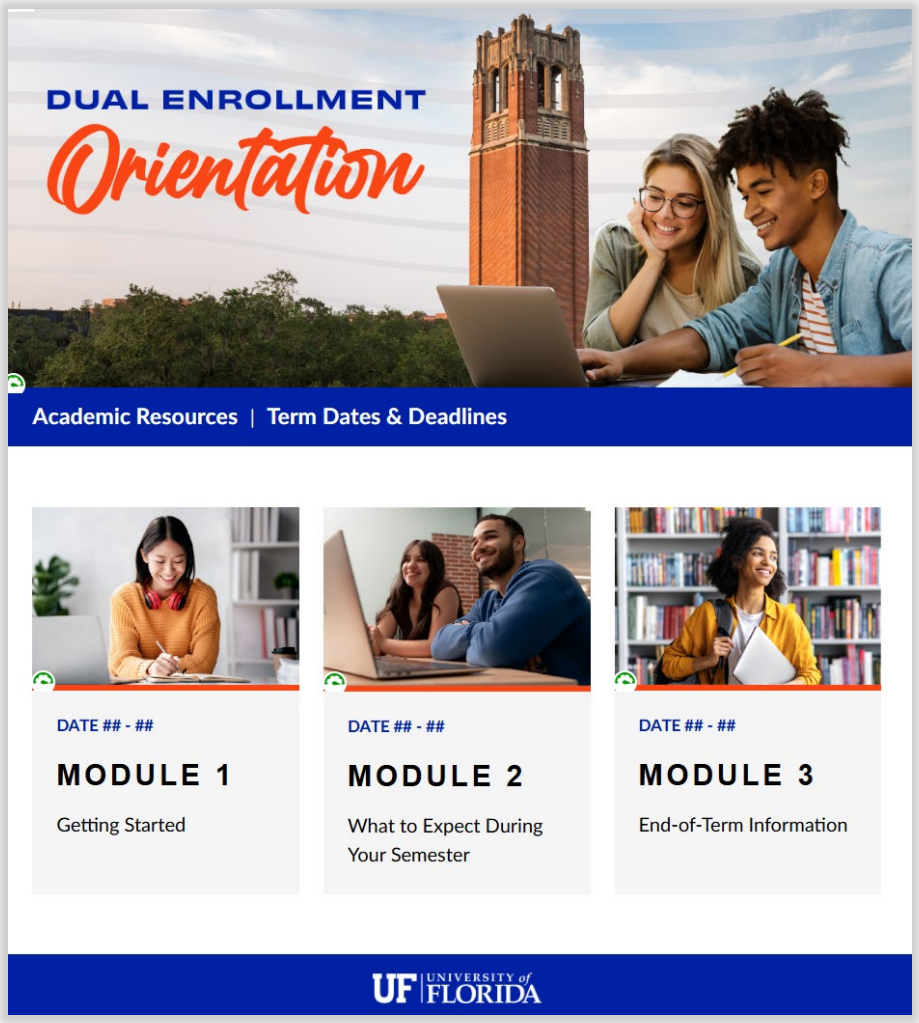
Ensure that users can easily navigate your digital product without feeling overwhelmed or frustrated.

Mindfulness Tip

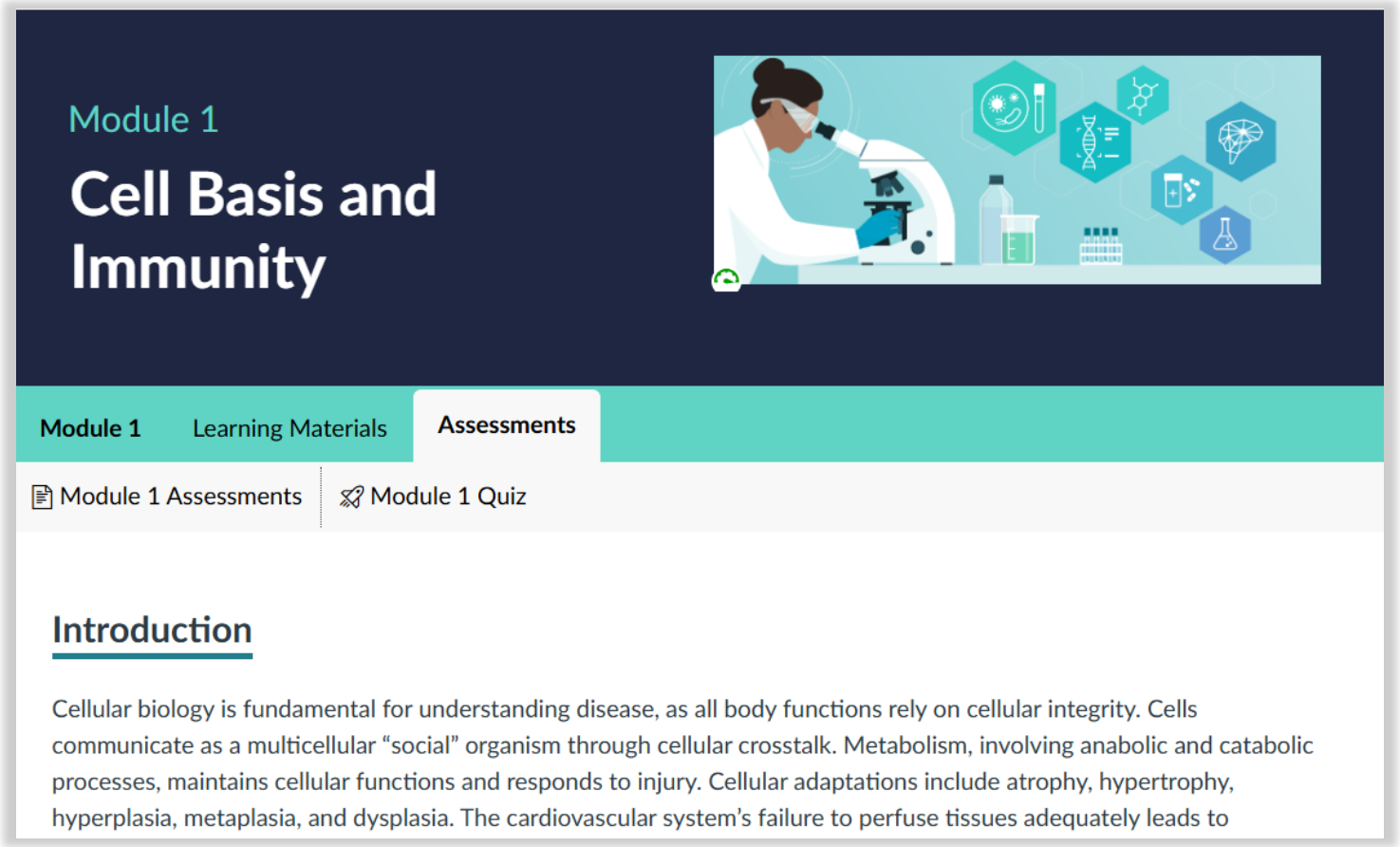
Designing with easy navigation helps students with depression have a more enjoyable and uplifting experience.

Clean Home Page

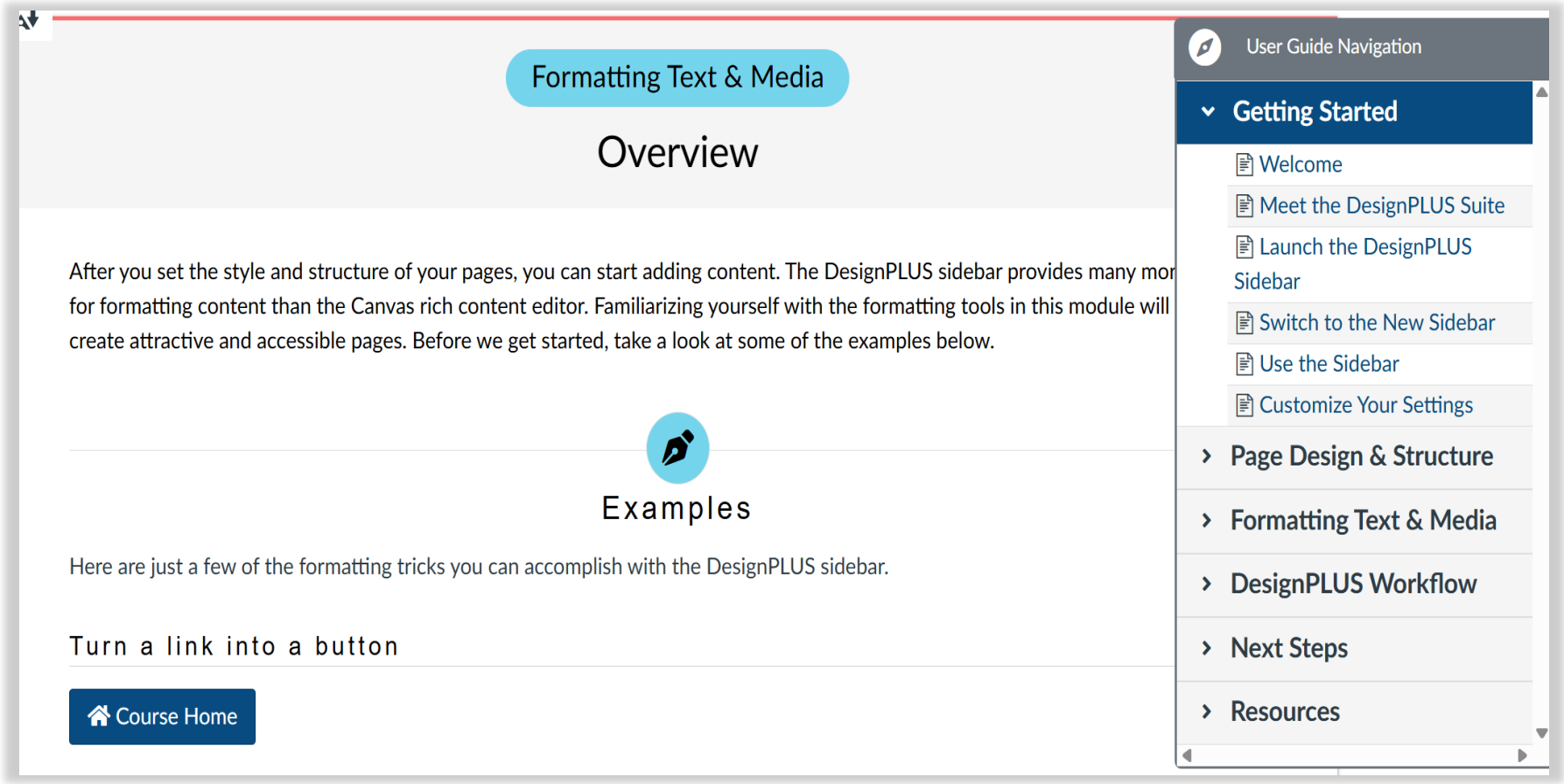




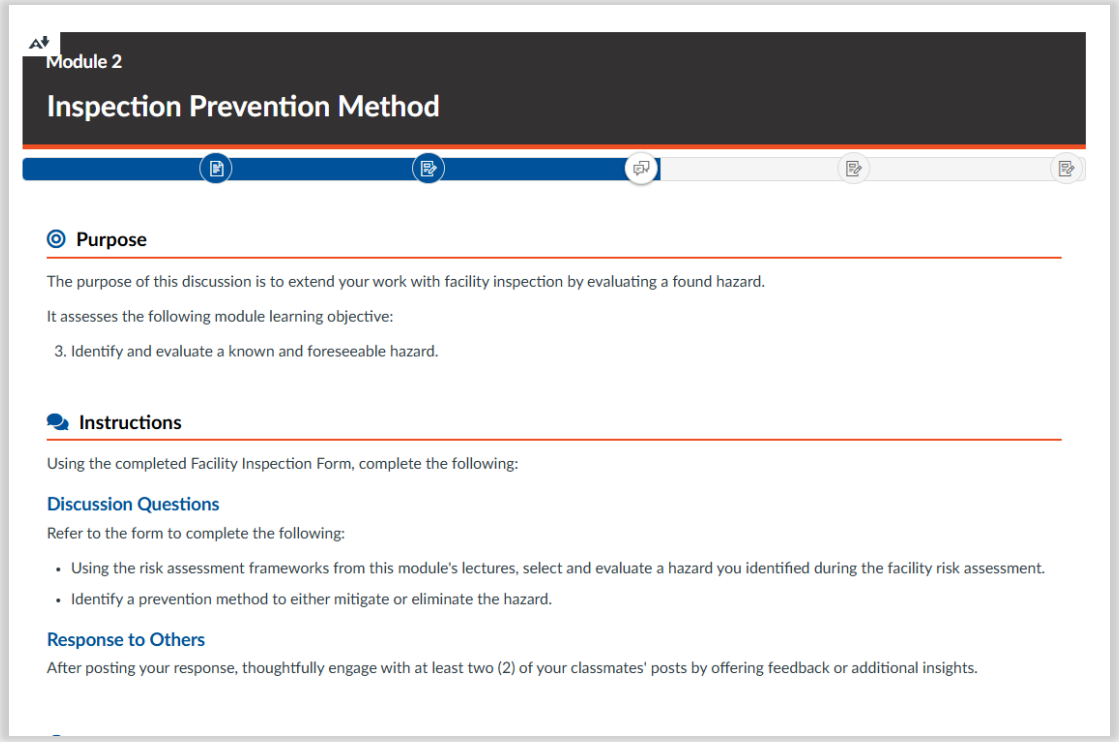
Tabbed Module Navigation

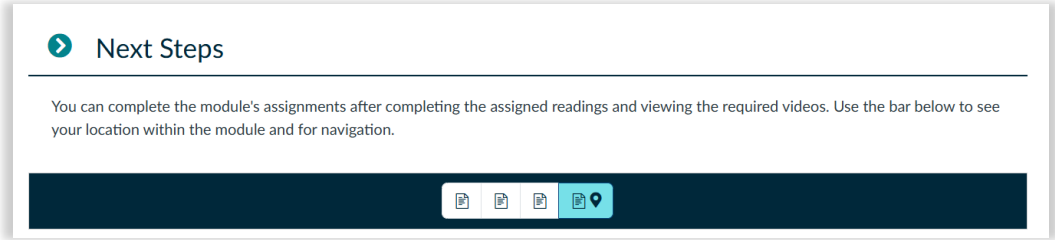


User Guide Navigation



Progress Indicators





Lack Of Visual Consistency

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

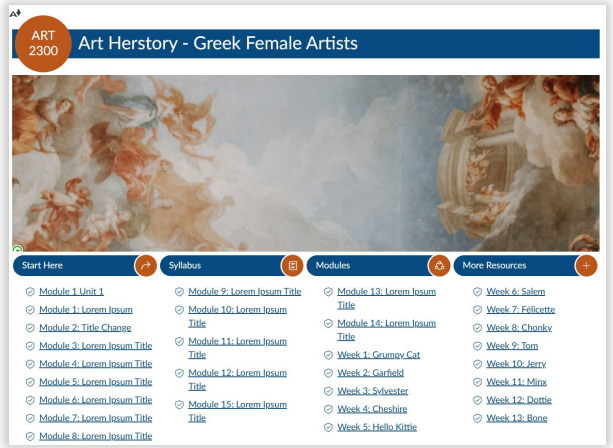
Build Predictability

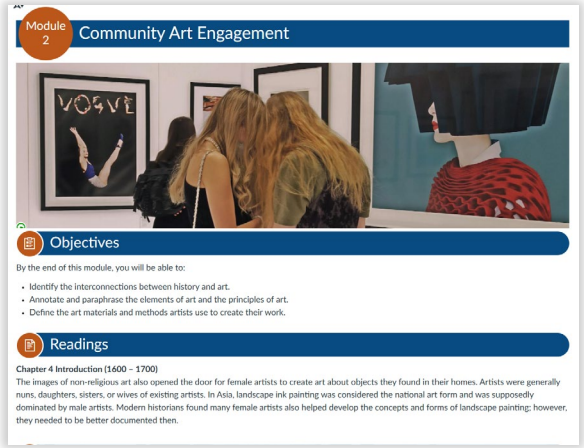
Consistency and predictability in design elements contribute to a sense of familiarity and ease for users.

Mindfulness Tip

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

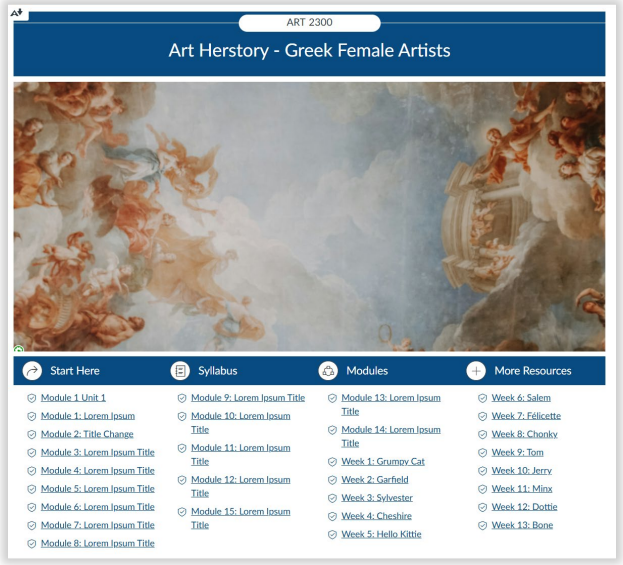
Visual Encoding

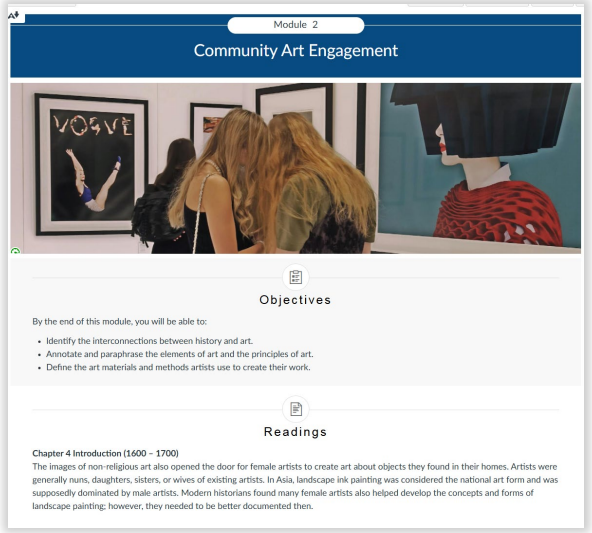




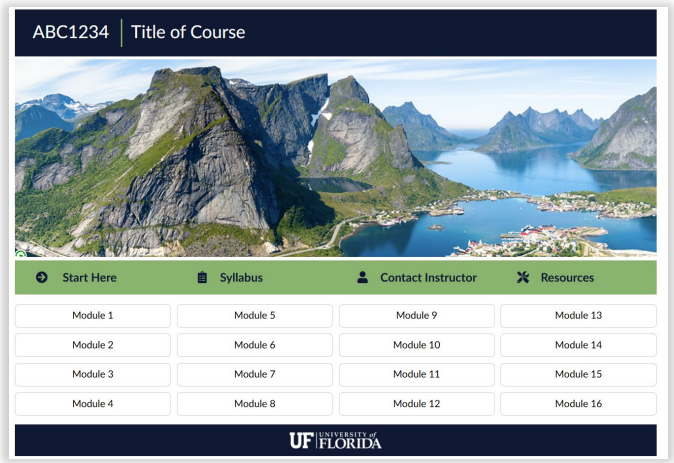
Circle Left Theme

Flat sections theme

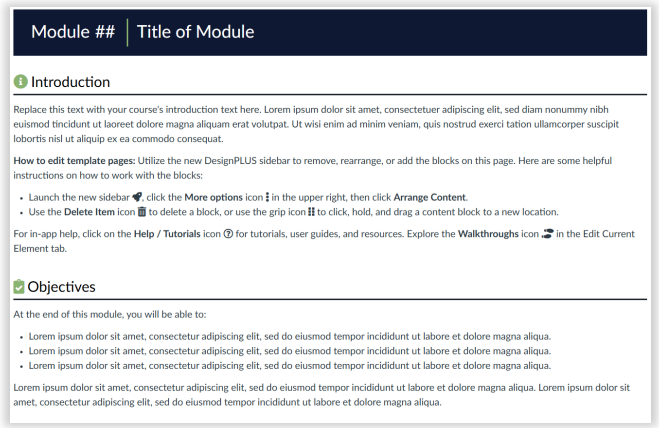




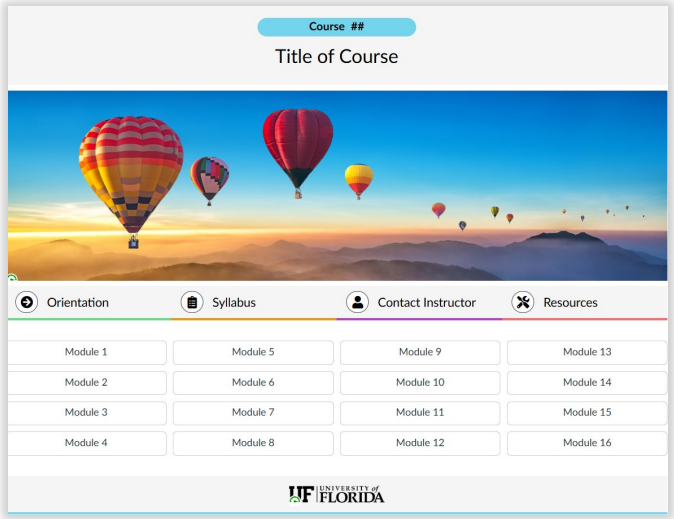
Build Predictability

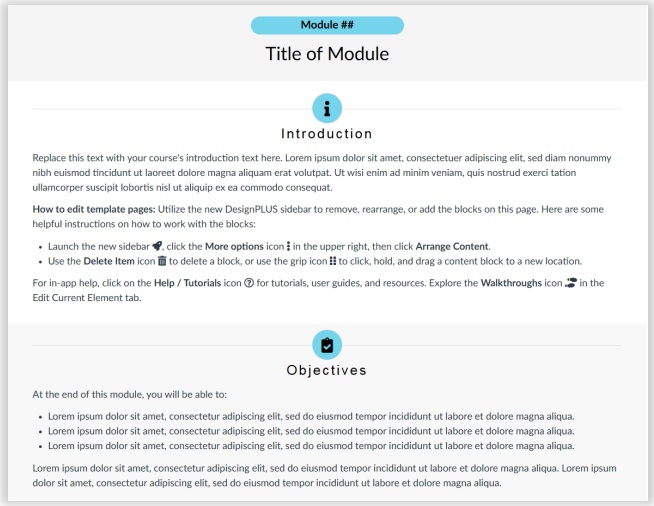


Basic Bar – Alt template

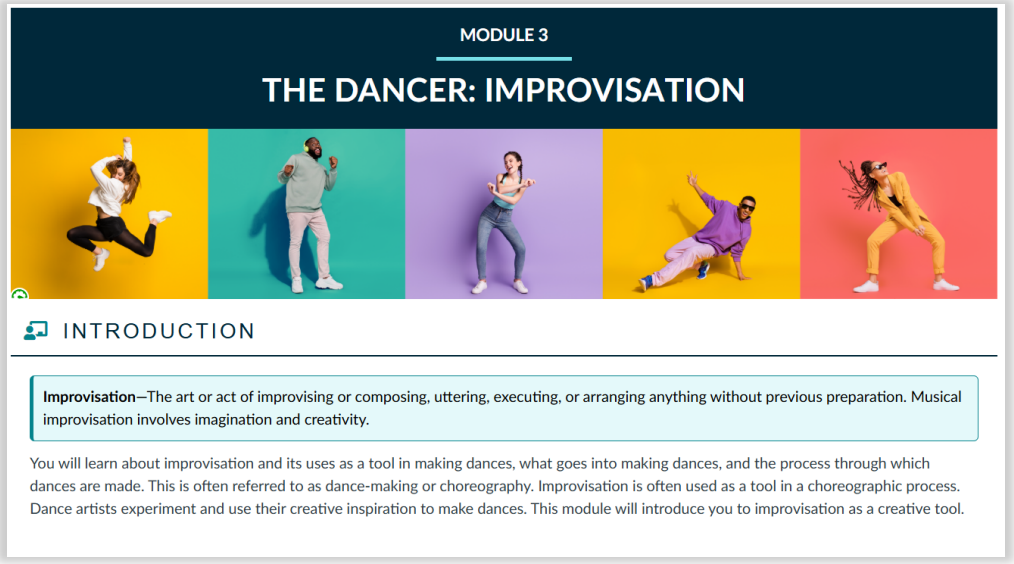


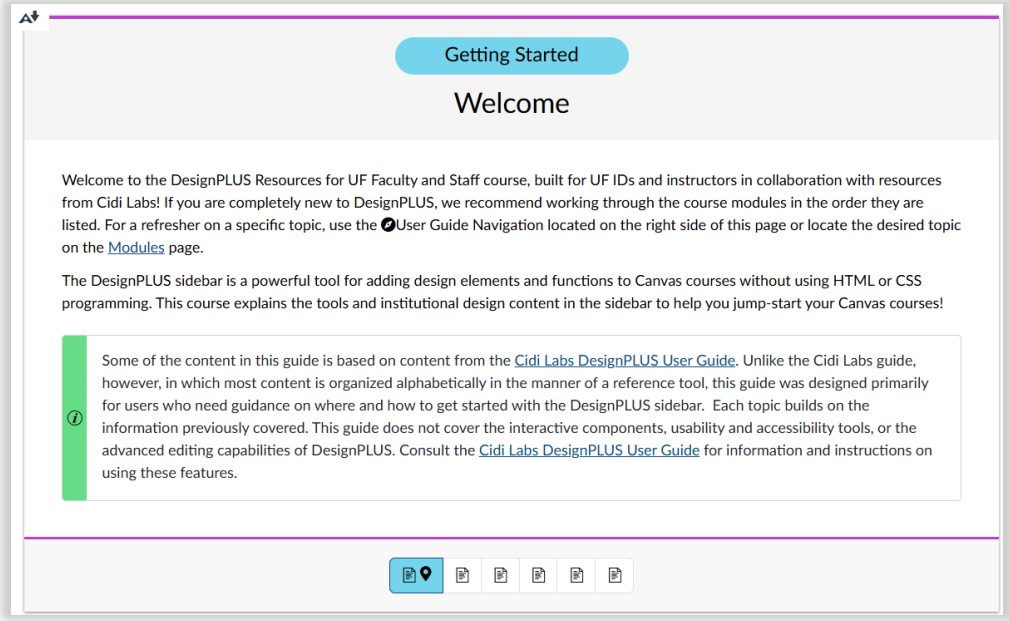
Flat Sections - Alt Template



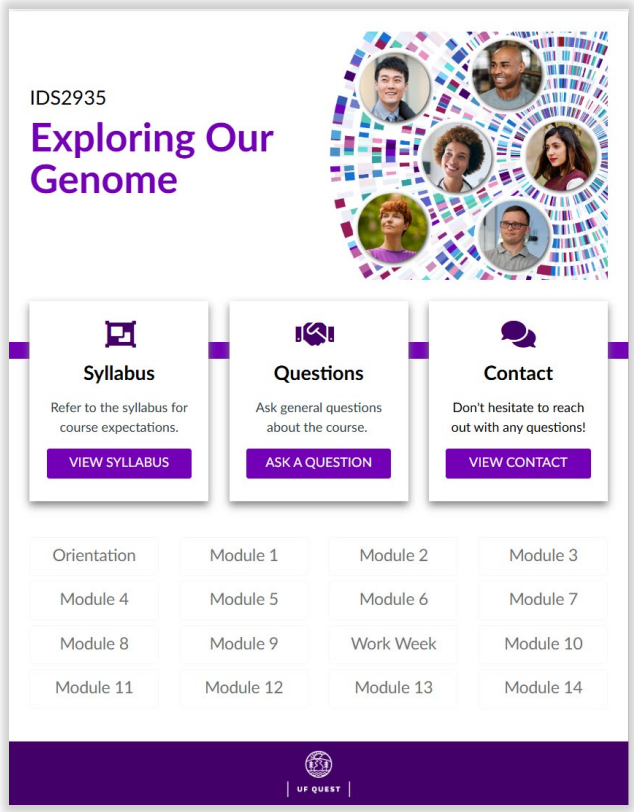


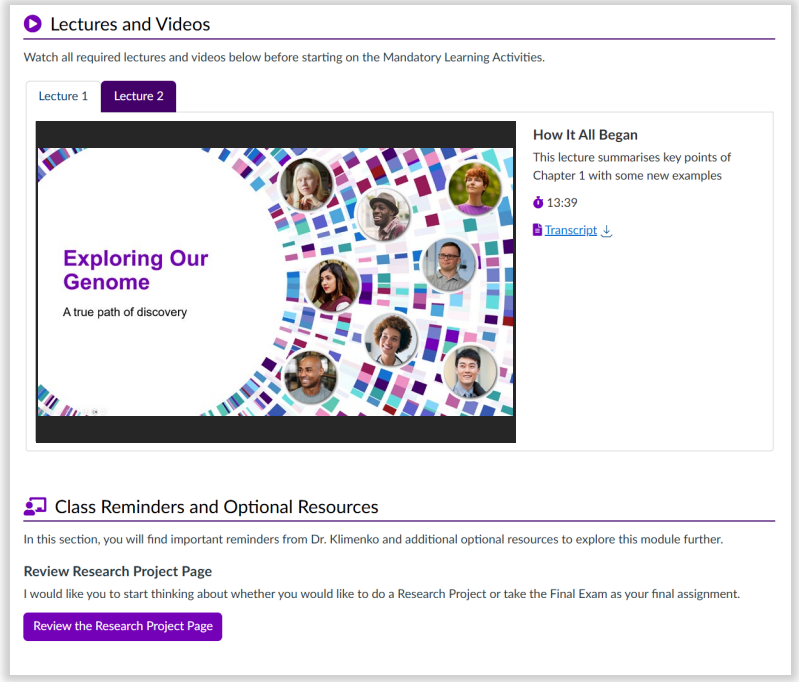
Visual Encoding Patterns

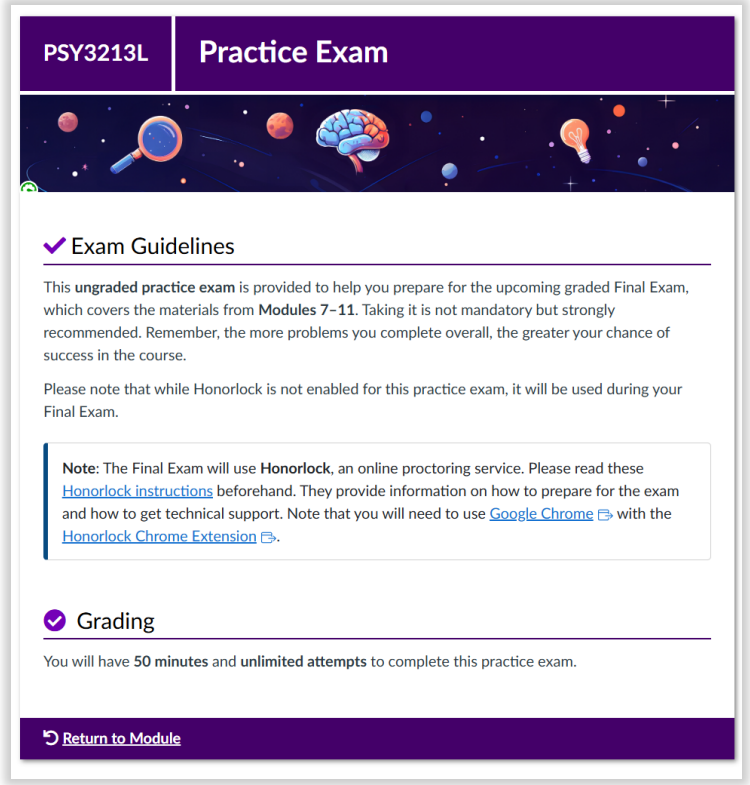




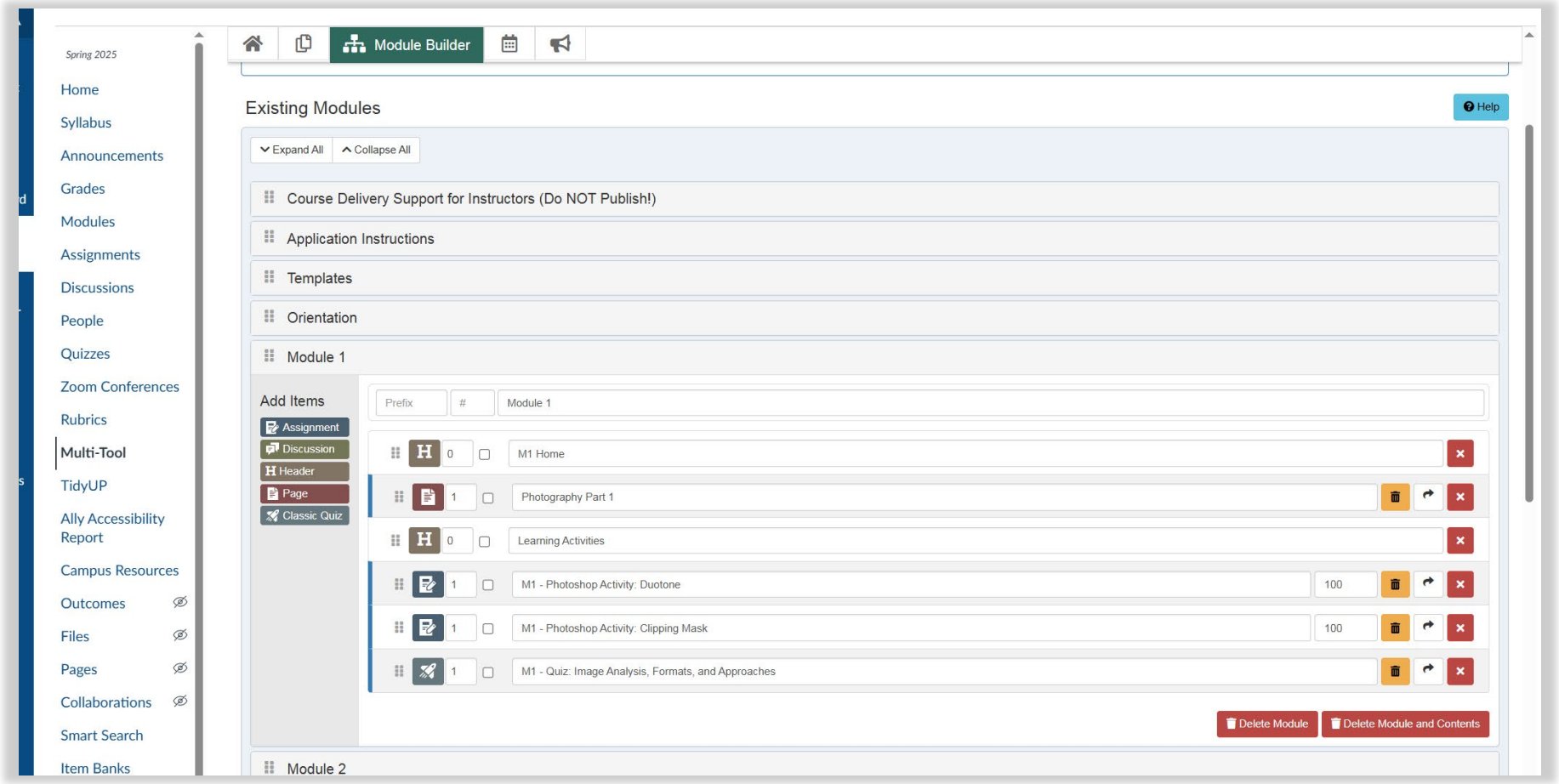
Visual Encoding







DesignPLUS Multitool



Disorganized Page Structure

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

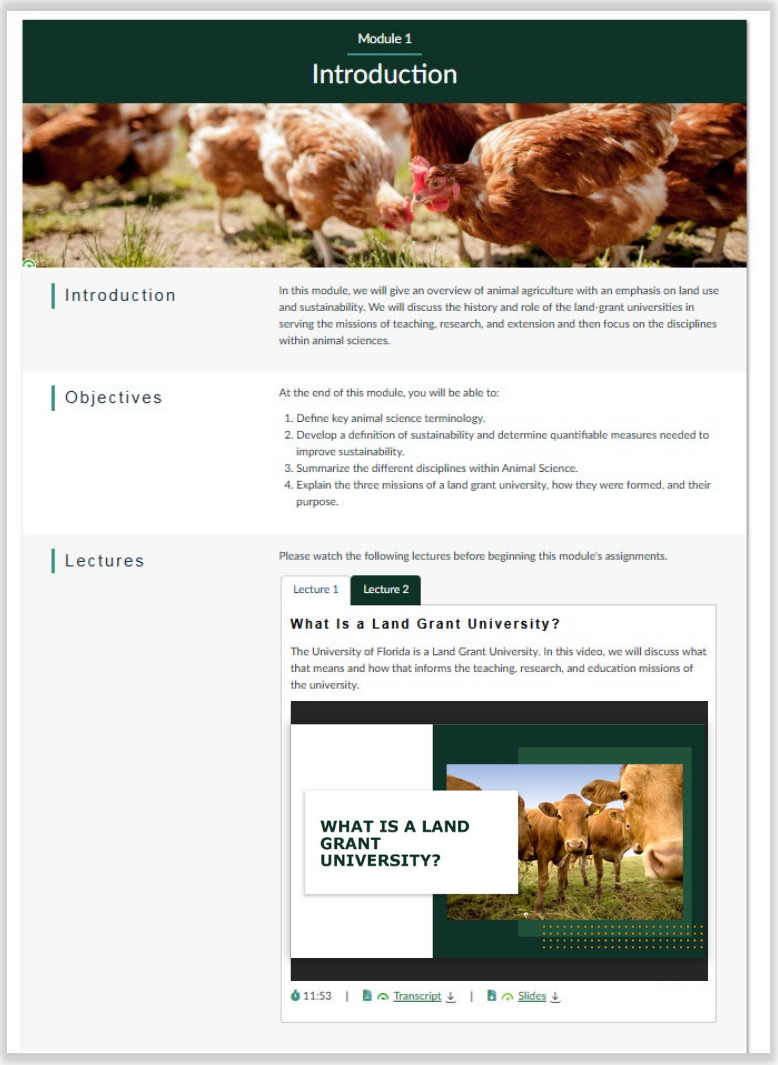
Create Organization

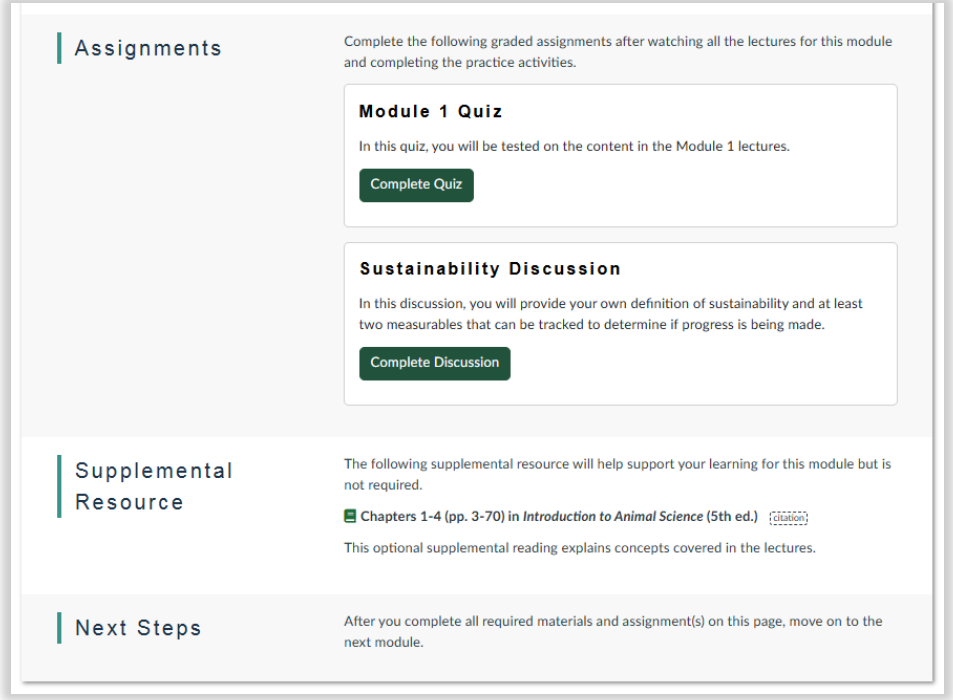
Reduce overwhelm and reduce cognitive load = students can focus and prioritize.

Mindfulness Tip

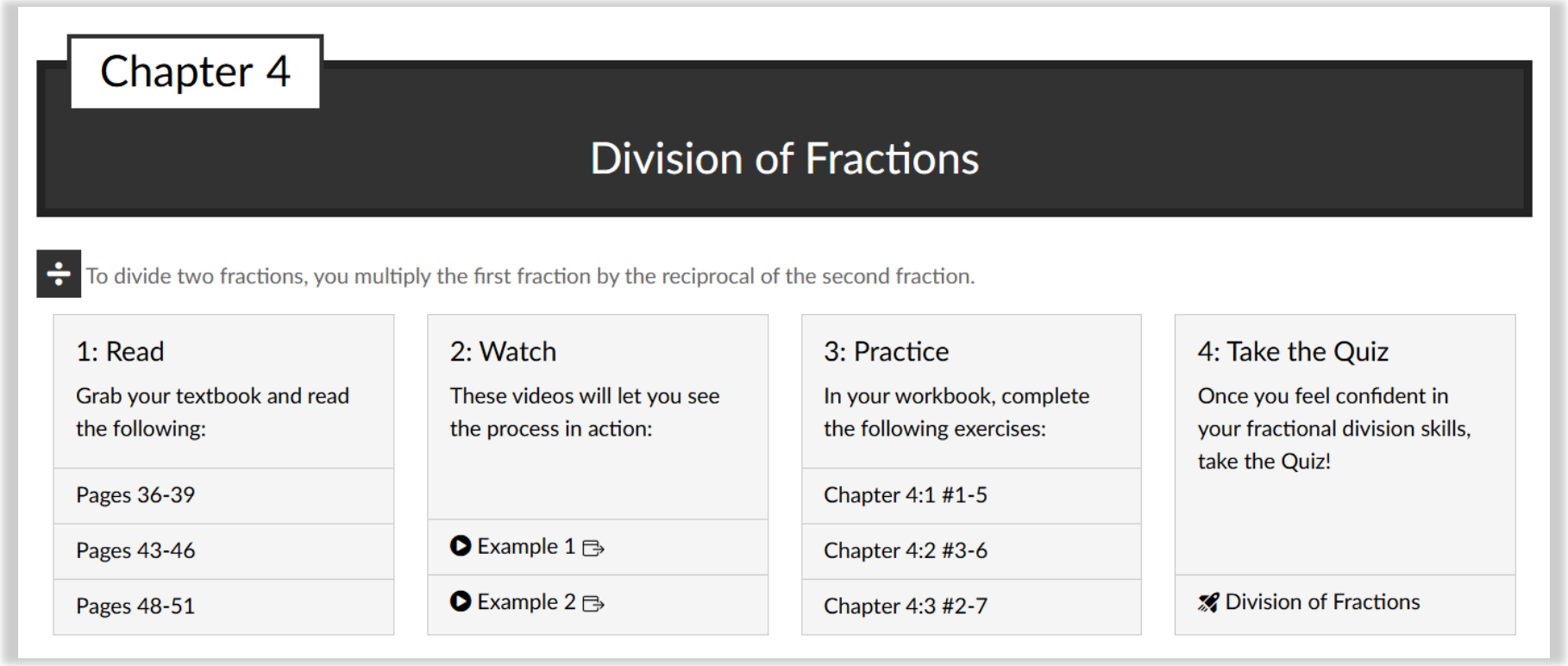
Clear page structure can help students with ADHD stay focused and engaged.

Chunks, Headings, Tabs





Columns



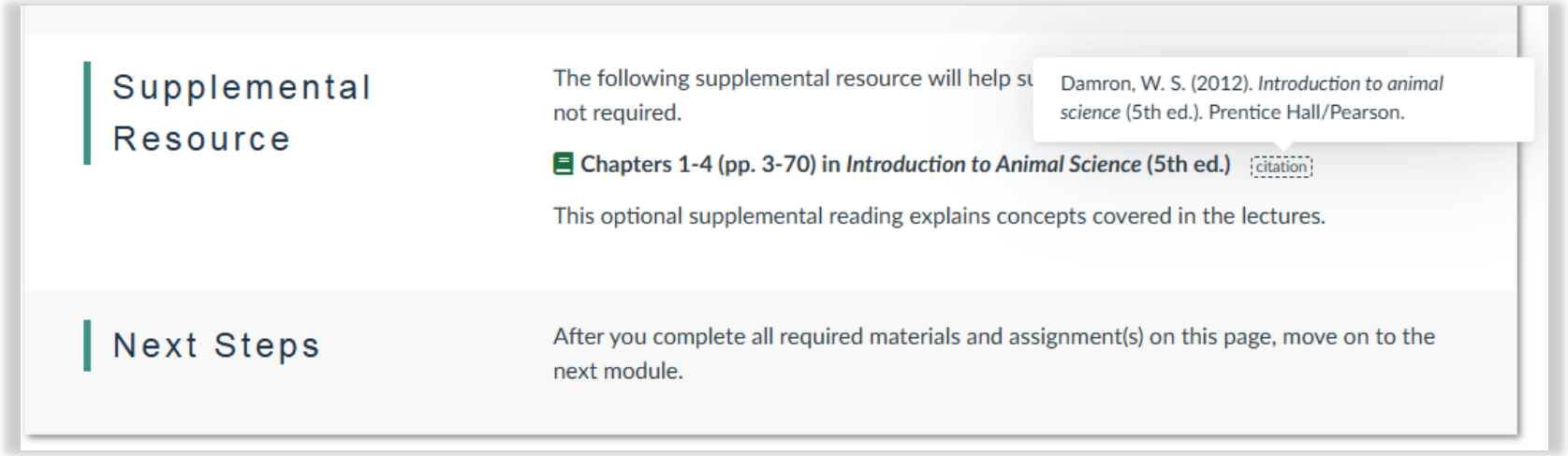
Chapter 4

Division of Fractions

÷ To divide two fractions, you multiply the first fraction by the reciprocal of the second fraction.

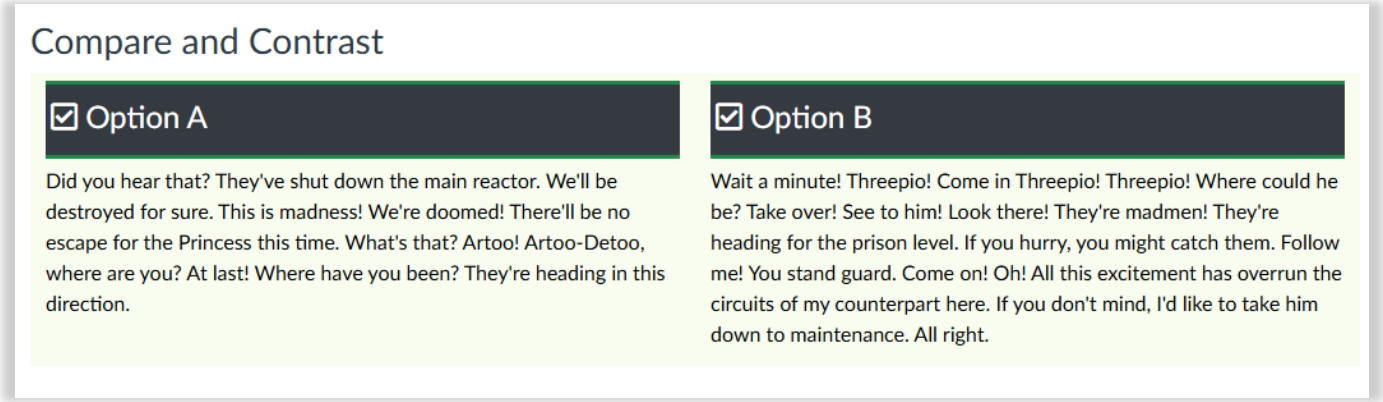
1: Read	2: Watch	3: Practice	4: Take the Quiz
Grab your textbook and read the following:	These videos will let you see the process in action:	In your workbook, complete the following exercises:	Once you feel confident in your fractional division skills, take the Quiz!
Pages 36-39		Chapter 4:1 #1-5	
Pages 43-46	Example 1	Chapter 4:2 #3-6	
Pages 48-51	Example 2	Chapter 4:3 #2-7	Division of Fractions

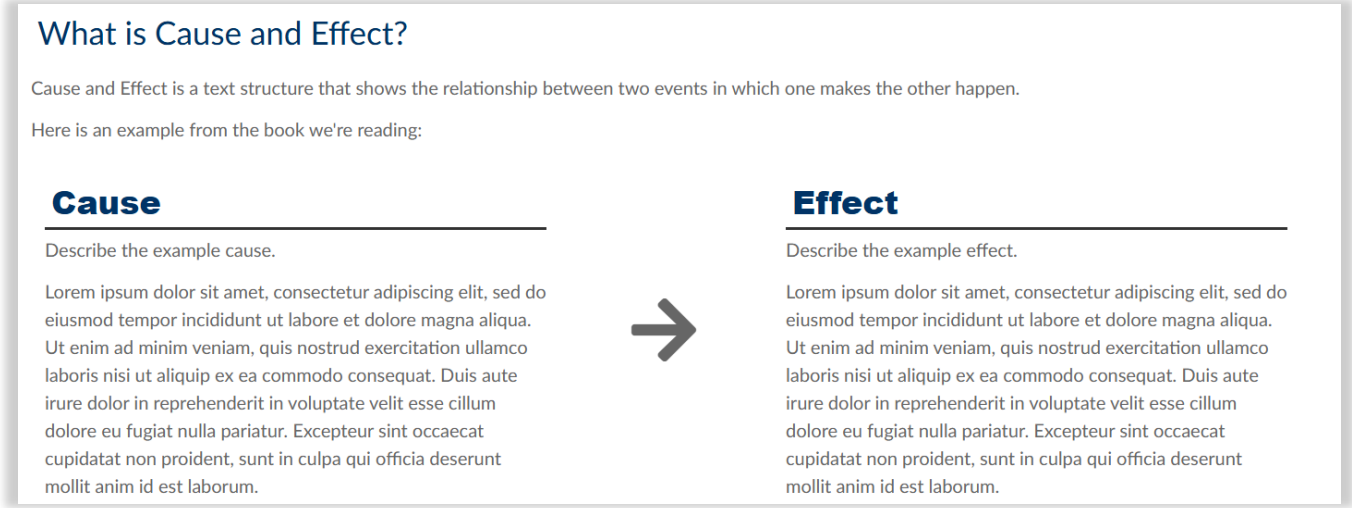
Popovers


Supplemental Resource
The following supplemental resource will help su
not required.
Damron, W. S. (2012). *Introduction to animal science* (5th ed.). Prentice Hall/Pearson.
Chapters 1-4 (pp. 3-70) in *Introduction to Animal Science* (5th ed.)
citation
This optional supplemental reading explains concepts covered in the lectures.
Next Steps
After you complete all required materials and assignment(s) on this page, move on to the next module.

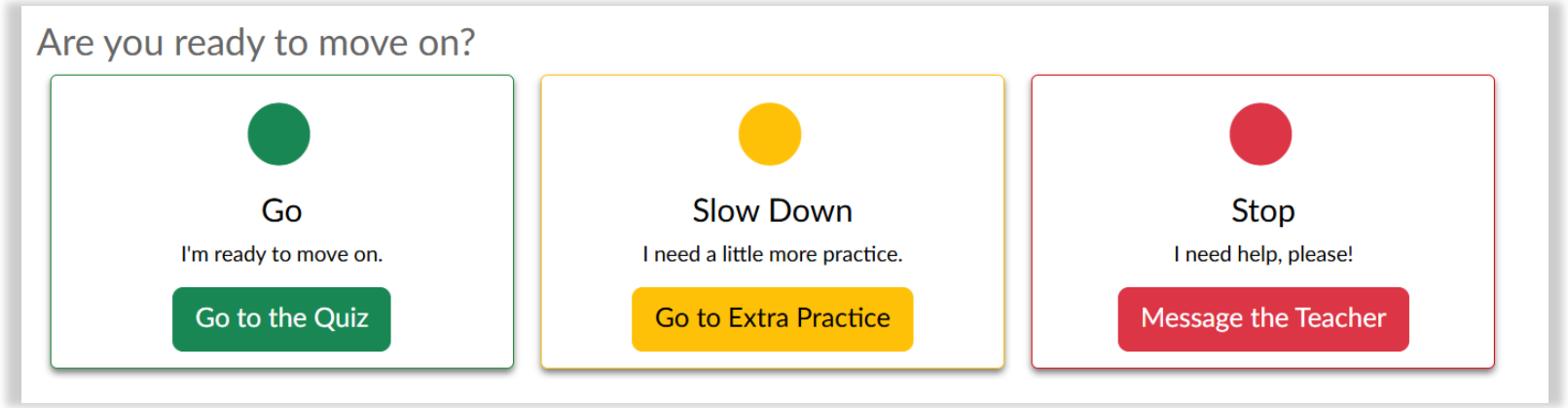
Hover over each of the terms to reveal the definition.
Term 1
Term 2 definition to display on hover
Term 2
Term 3
Term 4

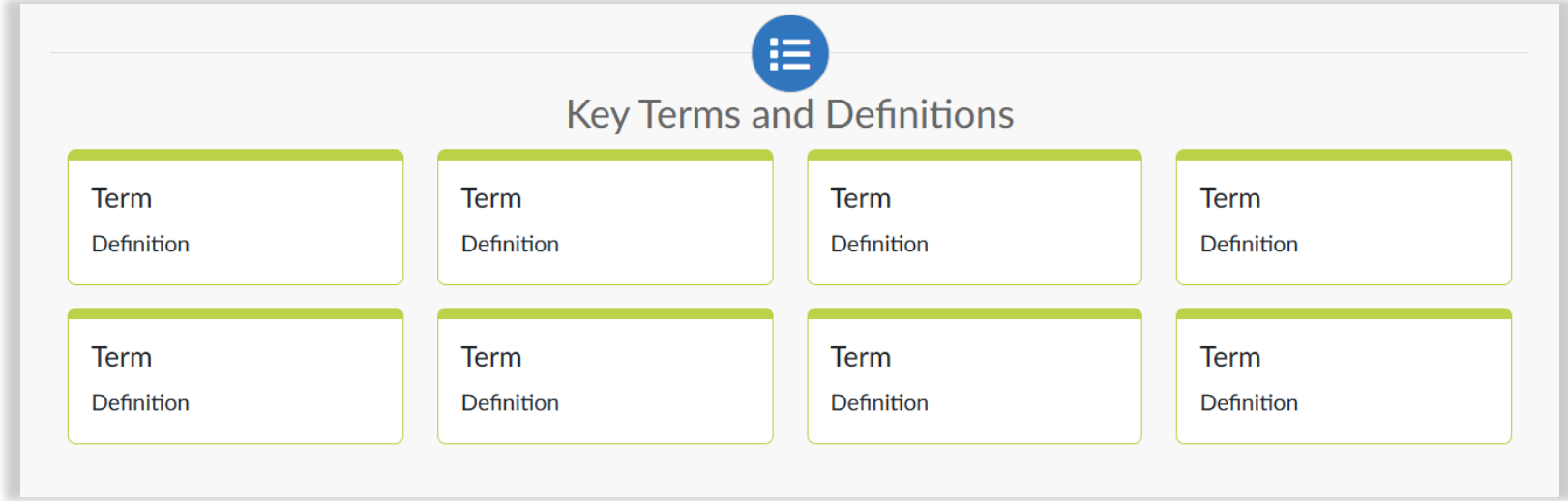
Columns


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.
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.
Effect
Describe the example effect.
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

Columns


Are you ready to move on?
Go
I'm ready to move on.
Go to the Quiz
Slow Down
I need a little more practice.
Go to Extra Practice
Stop
I need help, please!
Message the Teacher


Key Terms and Definitions
Term
Definition
Term
Definition
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Definition
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Definition
Term
Definition

Lack of flexibility and control

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

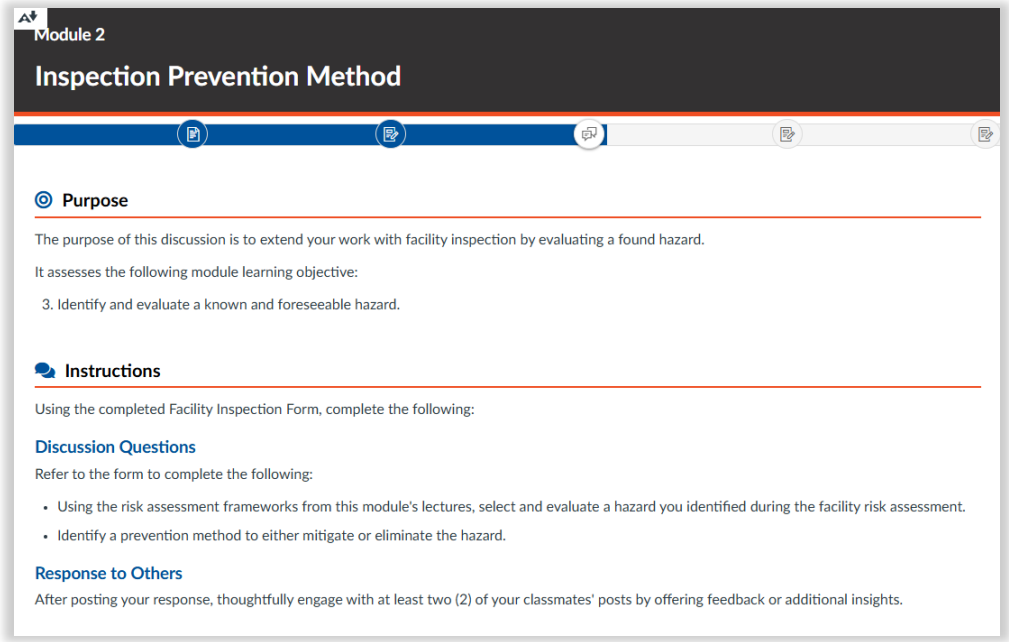
Empower Users

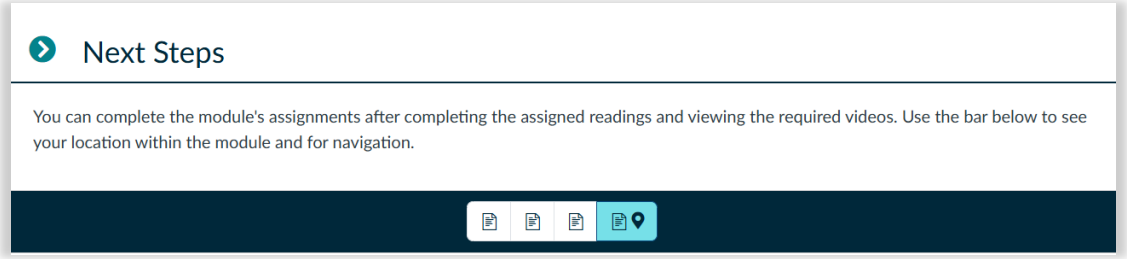
Allowing users to manage the information they receive.

Mindfulness Tip

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

Progress Indicators





Completion Timeframes

4.5h 3 assignments CLO: 1, 4, 5

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

8h 5 assignments CLO: 2, 3

module two: The Next One

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:

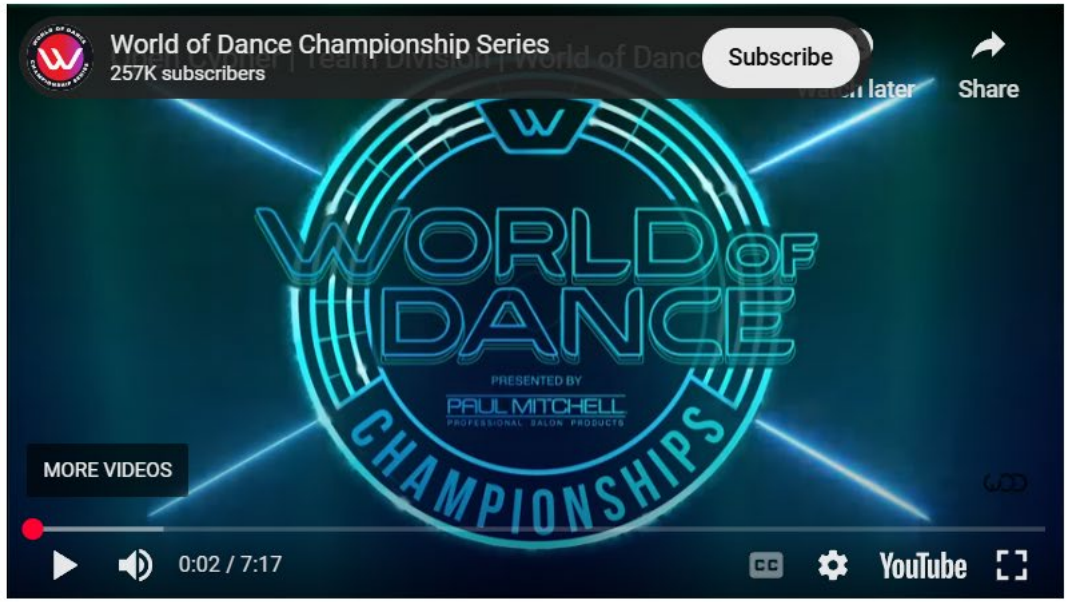
2.1: Module learning outcome 1
2.2: Module learning outcome 2
2.3: Module learning outcome 3

Timestamps

Videos

Watch the required videos below before moving on to complete the module assignments.

LECTURE 1 | VIDEO 1

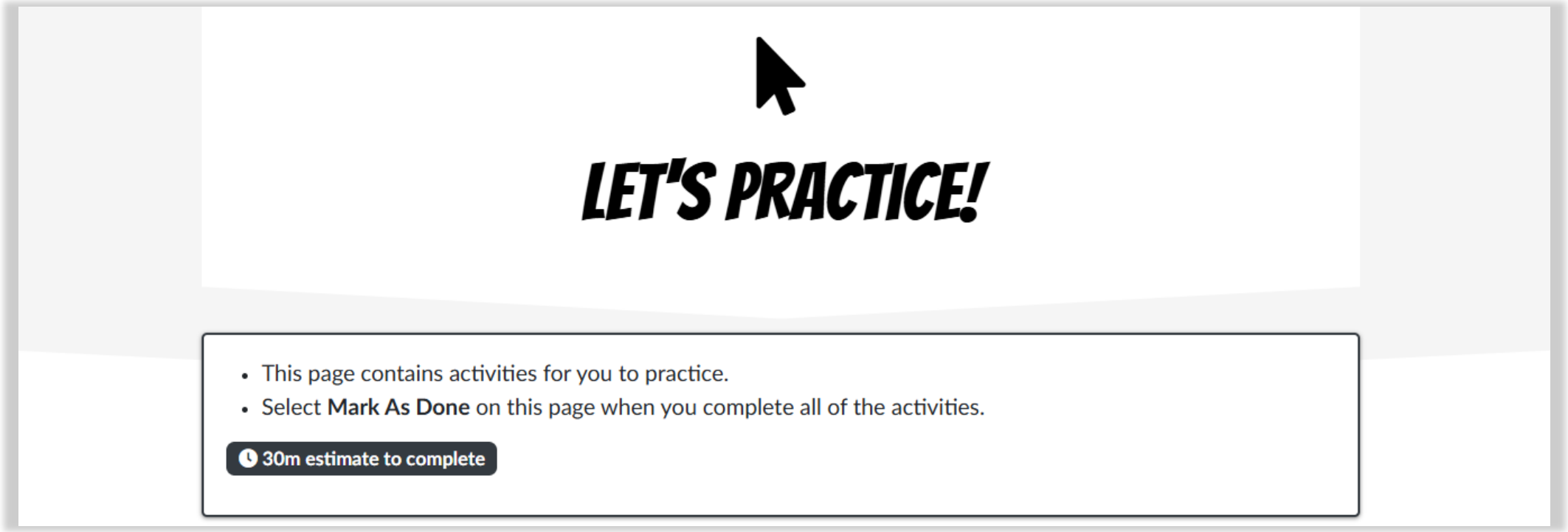


Open Cypher | Team Division | World of Dance 2018

This video is an example of an improvisation in Hip hop, otherwise referred to as a cypher. Most dance forms you will be introduced to in this course have their own form of improvisation.

07: 16

Completion Timeframes



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?

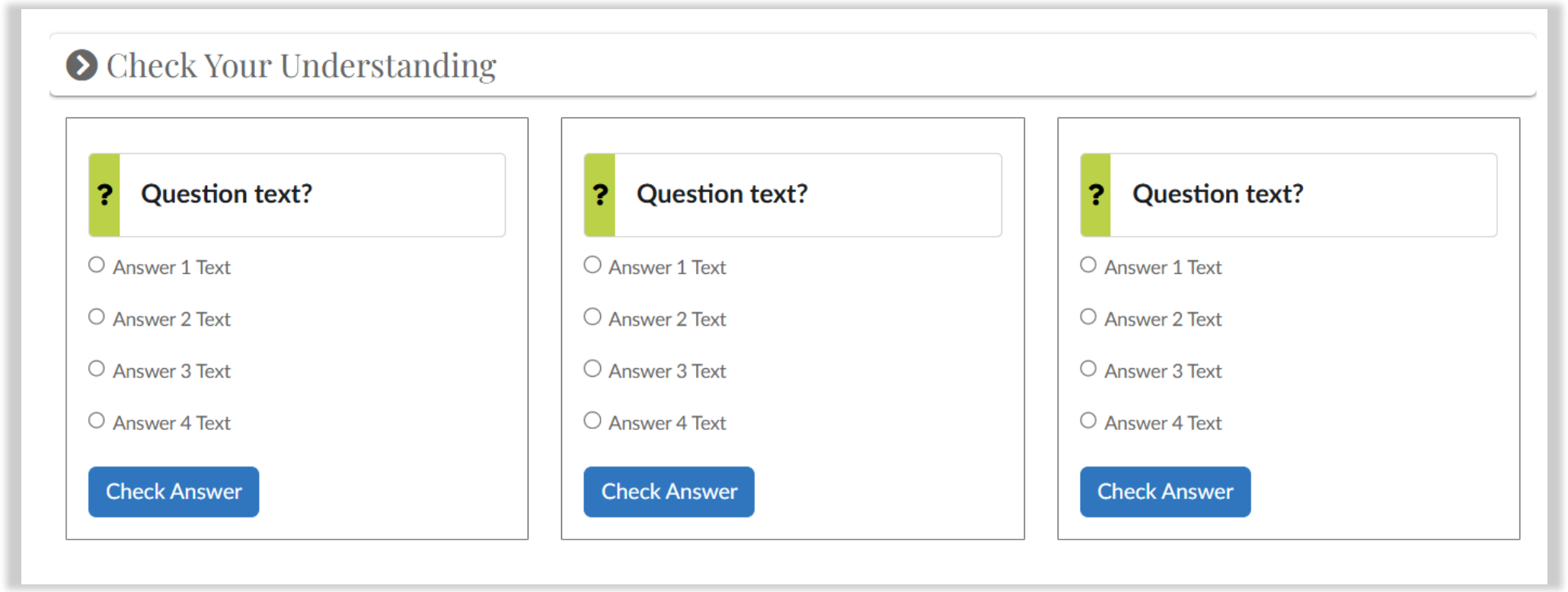
- A. Hierarchical proportions
- B. Rigid and frontal poses
- C. Idealized naturalism

Correct!

- D. Abstract forms

Check Answer

Quick Checks



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 self-conscious about their needs.

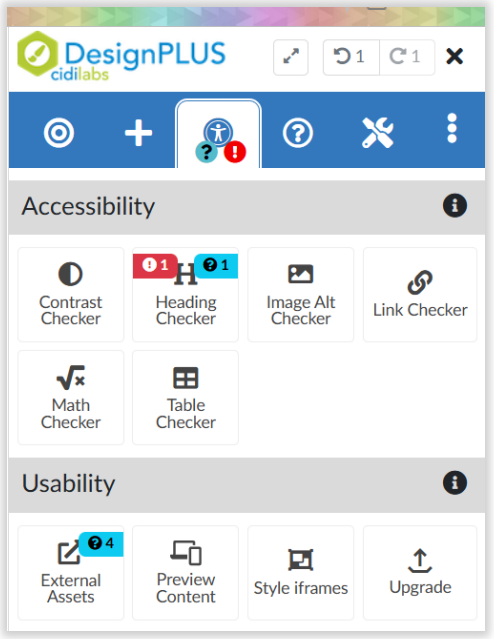
Accommodate All Users

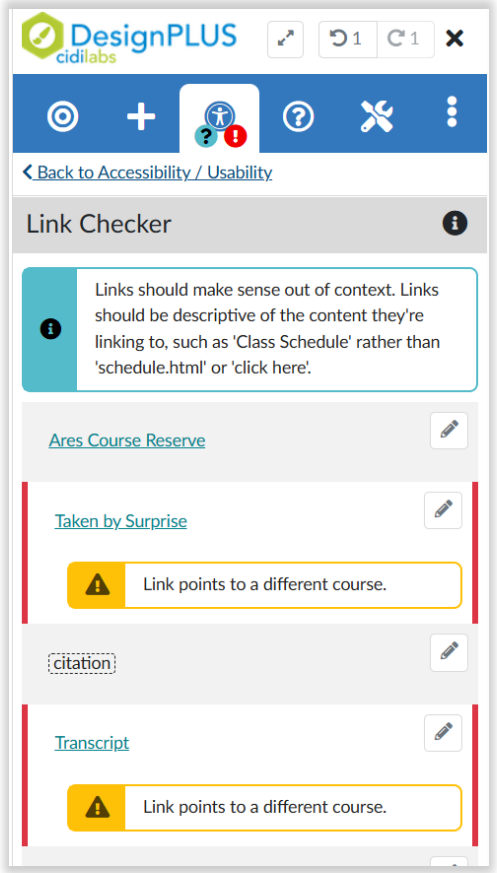
We can create digital experiences that allow participation from all users and those with diverse needs, including those with cognitive, visual, hearing, or motor impairments.

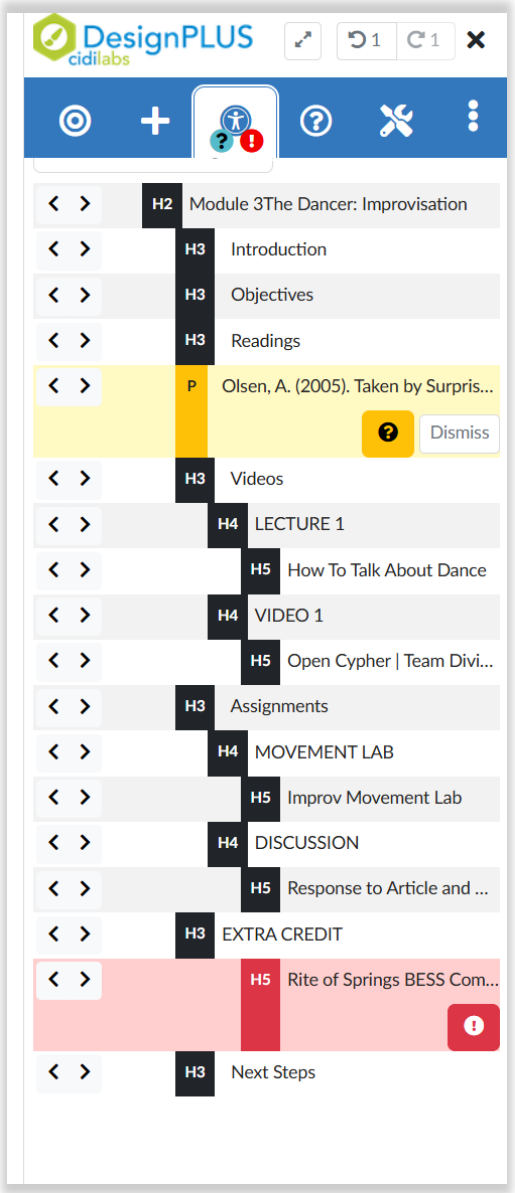
Mindfulness Tip

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

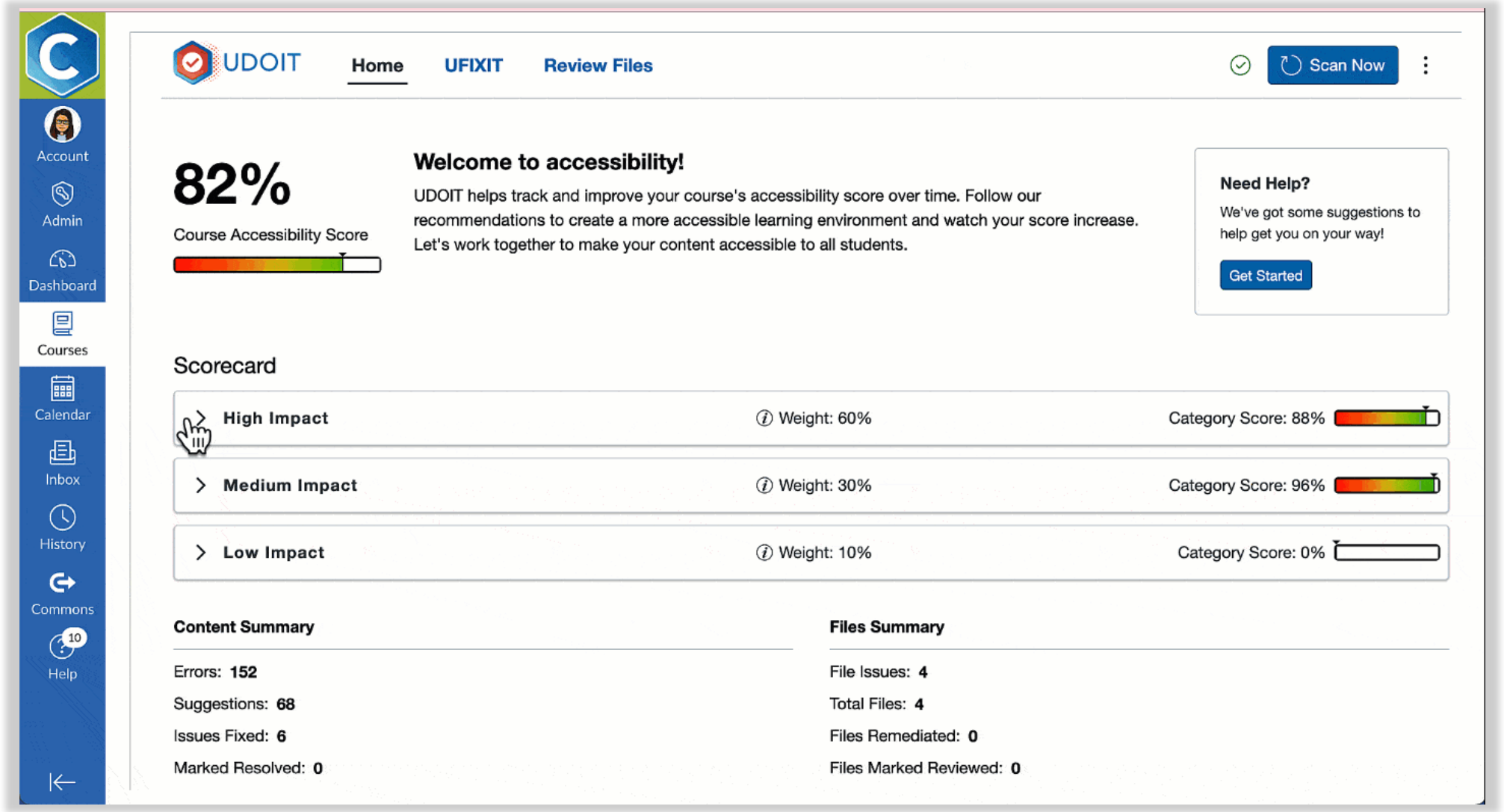
Accessibility







Design Solution



Thank you

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