Come fill your CANVAS: **Online Training** W B. deBrun & Sasha Griffith James Madison University

Learning Outcomes

- Provide three reasons to use online training as described by the presenters.
- Articulate how learning outcomes for training can be assessed utilizing online assessments
- Describe at least three areas that are appropriate for online training as described by the presenters.

Why online training?

🔊 Time efficient

- Lecture type training topics
- Learn at your own pace
- Leaves more time for practical skills
- so Accountability for the material through assessment
 - Confirmation of training (risk management)
 - learning outcomes
- Makes certain content more interactive
 - Incorporate more learning styles
 - As a staff manual (policy/procedures)

Example 1: Climbing Wall



Example 1: Climbing Wall

Course Modules: UREC A							
Wall Training	w/courses/1247662/modules	✓ C ^I S → Google View Progress	Oraște a Madula	₽ ☆ ₫	•	Â	=
Home		view Progress	Create a Module				
Announcements Assignments	🗧 👻 Climbing Wall Training	٥	+ •-				
Discussions	Polices and Procedures Learning Outcomes: Staff will be able to explain all climbing wall policies as described in the m		۵. ۰۰				
Grades People	Polcies and Procedures: Please read the manual and complete the assessment		4 • •				
Pages	ii General Staff Policies		0 • •				
iles Syllabus	Fall Protection for Staff		o 🔅 -				
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ettings	Equipment Use and Inspection Learning Outcomes: 1. Staff will be able to demonstrate the correct use of all equipment		Ø 0-				
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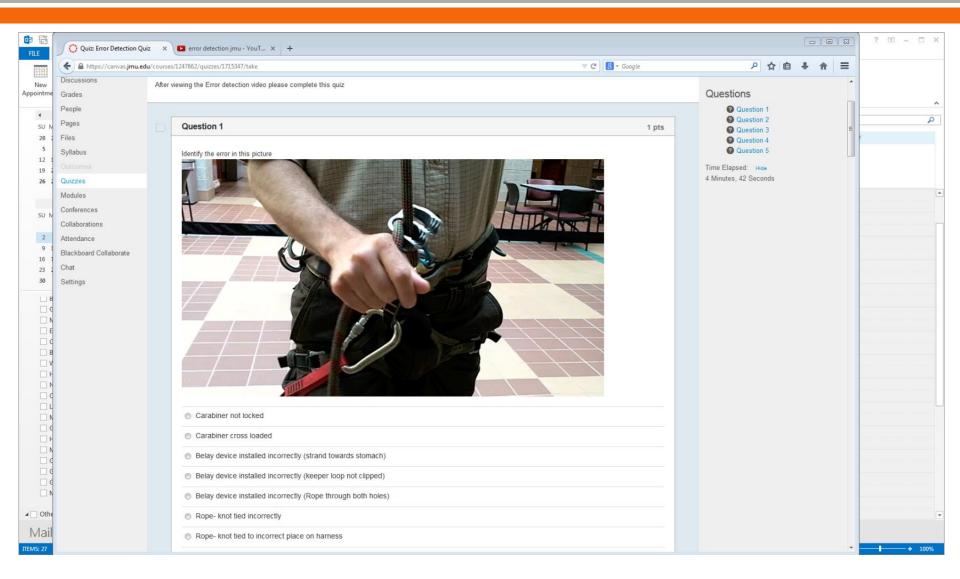
Learning Outcome

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	🗄 🔗 Inspecting Ropes	٥	0 × 0			
	GRIGRI2.pdf- You will need to download this.	٥	0 × 0			
	Climbing Wall Equipment Quiz	13 pts 🖉	¢٠.			
	Error Detection Learning Outcomes: 1. Correctly identify all 5 errors presented in the training module.	٥	¢٠.			
	Error Detection	۵	¢٠.			
	🗒 🧬 Climbing Wall Error Detection Video	۵	0 ×			
	Error Detection Quiz	5 pts 🛛 🖉	0 ×		E	
	Basic Climbing Skills Learning Outctomes: 1. Staff will be able to define all 10 techniques with 100% accuracy on the quiz.	٨	0 ×			
	Basic Climbing Skills	٨	0 ×			
	II & Technique 1	٨	0 *			
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no Errors video





Assessment

Gradebook - UREC A	dvent × 🔽	error detection jm	u - YouT 🗙 🕂							
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VREC Adventure:	Climbing Wall Tra	aining > Grades							Switch to Indivi	dual View
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Student Name	Secondary ID	Route setting Out of 1	Climbing Wall Equipment Quiz Out of 13	Risk Management & Emergency Out of 4	Error Detection Quiz Out of 5	General Polcies Quiz Out of 4	Written Belay Test- Note this is th Out of 15	Testing Procedures Out of 3	Technique Quiz Out of 12	Assignme
Catherine Ambrosi	ambrosca	1	13	3	5	2	15	1	12	88.9%
Hayden Hughes	hugheshc	1	13	3	4	2	15	1	12	86.79
Katrina Lauer	lauerkm	1	13	3	3	2	10	1	12	73.39
Corey Murphy	murphyci	1	13	3	4	2	14	0	12	82.29
James Rollin	rollinjg	1	13	3	3	2	14	1	12	82.29
Elizabeth Schaefer	schaefea	1	13	3	4	2	14	1	11	84.49
Isaac Shickel	shickeic	1	13	4	4	4	14	2	12	93.39
Stephanie Shickel	shickesr	1	13	3	5	2	15	1	12	88.99
Peter Strickland	strickpn	1	13	3	3	2	15	1	11	84.49
Sydney Sumner	sumnersl	1	13	3	4	2	14	1	12	84.49
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Example 2: TEAM Challenge Course



Modules

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ome			
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rades 1	O General Staff Policies	7 pts 🖉	¢-
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yllabus	Adventure TEAM Facilitator_Lead_PD-New.docx	-	
utcomes uizzes			
lodules	TEAM Practical Exam.xls	۵	\$ *
onferences			
laborations endance	Reservations and Paperwork	٥	+ Ø-
endance ackboard Collaborate	TEAM Contact Checklist and Fee.etc.	۵	¢-
nat	TEAM Challenge Course Questionnaire.pdf	۵	¢-
ttings	Participant Information Guide	۵	¢-
	Participant Contact and Medical Information.pdf	۵	¢-
	Group Information Quiz (What the participants need to know)	12.5 pts 🖉	¢-
	🗄 👻 Risk Management	٥	+ ¢-
	E The Basics	۵	¢-
	Facilitator Role in Risk Management	۵	¢-
	Weather	۵	¢-

Soft Skills Module

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Grades People		4	+	¢-
Pages Files	≝ → Risk Management	۵	+	\$ -
Syllabus Outcomes	≝ → Soft Skills	۵	+	۰ ټ
Quizzes Modules	Image: The second se		3	¢-
Conferences Collaborations	Challenge by Choice part 2- Comfort Stretch Panic with charts		3	¢ -
Attendance Blackboard Collaborate	Image: Tuckman's Theory of Group Development		٨	¢ -
Chat Settings	Assessing your Group- GRABBS	14 pts	3	0 - 0 -
	∄ → Low Course	۵	+	¢-
	≝ → High Course	۵	+	۰ ټ
	Ead Facilitator Information	٩	+	۰. ټ

FACILITATION The Seven Step Facilitation Model

This model provides easy-to-remember keywords and guidelines for facilitating activities such as icebreakers and teambuilders. The model can be applied to many other public speaking & group situations as well. Memorize the keywords for quick reference.

1. WHAT? Introduce the Activity.

What is its title? What type of activity is it (e.g., icebreaker, teambuilder, brainstorm)?

2. WHY? Purpose of the Activity.

What will participants learn? If part of a larger activity, such as a training schedule, how does this activity help meet the goals of training?

 HOW? Give Instructions. Initiate the group setup if appropriate. Verbally explain how to do the activity and demonstrate. Outline what each person will be expected to do.

4. QUESTIONS? Check for Questions.

Ask, "Does everyone understand? What questions do you have?", and then wait for raised hands! Look for participants to nod.

 BEGIN! Start the Activity. Stop, if necessary, to give further instructions; answer questions as you progress through the activity.

6. WATCH! Facilitate and Observe.

Circulate among group members; make sure everyone is participating, has a partner (be the partner if necessary), etc. Watch for group dynamics, teamwork, leadership, individual reactions and group-think.

7. PROCESS! Discuss and Summarize.

Ask the group for their reactions to the activity. Ask specific questions about your observations during Step 6. Tell them what they've just learned or experienced, restating the purpose from Step 2. To close, discuss how this activity applies to the group. For in-depth processing, see "Facilitation Bits: A Reflection Model for Facilitators".

"The F Word: Facilitation Skills in Seven Easy Steps" @S. Baldwin and A.I. Russell

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...leaders are neither born nor made - they grow. --Mary Cox (1983)

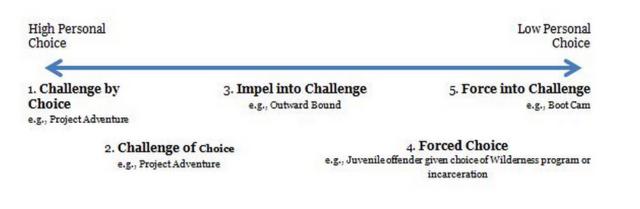
Challenge by Choice

Challenge Course Philosophy

Challenge by Choice is the philosophy that guides our program. It states that participants have varying zones of optimal safety on a physical, emotional, and mental level. Each participant will have the opportunity to choose which level he or she will challenge themselves with every given activity. This is not opt in or out but to what level are you able to support the team in each activity. Participants are encouraged to support each other in those choices which often can be an area of growth for everyone involved.

Challenge by Choice further explained by James NEILL, published in: http://wilderdom.com/ABC/ChallengeByChoice.html 🖉

- Challenge by Choice (c by c) is simple in principle, but complex in practice and reality. The simple principle is that participants are invited to participate voluntarily in each of the various activities and challenges of a program.
- The Challenge by Choice principle is generally explained and understood as part of the Full Value Contract (FVC), to help create a group culture which genuinely respects
 the right of an individual to choose with regard to degree of participation in any activity. Challenge by Choice can be used to help reinforce the message that an individual
 is to exert and take personal responsibility choosing his/her behaviors and actions. Further, the principle recognizes that individuals potentially stand to learn and grow
 more by [finding an alternative way] to participate on occasions than unthinkingly and/or resentfully always participating [beyond his or her comfort zone].
- Our programs are designed to build that internal center of control within each person by giving individuals the choice on how they want to participate...encouraging each participant to set their own goals and definition of success. All of our training programs are conducted in a collaborative, cooperative and caring environment where choice is made by the individual and not as a result of peer pressure.
- As an adventure programming principle, Challenge by Choice can be compared and contrasted with the more hard-line "impel into challenge" principles, exhibited
 classically by Outward Bound programs and evident in the active character-building philosophy of the founder of Outward Bound, Kurt Hahn. Hahn's view was that youth
 were suffering from the demotivating ills of modern life and that it was the responsibility of educators to impel them into educative challenges.



Collectively, the ... extent of participant choice ... can be depicted on a continuum, like the one below:

Challenge by Choice part 2- Comfort Stretch Panic with charts

Comfort Stretch Panic: Explains when individuals are most likely to learn

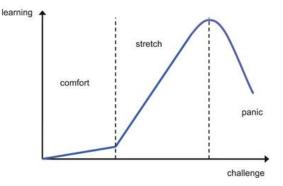


- When people feel comfortable, learning is low, when they are stretched learning is at its highest, when they feel in panic it is very difficult to learn as fight or flight takes over and survival is their main concern.
- Physical signs of being stretched include: faster heartbeat, sweating palms, hairs on the back of your neck sticking up, rashes round your neck. Adrenaline flows and there is a sense
 of apprehension and even nervousness.
- · Stretches lead to development. If you always do what you've always done then you'll always get what you've always got.
- Experiences can move from stretch to comfort. Things that were once a stretch for individuals often moves into comfort after a few times of doing them. This can be one reason why
 practicing is important when learning new skills or behaviors such as receiving and giving feedback or compliments.
- Different people are stretched by different experiences. Activities will be the stretch for some people while for others sharing a room or expressing their thoughts to a group. Individuals
 are different, need different types of support, have different learning styles etc.
- If you are continually stretched you'll become stressed and worn out. People need to feel comfortable some of the time. Encourage individuals to manage this themselves on the ourse.
- Peer pressure can sometimes encourage people to step into panic; e.g. If everyone else has completed a high rope event an individual may feel they have to as well and so put themselves in panic. Warn delegates about this and reinforce that it is OK to say 'No'.
- · Challenge by choice can be a useful phrase when talking about this.
- Refer back to comfort stretch and panic during the course. For example: personal posters, are their disclosures a stretch for them? is the feedback they are giving a stretch?
 Encourage people to make conscious choices regarding where they are operating.

SUGGESTED QUESTIONS

- What do you anticipate being a stretch for you on this course?
- Have you ever got closer than you intended to panic whilst running a review?
- · What has moved from to stretch to comfort for you at work?





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Announcements Assignments Discussions Grades People Pages Files Syllabus Outcomes Quizzes Modules Conferences Collaborations Attendance Blackboard Collaborate Chat

Settings

Tuckman's Theory of Group Development

Tuckman's Model of Group Development

Forming: in which the group is just coming together. It is often characterized by shyness, uncertainty and diffidence among the members, although extravert members may rapidly assume some kind of leadership. Maintenance concerns predominate

Storming: in which, having been established, there is a period of jockeying for position, authority and influence among the members. In classes, this is the period of "testing-out" the teacher. Disagreements

appear or are manufactured and roles are eventually allocated. The initial leaders may not survive this period: it is the most uncomfortable phase of the group's life—a sort of group adolescence.

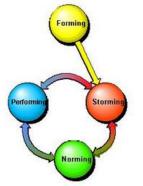
Norming: having sorted out its internal structure, there is then the issue of what the group stands for. What kind of behavior and contribution is acceptable and what isn't? Members explore behind the power processes of storming and begin to form some idea of the group's identity: the "group in the mind". This is rarely done explicitly, of course, and it can readily slip back into Storming,

Performing: after all that, the group can begin to get some work done, on the basis of a relatively stable structure.

Adjourning: This is about completion and disengagement, both from the tasks and the group members. Individuals will be proud of having achieved much and glad to have been part of such an enjoyable group. They need to recognize what they've done, and consciously move on. Some describe stage 5 as "Deforming and Mourning", recognizing the sense of loss felt by group members.

Adapted from: ATHERTON J S (2003) Learning and Teaching: Group Development [On-line] UK: Available: http://www.dmu.ac.uk/-jameia/teaching/roup_development htm Accessed: 2 July 2004 www.chimaer.com/utckman.htm

Group Develoment - Tuckman.pdf 🗋 🖉



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Assignments		r Group- GRABBS		
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Grades	GRABBS Modality Checklist			
People				
Pages	Goals	How does the activity relate to the group and individual goals that have been set?		
Files		What do you want to achieve with this group?		
Syllabus		Is this a long term arrangement or short term? Is this a onetime experience?		
Outcomes		- is this a one-time expensione:		
Quizzes	Readiness	This regards levels of instruction (skills) and safety capabilities.		
Modules		 Is the group ready to do the activity? 		
Conferences		Age of participants		
Collaborations		Degree of preparation beforehand Will they endanger themselves and other?		
Attendance		 Do they have the ability to attempt or complete? 		
Blackboard Collaborate		 What will you have to do to change the event to compensate for lack of readiness? 		
Chat				
Settings	Affect	 What is the feeling of the group? What kinds of sensations they are having? 		
		What is the level of empathy or caring in the group?		
		Emotional preparedness of the group		
		Establishing the right context for challenge Ensuring that all participant's wellbeing is catered for		
	Behavior	How is the group acting? Are they resistive? Disruptive? Agreeable? Are they more		
	Denavior	self-involved or group-involved? Are there any interactions that are affecting the group,		
		either positively or negatively? How cooperative are they?		
		 What backgrounds do these participants bring to the activity? How does the range of behaviors get catered for in ensuring that the affective domain 		
		is protected? (i.e.: extraverts vs. introverts)		
	Body			
		 What kind of physical shape are they in.? How tind are they? Do they substance alwar? Are they as madianting? How do they 		
		 How tired are they? Do they substance abuse? Are they on medication? How do they see their own bodies? 		
		 Understanding who you have in your group – size, age, gender 		
		Being sensitive to the group design An appreciation of the mix of skills required		
		A suppression of any maximal required		
	Stage	Which developmental stage is the group at? Groups will go through levels of		
	Ĭ	functioning. Having a schema to describe these levels will provide with another means		
		of assessment. Ensure that you choose the right activities for the participants 		
		 Ensure that you choose the right activities for the participants Remember not to over-exaggerate the skills of participants – we want them leaving 		
		feeling confident		

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Modules								
Conferences			Quiz Turo	Graded Quiz				
Collaborations			Points	14				
Attendance			Assignment Group	Assignments				
Blackboard Collaborate			Shuffle Answers	No				
Chat				No Time Limit				
Settings			Multiple Attempts	Yes				
			Score to Keep					
				2				
			View Responses	Always				
			Show Correct Answers	No				
			One Question at a Time	Yes				
	F	Require Respo	ndus LockDown Browser	No				
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TEAM Soft Skills Quiz

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Assignments Discussions	Started: Nov 4 at 3:30pm	Question 2 Question 3 Question 4
Grades 1	Quiz Instructions	Question 4 Question 5 Question 6
Pages	You have 2 attempts to get at least an 85% to get paid for your time.	Time Elapsed: Hide
Files		1 Minute, 22 Seconds
Syllabus	Question 1 2 pts	
Quizzes	The philosophy we use on each program at the TEAM Challenge Course is called the [Select] Iby	
Modules	[Select] philosophy.	
Conferences	[Select] Change	
Collaborations	Encre Choice	
Attendance	Choice Overcome	
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Pages	You	have 2 attempts to get at least an 85% to get paid for your time.	Time	Elapsed: Hide
Files			8 Min	nutes, 45 Seconds
Syllabus		Question 2 1 pts		
Outcomes Quizzes		TRUE or FALSE		
Modules Conferences		As a facilitator you MUST follow the schedule as written.		
Collaborations		© True		
Attendance Blackboard Collaborate		False		
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Announcements Assignments Discussions Grades People Pages	Starte Qu	his is a preview of the published version of the quiz rd: Nov 4 at 3:30pm iz Instructions wave 2 attempts to get at least an 85% to get paid for your time.	✓ Question 1 ✓ Question 2 ④ Question 3 ④ Question 4 ④ Question 5 ④ Question 6 Time Elapsed: Hide
Files Syllabus Outcomes		Question 3 3.5 pts	9 Minutes, 48 Seconds
Quizzes Modules Conferences Collaborations Attendance		Select ALL of the CORRECT Answers The 7 steps to facilitation are: What? Intro the Activity Why? Purpose of the Activity	
Blackboard Collaborate Chat Settings		Who? Who is the leader of the group? How? Give Instructions Questions? Check for Questions	
		Answers. Check that they have the right answer Begin! Start the Activity WATCH! Facilitate and Observe	
		DO! Help them solve the problem Process! Discuss and Summarize	
		Previous Next	

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Grades	Qu	iz Instructions			Question 4 Question 5
People	Youh	nave 2 attempts to get at least an 85% to get paid for your tin	ne.		 Question 6
Pages					Time Elapsed: Hide
Files					11 Minutes, 35 Seconds
Syllabus		Question 4		2.5 pts	
Quizzes		Put these in order 1-5:			
Modules		Tuckman's Model of Group Development.			
Conferences					
Collaborations		Storming	[Choose]		
Attendance					
Blackboard Collaborate		Performing	[Choose]		
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Grades	Qu	iz Instructions	Question 5
People	Youl	have 2 attempts to get at least an 85% to get paid for your time.	Question 6
Pages	_		Time Elapsed: Hide 13 Minutes, 20 Seconds
Files			13 Minutes, 20 Seconds
Syllabus		Question 5 1 pts	
Outcomes Quizzes		Challenge by Choice is	
Nodules Conferences		Allowing the participants to opt out of each activity and make phone calls.	
Collaborations		 Allowing participants to talk each in doing the hardest challenge. 	
Attendance		Allowing participants to chose their own level of challenge in everything we do in the program.	
Blackboard Collaborate Chat		Allowing participants to repremand each other if they don't "win."	
Settings			
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Discussions	Quiz Instructions	✓ Question 4
Grades		✓ Question 5
People	You have 2 attempts to get at least an 85% to get paid for your time.	Question 6
Pages		Time Elapsed: Hide 14 Minutes, 18 Seconds
Files		14 minutes, 10 occords
Syllabus Outcomes	Question 6 4 pts	
Quizzes	There are many ways to debrief an activity. Pick 2 ways and explain how you would use that particular way to debrief an activity.	
Modules		
Conferences	B I ∐ A • 2 • 2 ≡ ≡ Ξ Ξ Ξ Ξ Ξ Ξ Ξ Ξ ∞ ∞ ∞ Σ π 4 ⊟ Font Size • Paragraph •	
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Assignments	SOIL SKIIS						_			
Discussions Grades	You have 2 at	tempts to get at least an 85% to get paid	for your time.							
People								Take t	he Quiz Again	
Pages										
Files						Attempt History		Attempt	Time	Score
Syllabus							LATEST	Attempt 1	less than 1 minute	10 out of 14 *
							* Some questions not	yet graded		
Quizzes										
Modules	L				Correct answ	vers are hidden.				
Conferences Collaborations			pe Graded Quiz							
Attendance			nts 14		Score for this atter					
Blackboard Collaborate		Assignment Gro			Submitted Nov 4 a This attempt took I					
Chat		Shuffle Answe								2 / 2 pts
Settings		Time Lir Multiple Attemp	nit No Time Limit			Question 1				£7 £ pto
			ep Highest						Challanaa	
		Attemp					ise on each program	at the TEAM Challeng	e Course is called the Challenge	▼ by
		View Respons				Choice	▼ phi	losophy.		
		Show Correct Answe								
		One Question at a Ti	me Yes			Answer 1:				
	Re	quire Respondus LockDown Brows	ser No			Challenge				
		Required to View Quiz Resu	lts No			Answer 2:				
		Lock Questions After Answeri	ng No			Choice				
	Due F	or								
		or REC Adventure: TEAM Facilitator Trainir	ng							
										1 / 1 pts
			Take the Quiz Again			Question 2				17 1 pts
						TRUE or FALSE				
						As a facilitator you N	IUST follow the sche	dule as written		
						, so a lavintator you h	iso i follow the stille	ours do written.		
						True				
						False				
						There is consta	nt assessment taking p	lace. The program may cha	ange as much as it needs to for the group t	to accomplish it's goals.

Norming	3
Forming	1 •
Adjourning or Transforming(transfer)	5 🔹

Question 5	1 / 1 pts
Challenge by Choice is	
O Allowing the participants to opt out of each activity and make phone calls.	
Allowing participants to talk each in doing the hardest challenge.	
Illowing participants to chose their own level of challenge in everything we do in the program.	
Allowing participants to repremand each other if they don't "win."	

Question 6	Not yet graded / 4 pts

There are many ways to debrief an activity. Pick 2 ways and explain how you would use that particular way to debrief an activity.

Your Answer:

Key Ideas: 1. Have 2 different debriefs. 2. Relate either of them to: the activity- what happened? the group- how does the group function together? where the group is going- is there a big project coming up? group goals- why is the group out here doing a program?

TEAM Assignments

			Sasha Griffith	Inbox	Settings	Logout	Help
🜔 canvas	Courses - Grades Calendar						
UREC Adventure: TEAM Facilitator Training	♠ > UREC Adventure: TEAM Facilitator Training > Assignments Search for Assignment			+ Group	+ As	signment	\$
Home	Courter to Ablighment			1 oroup		Signment	
Announcements	ii - Assimusanta						-
Assignments	li - Assignments					+	\$ -
Discussions	TEAM Risk Management Quiz	Risk Management Module			5 pts	4	¢٠.
Grades People	ii O Group Information Quiz (What the participants need to know)	Reservations and Paper			12.5 pts	٨	¢
Pages	ii 🗿 Soft Skills Quiz	Soft Skills Module			14 pts	2	¢٠
files Syllabus	Low Elements Quiz	Low Course Module			12.5 pts	۵	\$ *
Outcomes	Gear Stations	High Course Module			7 pts	٨	¢٠
Quizzes Modules	ii O General Staff Policies	Progression, Position De			7 pts	۵	¢٠

Module Progress

		Sasha Griffit	h Inbox Settings Logout Help
🛟 canvas	Courses - Grades Calendar		
UREC Adventure:	♠ > UREC Adventure: TEAM Facilitator Training > Modules > Student Progress		
TEAM Facilitator Training	Module Progress for Kevin Foley		STUDENT PROGRESS ×
Home	incluie i regioce ici rice in eley		Steve Bobbitt
	Progression, Position Descriptions, and Practical Exam	Complete 🗸	Henry Buchanan
Assignments			nenry buchanan
Discussions			Katelyn Colvin
Grades	Reservations and Paperwork	Complete 🗸	Guy deBrun
People			Kevin Foley
Pages	Risk Management	Complete 🗸	Revin Foley
iles			Sarah Golibart
yllabus	Soft Skills	Complete 🗸	Roger Greer
			Carly Harrison
luizzes			Cany Hamson
lodules	Low Course	Complete 🗸	Cassidy Harvey
Conferences			Eric Henkel
Collaborations	High Course	Complete 🗸	Mally Kanada
ttendance			Molly Koeneman
lackboard Collaborate	Lead Facilitator Information	Complete 🗸	Camden Kurtz
Chat		complete 🗸	Erica Larson
Settings			



- What are you already doing for assessment of your staff pre or post training? Can you move it online?
- So What other areas of your program's training could you put online?
- So What training are you currently doing online?
- So What online learning platforms are you using?
- How can this help your different program areas to implement something like online training?