

Portion Control

Portion Control is not a project in and of itself but a way to structure a project throughout the semester. This helps both increase student success and avoid a crush of project grading for the instructor at the end of the semester!

Rather than creating one big final project that is submitted at the end of the semester, the project is broken up into four to six small sections that are submitted throughout the semester – perhaps once every two weeks or so.

Content within the project should progress in line with course content so that students are learning how to apply the material to the project in a timely manner. For students, this helps with retention as they can quickly see how course content can be put into action. For instructors, this helps to distribute grading throughout the semester.

Instructor Options:

1. Individual or Group project
2. Peer Review: Within Canvas, students can use the assignment rubric to score other students' work and to provide feedback. These rubric scores can, but do not have to, actually impact the student's final score on the assignment.
3. Peer Reflection: Put students into Canvas groups and have students review others' work while comparing them to their own to identify aspects of the project where they did well and approaches used by other students that they like.
4. Updates and Changes: How, or will students be able to incorporate updates to their project? Students may assume that they will be turning in the whole project again at the end of the semester as they may be used to doing that in other courses. Instead, consider structuring your project so that there are natural ways for students to build in changes, knowing that inconsistencies with previous sections of the project are ok. The best way to do this may be to have the final submission be either a Results section or an Executive Summary. If students have identified changes and ways to strengthen their project approach throughout the semester, they can build them in here to have a final project component that reflects these changes.

Example Project Flow:

Section 1	Mission, Vision and Goals for the Project	15%
Section 2	Program Description – detailed overview of what will happen	20%
	Peer Reflection #1	12.5%
Section 3	Marketing Plan and Budget	15%
Section 4	Evaluation Plan	10%
	Peer Reflection #2	12.5%
Section 5	Results- Including 1-2 paragraph summary of the final project methods, how/if objectives were met, and recommendations for next steps	15%

Example Peer Reflection Prompts:

Following submission of Part 1 of your health promotion project, you were placed into a Canvas group with other students. Following completion of Part 2 of your project, you should have uploaded both Parts 1 and 2 to the file share for that group.

Now, you need to review Parts 1 and 2 uploaded by at least two other members of your group and compare and contrast those with your own submissions to complete this reflection assignment.

Please provide the names of the two students whose work you reviewed to complete this assignment: _____ and _____

Part 1

1. What similarities did you see in *the goals and objectives* that each of you wrote for Part 1? What differences? To what degree do you think these similarities or differences were driven by the settings that you each were designing your program for (worksite vs university vs county)? (4-5 sentences, 5 points)

Part 2

2. Compare and contrast the programs that each of you wrote for Part 2. What differences or similarities do you see in *program design, structure, level of detail provided, etc.*? Are there aspects of these other programs that you really like, dislike, or that are unclear to you? (4-5 sentences, 5 points)

Putting It Together

3. How do you feel about your submissions for Parts 1 and 2 now that you have viewed the work of these classmates? Are there things that you wish you could change? Are there pieces that you feel you did well on? Are there questions that you now have after comparing to others? (5-6 sentences, 10 points – will be graded on depth of thought)