A picture’s worth a thousand words: Using images to engage online and on-campus students in meaningful reflection

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“All education comes about through experience...everything depends upon the quality of the experience which is had.”

- John Dewey
Reflecting Improves Learning Experiences
Research Methods

• Hybrid face-to-face, online course
  • Many students from out-of-state

• Agricultural education, communications, extension, education, apparel studies, nutrition, dietetics, early childhood education

• First course in master’s program for many students
Nonlinguistic Reflection in Research Methods

Weekly Visual Reflections
Each week, you will be required to submit an image (found via Google or other search engine) that portrays your feelings about the topic at hand. Along with the image, you will submit one paragraph that describes how the image portrays your feelings. These will be discussed each week during our class meetings.
Week 2
Week 8

Contractions: External Toco

Contractions can be measured from peak-to-peak. Here, contractions are every 2-3 mins.

Disappointment.

Hallelujah

"But the midterm..."

It's over! Now pull yourself together!
Week 11

So close...

...Yet so far away.
Week 14

Almost there!
Did the visual reflections make a difference on students’ perceptions of the course?
The teaching methods enabled me to learn. Meaningful feedback was provided. I am satisfied with my accomplishments in the course. Overall, I would rate this course as: My instructor provides individual assistance. My instructor explains difficult material clearly. My instructor makes good use of illustrations. My instructor displays enthusiasm. My instructor is well-prepared. Overall, I would rate this instructor as:
“Your sincerity in asking for student feedback made me feel valued and opened the door to know I could always come to you with questions. Your openness to try new things (visual reflections) was refreshing!”

“I tend to stick in the middle of the pack and even if I’m struggling, I keep to myself. The visual reflections didn’t allow me to do that, instead it created communication with the professor about my feelings about the course.”

“Your sense of humor helped to ease the stress and reminded me to maintain perspective. Truly enjoyed the visual reflections…what a creative way to guide students in self-awareness!”

“Visual reflections definitely helped me release stress as well as allow me to see whether other students were on the same page as me.”

“I was a big fan of having the visual reflections to do each week. I felt as if it helped me express whether or not I was struggling with the material or if I was not focused on the class for the week.”
Thank you!

I can't believe it

Questions?