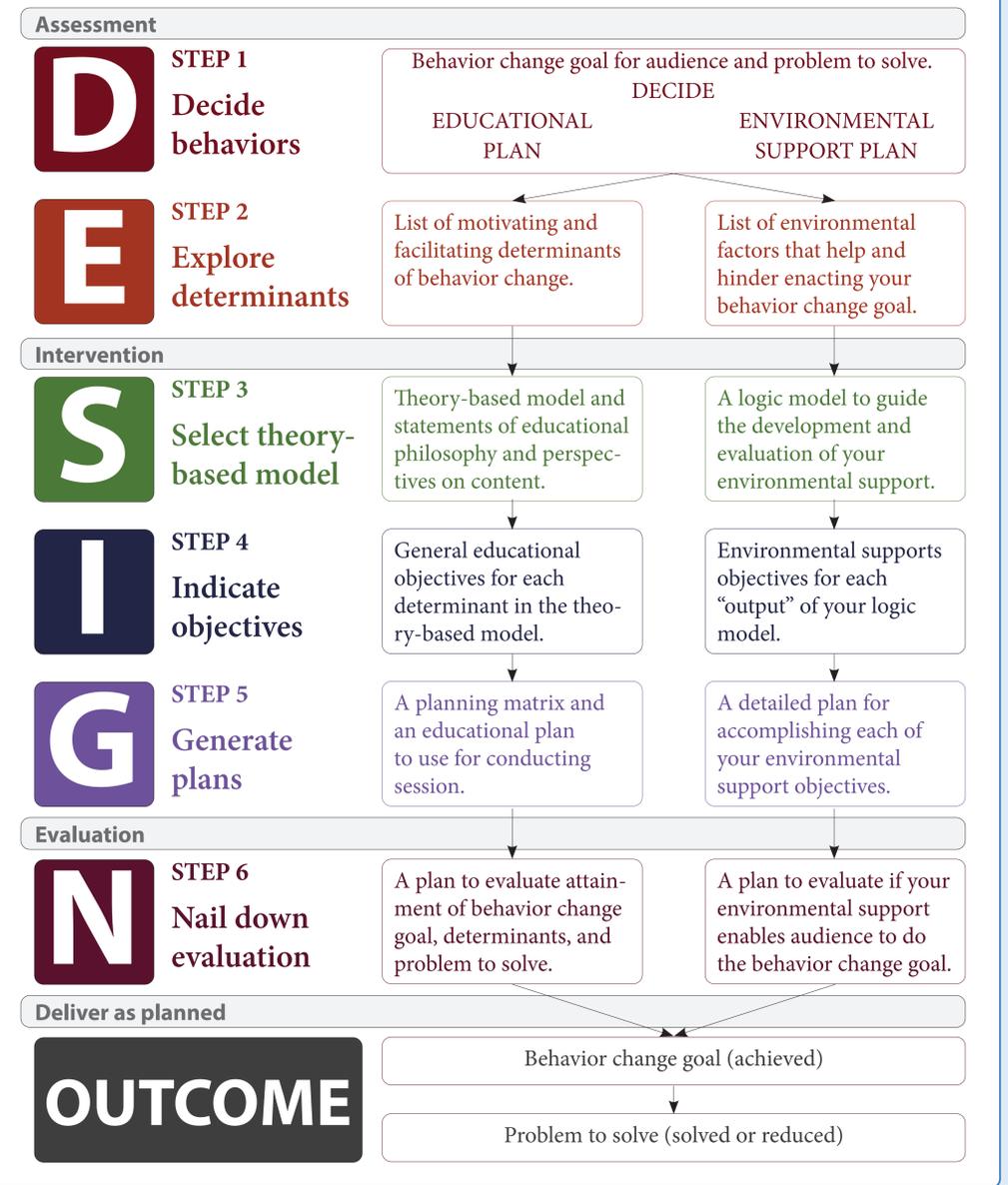


Nutrition Education DESIGN Procedure: Creating "DESIGN Online" to facilitate effective translation of theory into practice

Rationale

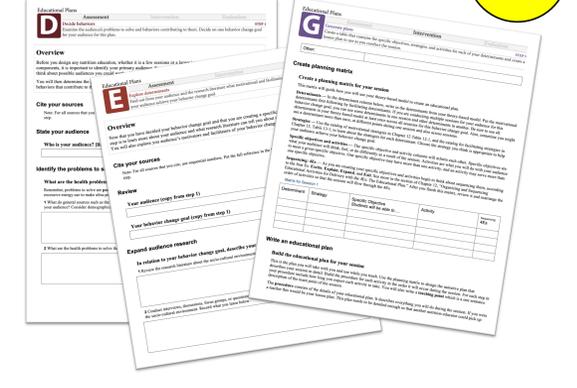
Many courses, particularly in health care fields, teach students a procedure for translating theory they learn in the classroom into practical research-based strategies, counseling, and educational techniques to use in practice. For some students, successful use of research-based procedures can be challenging when the underpinning theories are complex and need to be adapted to a diversity of people and environments. DESIGN Online aims to scaffold the process of learning the theory, procedure, and application in a diversity of environments.

Nutrition Education DESIGN Procedure

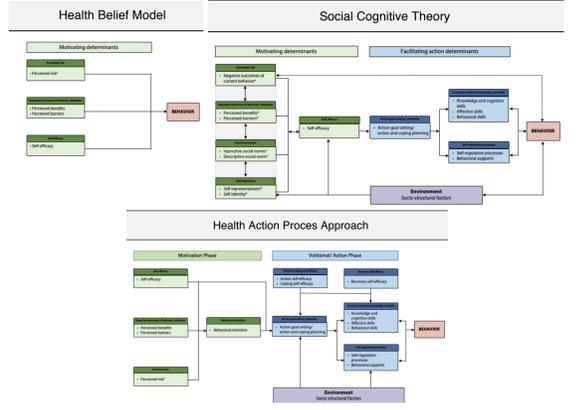


What changes were made by working with CTL?

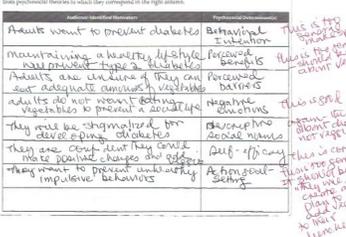
From... Paper-based: students copy and paste from prior steps, repetitive. 



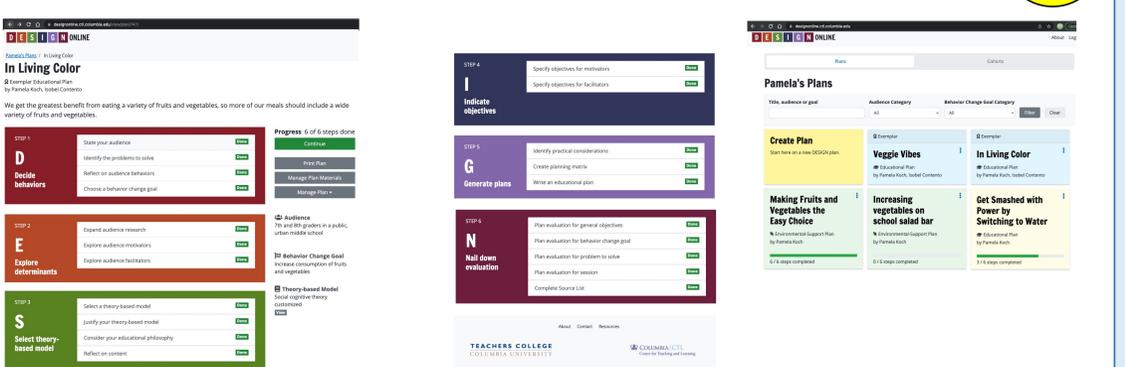
To... Online system: each step flows into next and tasks are tracked as done. Also easy way to organize and find plans by text search, audience, and behavior change goal. 



Faculty feedback on paper. 

Step 2: Explore determinants of behavior change or action(s). 

To... Online system: each step flows into next and tasks are tracked as done. Also easy way to organize and find plans by text search, audience, and behavior change goal. 



Simple way to compare their work with theories for educational plans. Tool for building simple logic models for environmental support plans. 

Which theory-based model best matches your selected determinants?

Click on each of the theory-based models below. Choose the one that best matches your selected determinants. The match may not be perfect.

Health belief model	Theory of planned behavior / reasoned action approach	Extended theory of planned behavior / reasoned action approach	Social cognitive theory	Health action process approach
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Social cognitive theory

Social cognitive theory is a comprehensive theory that is based on a wide range of motivating and facilitating determinants. Motivational determinants are shown in green in the diagram. The theory provides extensive guidance on translating motivation into action through its emphasis on action self-efficacy and facilitating determinants, shown in blue. It emphasizes that individual and their environments mutually influence each other, and so the environment must also be addressed. Hence the arrows are bi-directional. This theory is very useful for educators or programs where you can aim to enhance motivation and where follow-up with the participants is also possible. It is useful for both children and adults.

Compare	Your Determinants	Match	Social cognitive theory Determinants
Motivating Determinants	Perceived benefits	No	Self-worth
	Perceived barriers	Yes	Negative outcomes of current behavior
	Self-efficacy	Yes	Perceived benefits
	Descriptive social norms	Yes	Perceived barriers
Facilitating Action Determinants	Behavioral skills	Yes	Self-efficacy
	Knowledge and cognitive skills	No	Injunctive social norms
	Behavioral skills	Yes	Self-satisfaction
	Knowledge and cognitive skills	Yes	Knowledge and cognitive skills
	Behavioral skills	No	Affective skills
	Knowledge and cognitive skills	Yes	Behavioral skills
	Behavioral skills	Yes	Self-regulation processes
	Knowledge and cognitive skills	No	Behavioral supports
	Behavioral skills	Yes	Action goal setting / action and coping planning

Faculty feedback online.

Exploring motivational and facilitating determinants

What would motivate your audience to achieve your behavior change goal?

Feedback

Progress 5 of 6 steps done

- Continue → You can get back to where you left off
- Print Plan → Print your ready-to-deliver plan
- Manage Plan Materials → Upload accompanying materials

Lessons learned and students' quotes

- More class time on content and discussion, less time on process
- Creating logic models is made easy ... and logical
- Professors can provide more thoughtful and timely feedback
- Procedure is useful for health promotion courses

Quotes about creating educational plans

"The step by step method of the DESIGN model. It organizes the lesson plan for a person and keeps the teacher in check with how it is implemented."

"Theory-based planning, the use of the 4Es, etc. [I enjoyed] the class as a whole and its philosophy"

Quotes about DESIGN Online

"The DESIGN Online tool helped me understand the step-by-step procedure for planning."

"The DESIGN Online enabled working alongside my partner and going through the textbook and DESIGN modules together."

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