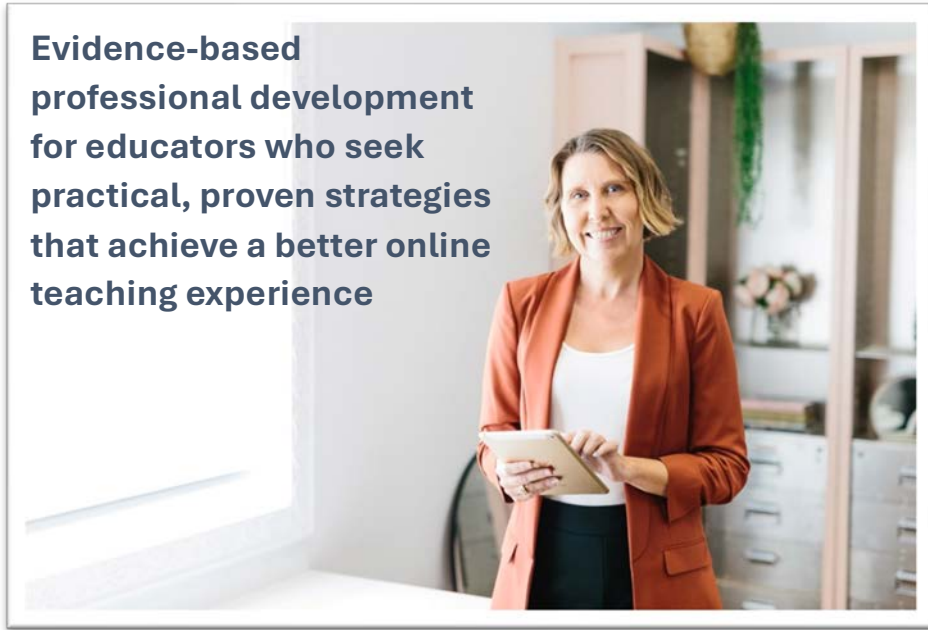# TeachingOnline
.com.au
with Dr Deniese Cox

Evidence-based professional development for educators who seek practical, proven strategies that achieve a better online teaching experience

Members-only
on-demand video list

This on-demand platform features a wide range of research-driven teaching online learnings, and is designed for you to dip in and out of as time permits.

You are in control of your learning journey, engaging with topics as you need them.

The members-only video list updates regularly and this version is as at
January 2025

Where to start?

Hi – Deniese here – and welcome to my members-only video platform.

I know! With around 100 videos in this platform, it might feel a little overwhelming at first to know where to start. Don't worry, I've got you. Many of these videos are presented in topic sets, and these are grouped into logical categories. For example, '*What can and can't be delivered online*' is a set of 3 videos that sits within the category of 'Foundation Topics'.

My advice is to print this list out, grab a cuppa, and then skim through the video descriptions and highlight the ones that most spark your interest – those "oh, that looks interesting" videos are a great place to start. To further guide your viewing choices, you'll notice that each video is labelled:

Essential

Recommended

Optional

The checkboxes against each video make a great way of keeping track of your progress, and the 'click to play' hyperlinks will take you straight to the video. That said, if you're using an old version of Adobe PDF, then those 'click to play' hyperlinks may not work for you, so simply sign in HERE and manually navigate to your target videos. You will need to the password you've been issued to sign in.

Lost your password?
Just click 'forgot password' on the sign-in page (here). If you've got a firewall that isn't letting the 'reset password' email through, don't worry, just drop me an email and I'll manually reset your password for you

Live webinars
Don't forget to keep an eye out on your emails for my regular invitations to free webinars and 'ask me anything' sessions too :)

You are welcome to contact me anytime with follow-up questions Deniese@TeachingOnline.com.au

All the best,
Deniese

Yes! Certificates for your training record are available

Want a certificate for your PD Records? Easy!

You'll see prompts throughout this video list and within the platform where you are able to submit a reflection to demonstrate your engagement with that video set.

This simply requires writing a 100-200 word authentic reflection. An ideal reflection considers, from a specific video set or topic:

– a specific highlight or strategy that stood out to you
– how do you intend to incorporate this into your practice

Email your reflection to Deniese@TeachingOnline.com.au or submit via online forms found here

To start watching, simply sign in here
OnDemand.TeachingOnline.com.au /Sign-In

Not yet a member?
Learn more and join here
TeachingOnline.com.au/Membership

Welcome! Start here

☐ **Welcome! Start here**(10-mins)		
Welcome aboard! This getting-started video shares a little about my background along with recommendations for navigating through the learning content available here on demand (▶click to play)	**Recommended**	10-mins

☐ **Acknowledgement of country** (2-mins)		
(▶click to play)	**Optional**	2-mins

Strategies to make PD stick

☐ **Strategies to make PD stick** (45-minute set) **Recommended set** ▶

A great place to start, these bite-sized videos feature game-changing insights to transform how you approach professional development. These proven strategies will help make your PD stick, long after the videos end.
(▶click to play)

Don't forget to download the notebook!

☐ **1 Why PD doesn't stick** (▶click to play) **Essential** 7-mins

During this short introduction video, we consider why it is that PD often doesn't stick

☐ **2 A practical framework for choosing the right PD for you** **Recommended** 10-mins
(▶click to play)

You'll really appreciate this proven framework that helps you identify the PD opportunities that are the best fit for your needs

☐ **3 Switching on your learning mindset** (▶click to play) **Recommended** 3-mins

Use this effective mnemonic to quickly switch on your learning mindset anytime you sit down to engage with these videos (or any other PD)

☐ **4 Five quick-fire proven strategies for maximising PD outcomes** **Essential** 15-mins
(▶click to play)

You definitely don't want to miss these easy-to-apply proven strategies that help maximise what you get out of any PD experience.

☐ **5 'Research Says': The factors that affect our practice, making it different from our ideal** (▶click to play) **Optional** 10-mins

Have you ever noticed that your day-to-day teaching practice doesn't align with your ideal? Don't worry – you're not alone!

In this video I unpack for you the factors that have been found to affect educator practice. Educators say that these understandings help make sense of some frustrations in their roles. Educators also report this model provides a great reflection tool for identifying what aspects of PD to engage in, as well as providing a foundation for workplace conversations

You can earn a certificate for engaging with this '*strategies to make pd stick*' video set.
Email me your 100-word authentic reflection.

Foundation Topics

☐ A few teaching online foundations (1-hour set)

Recommended set ▶

This video set is a great place to start. It's recommended most for those who are newer to online education, and educators who want to build a solid understanding about teaching online. This set of videos introduces you to the spectrum of online education modes, and shares why there's no such thing as a one-size-fits-all version of the 'right' way to teach online.

(▶click to play)

Don't forget to download the notebook!

1 ☐ Yes, teaching online *is* different (▶click to play)   **Essential**   11-mins

Welcome to this video set. In this first video, I discuss why it is that teaching online does feel like such a different space in which to work, and why many educators feel as though their 'teaching senses' have been switched off. Here you'll learn why conscious choices are such a big part of teaching well online, and why it's important to really understand the 'why' behind each element of your teaching practice.

2 ☐ Which mode is right? (▶click to play)   **Essential**   8-mins

From fully live online to repository style automated self-paced content, there's a whole spectrum of online education. In this video you'll learn important points when considering your unique context and what's right for you.

3 ☐ Busting 5 myths (▶click to play)   **Recommended**   6-mins

In this video I'll help you bust 5 pervasive myths about teaching and learning online.

4 ☐ A framework for selecting the right technology (▶click to play)   **Essential**   8-mins

Trainers and teams often feel overwhelmed with noise when it comes to technology. So many products are touted as must-have, yet the reality is some of these tools add to our workload without benefit.

During this essential video, you'll learn a practical framework for selecting the tools that are right for you and your context.

5 ☐ From sceptics to superstars: How two trainers found their way online (▶click to play)   **Optional**   9-mins

For this video, I spoke with two educators who were previously very unhappy with the move to online. Now that they're fully embracing teaching online and thriving in this space, I asked them what tips they wanted to share with you.

6 ☐ Low-tech magic: How two trainers are making old tools shine in new ways (▶click to play)   **Optional**   13-mins

See how two trainers have found low-tech creative solutions that give learners the tools they need

You can earn a certificate for engaging with this '*a few teaching online foundations*' video set.
Simply email me with your 100-word authentic reflection

☐ The 4 roles of online educators (55-min set)   **Recommended set** ▶

Breaking the online educator role down into four memorable components (C.O.T.E.) is an effective way of understanding what adult online learners need and want from their online educator. In this video set you'll learn an easy-to-use framework and accompanying must-have reflection tools. (▶click to play)

Don't forget to download the notebook!

1 ☐ Introducing the framework (▶click to play)   **Recommended**   4-mins

Within this first video, you'll be introduced to the 4 Roles. Then, each role will be explored in more detail within the subsequent videos.

2 ☐ C: Critical concepts (▶click to play)   **Essential**   12-mins

Learn about the role of engaging our students with the critical concepts, knowledge, and skills that they're here with us to learn. Includes: Foundations of this role; The 4-step practical inquiry process; Teacher-centred or student-centred content; Independent or collaborative opportunities; Real-time or own-pace; and a good practice checklist.

3 ☐ O: Organisation (▶click to play)   **Essential**   7-mins

Learn about the role of providing our students with clear organisation, communication, and expectations. When we as educators fail to fulfill this role well, students become frustrated, confused, and disengaged.

4 ☐ T: Tools (▶click to play)   **Essential**   12-mins

Learn about the role of purposefully selecting tools and technologies that support and enhance the learning journey. Understanding this role is critical for avoiding many common pitfalls associated with teaching online.

5 ☐ E: Environment (▶click to play)   **Essential**   10-mins

Learn about the role of creating an encouraging and safe learning environment for students. This role in particular requires more proactive and conscious choices when teaching online.

6 ☐ Reflecting on your practice and role balance (▶click to play)   **Optional**   10-mins

This video presents a reflection tool, with variations, that was developed for the C.O.T.E. framework. We also talk about reasons for the gap between ideal and actual practice.

Many educators report that using these reflection tools has noticeably improved their practice, and reduced the time spent planning or reviewing content.

You can earn a certificate for engaging with this '*the 4 roles of online educators*' video set.
Simply email me your 100-word reflection.

☐ Learner digital skills – What do we know, what can we do

(35-min set)   **Essential set** ▶

Learner Digital Skills are the hot topic in vocational education and workplace training right now, and for good reason! Digital Skills have been identified as a barrier for many learners seeking to engage with learning opportunities. This isn't an online versus on-campus discussion. Regardless the format being delivered, digital skills are necessary for participation in education today.

Not only are aspiring learners impacted, but so are educators and trainers. I researched this issue for two years, and found that up to 87% of teaching workload in some weeks is being spent on providing remedial digital skill support. Educators reported that support provision is outside their job role, their expertise, and the scope of content assigned for them to deliver.

To address learner and educator challenges, a **Good Practice Guide** has been developed for vocational education and workplace training providers. It contains 10 guidelines to inform your selection and implementation of digital skills support systems.

As a Teaching Online member, you have exclusive access to these three accompanying videos which present key elements from the guide. (▶click to play)

Don't forget to download the Good Practice Guide

1 ☐ Why focus on learner digital skills (▶click to play)   **Recommended**   10-mins

Digital skills presents a barrier to education for some learners. In this video you'll also learn about the significant impact on educator time and workload.

2 ☐ Categorising and identifying digital skills (▶click to play)   **Essential**   9-mins

Here you'll learn (a) the ideal way of categorising learner digital skills, (b) example digital skills that are presenting barriers to education participation, and (c) ways of identifying what digital skills are relevant in your teaching and learning context.

3 ☐ Successful support systems (▶click to play)   **Essential**   17-mins

In this 3rd video you'll learn the digital skill support system approach that was found to be successful. I also share what commercial resources performed best in our trials.

You can earn a certificate for engaging with this '*learner digital skills*' video set.
Email me your 100-word reflection.

NOTE: These videos are exclusively presented for Teaching Online members. However, the Good Practice Guide is available FREE for all educators, education organisations, and relevant stakeholders. To share that guide with your colleagues, simply send them to https://www.teachingonline.com.au/digital-skills-gpg to download their copy.

No commercial gain was realised in the development of this guide; distribution of it and the insights therein are not for commercial use by any party. Drawing on or referring to this work should be accurately cited in all instances:

Cox, D. (2023). Digital skills for education and training: A good practice guide.

☐ **What can and can't be delivered online** (30-min set)   **Essential set** ▶

We know that there's growing demand from learners for more and more online content. Yet most teams continue to wrangle with very real dilemmas around what 'can' or 'cannot' be taught online.

Drawn from research and insights developed by a team of experts for one of the regulators, this video set should be an essential part of the conversation for any educator or team with practical, hands-on components in their qualifications. You'll learn the major influences on what can't be delivered online, along with a simple framework for breaking content down into can-cannot for online, which helps you conceptualise your content. (▶click to play)

1 ☐ Introduction (▶click to play)   **Optional**   3-mins

Introduction to the topic including the list of supporting publications.

2 ☐ Influencers and decision framework (▶click to play)   **Essential**   20-mins

Within this critical video, that core question will be answered – what can and can't be delivered online. In particular, you'll learn the major influences on what can't be delivered online. To support this, you'll be introduced to a simple, reliable framework to evaluate your own modules, units, and elements. Not to be missed!

3 ☐ Secondary considerations for online content (▶click to play)   **Essential**   7-mins

In this 3rd video you'll learn the recommended secondary considerations that you navigate when deciding the nature of those elements that will be delivered or facilitated online.

You can earn a certificate for engaging with this '*what can and can't be delivered online*' video set.
Email me your 100-word reflection.

Next-Level Online Content

☐ **Essential insights for good slide design** (65-min set)   **Essential set** ▶

We all know how to use PowerPoint for creating content ... or do we? Many educators don't realise how much of an impact their slide design has on learner engagement and learning outcomes. In this video set, you'll learn practical insights from established cognitive load theories and newly conducted research. (▶click to play)

Don't forget to download the notebook

1 ☐ Welcome and overview (▶click to play)   **Optional**   3-mins

Welcome to the topic and an overview of the content ahead.

2 ☐ Your new time saving planning strategy (▶click to play)   **Essential**   10-mins

This essential video explains the critical first step in developing learner-friendly cognitively-friendly slides. The planning technique shared here was developed in cooperation with experienced educators, and was shown to result in better quality presentations. Educators also found it quicker to use this planning strategy rather than simply diving straight into slide creation.

3 ☐ Eight must-know design principles (▶click to play)   **Essential**   20-mins

Here you'll learn eight critical design features. These practical insights are absolutely essential, are easily applied, and will make a noticeable difference for learners. Yes, it includes examples of how to enact this within your own content.

4 ☐ Images and diagrams (▶click to play)   **Essential**   10-mins

Within this video you'll learn that certain image types are a massive distraction for learners. Dive in and learn how to best utilise images and diagrams so that they add value without distracting from core content and messages.

5 ☐ Presenting your slides (▶click to play)   **Essential**   12-mins

Yes! The way you present your slides also affects learner engagement and learning outcomes. Here you'll learn practical tips for presenting on camera (live online or via recorded video).

6 ☐ Underpinning theory (▶click to play)   **Optional**   11-mins

This final video is completely optional. It's for those of you who are curious to know more about some of the underpinning theory related to the concepts and recommendations presented throughout this slide design video set.

You can earn a certificate for engaging with this '*essential insights for good slide design*' video set.
Email me your 100-word reflection.

☐ **Transform your online messages and nudges from white noise into effective action-triggers** (45-min set)   **Essential set** ⏵

So many online trainers today are struggling with learners who aren't progressing through the content on time or hitting their milestone dates. And those automated messages and nudges you're sending out? You're right that they aren't working!

Don't worry – you're not alone – and the solution is here.

My most recent research has found that most learners are indeed ignoring those automated messages, and, worryingly, many everyday messages going out from learning portals were found to lower learner engagement!

During this 5-part video set, you'll learn why different standard messages do and don't work, and we'll be talking about those much-ignored assessment due date reminders. Best of all, you'll learn the four characteristics of messages/nudges that do trigger action. (⏵click to play)

Don't forget to download the notebook

1 ☐ Topic introduction (⏵click to play)   **Recommended**   4-mins

This video welcomes you to the video set, and introduces the importance of this topic along with what to expect in each video

2 ☐ Characteristics 1 & 2 of effective nudges (⏵click to play)   **Essential**   7-mins

Learn the first two characteristics of effective nudges

3 ☐ Characteristic 3 of effective nudges (⏵click to play)   **Essential**   19-mins

Learn the third characteristic of effective nudges, along with some practical learning design tips and examples

4 ☐ Characteristic 4 of effective nudges (⏵click to play)   **Essential**   12-mins

Learn the fourth and final characteristic of effective nudges

5 ☐ Summary and practice (⏵click to play)   **Recommended**   4-mins

In this final video, we bring everything together and you can take the opportunity to practice re-wording some common nudges

You can earn a certificate for engaging with this '*transform your online messages*' video set.
Email me your 100-word reflection.

☐ Don't let your 'about-me' intro *keep* blocking learner engagement (50-min set – plus writing time)

Essential set ▶

Did you know that your 'about me' bio (sometimes called your intro or contact-me page) is one of the very first things your online students go looking for? Did you know students report those bio's aren't resonating with them, and are actually blocking engagement? With this essential video set you'll be guided step-by-step through a proven formula for writing an introduction that immediately resonates with learners, improving their trust, optimism, and engagement. (▶click to play)

Note: This video set is best watched in the order it's presented. Allow a few minutes writing time after each video – you'll find the printable notebook is essential.

1 ☐ Welcome and overview (▶click to play)   **Recommended**   11-mins

This video shares some important background about your 'about me' intro, and shows you some of the more common mistakes educators are making.

3 ☐ Step 1 - Write your headline statement (▶click to play)   **Essential**   8-mins

The opening language in your self-introduction makes an immediate impression on your students – it's critical that first impression is a good one! This video guides you through the process of developing the opening sentence of your new self-introduction. This sentence resonates with the student perspective and motivation.

4 ☐ Step 2 – Acknowledge obstacles (▶click to play)   **Essential**   5-mins

Continuing with the theme of making an excellent first impression with your students, this video guides you through the process of developing the second sentence of your new self-introduction. This sentence resonates with the learner-perceived obstacles.

5 ☐ Step 3 – Reveal and leverage your super power (▶click to play)   **Essential**   6-mins

This video guides you through the process of developing the third sentence of your new self-introduction. This sentence frames you, the educator, as 'the solution'. Here you are reassuring students that you are the educator who will meet their learning needs and get them through this module.

6 ☐ Step 4 – Bring it all together (▶click to play)   **Essential**   7-mins

Now that you've brainstormed several all-important baseline key phrases, it's time to start weaving those elements into cohesive opening sentences. This video guides you through how to start bringing those opening sentences together and shares examples for you to be inspired by.

7 ☐ Step 5 – Add extra details (▶click to play)   **Essential**   11-mins

I know! You're wanting to add more detail!! This video guides you the detailed steps for adding extra information such as your background and qualifications. You'll brainstorm all the things you want to include, and will refine that list down to relevant items. Then, you'll learn how to frame those elements so that they resonate with students.

8 ☐ Finishing steps (▶click to play)   **Optional**   5-mins

Completing your new self-introduction.

You can earn a certificate for engaging with this '*writing your about-me introduction*' video set.
Email me your new self-introduction.

☐ Click-worthy online learning content (80-min set) Essential set ▶

Is your fantastic online learning content going unclicked? Are your students not engaging with important self-paced learning materials or maybe not showing up ready to learn in those live sessions? Don't worry! This video set shares simple, proven solutions that do get immediate results. (▶click to play)

Don't forget to download the notebook

1 ☐ Welcome and overview (▶click to play) **Recommended** 5-mins

Welcome to the topic and an overview of the content ahead.

3 ☐ Why learners don't click on (engage with) content (▶click to play) **Recommended** 9-mins

Before you learn how to make your content more click-worthy for online students, it's important to first understand why they're not engaging with content that's already there. This video reveals why it is that students aren't clicking on, or engaging with, learning content.

4 ☐ First, know who you're talking to (▶click to play) **Essential** 11-mins

Students really appreciate the feeling that you're talking right to them, that you understand their motivations and learning needs. In this video you'll be guided to brainstorm the perspectives of your 'persona students'. This will help you to tap into those absolutely critical core motivations which you can then speak directly to when 'selling' the need to engage with different learning materials or activities.

5 ☐ Assign importance ratings (▶click to play) **Essential** 14-mins

In this video you'll learn the highly effective strategy of assigning importance ratings to all parts of your learning content and course. This is one of the simplest, yet most effective, strategies imaginable. It's been proven to be highly effective in a wide range of online programs and is an essential item in the toolkit of all educators.

6 ☐ The must-use messaging framework (▶click to play) **Essential** 15-mins

To get students clicking on (or engaging with) content, we need to essentially 'sell' them that this element is good for them and their learning journey. In this video you'll learn a simple, yet highly effective, messaging framework that will transform how you describe and present your content to make it absolutely click-worthy. You don't want to miss this!!

7 ☐ Discussion forums (▶click to play) **Recommended** 22-mins

Discussion forums are utilised in many online courses. However, they're often met with groans from students and educators alike, and many educators report not consistently having success with discussion forums. In this video you'll learn six (simple yet effective) steps for planning and facilitating a highly effective discussion forum.

8 ☐ Closing comments (▶click to play) **Optional** 4-mins

A few closing comments to wrap things up.

You can earn a certificate for engaging with this '*click-worthy online content*' video set.
Email me your new self-introduction.

☐ **Insights from learners about assessments** (35-min set)   **Essential set** ▶

Ever wondered why learners only half complete an assessment question? Or perhaps you've gotten frustrated when learners give you a throwaway answer? Don't worry, you're not alone and there are solutions! I spent a year working with learners to investigate their assessment perceptions and behaviours. You definitely don't want to miss these crucial insights and tips to transform your assessments. (▶click to play)

Don't forget to download the notebook

1 ☐ Introduction (▶click to play)   **Recommended**   3-mins

This video welcomes you to the topic and introduces you to the research behind these insights.

2 ☐ Barriers identified by learners (▶click to play)   **Essential**   16-mins

During this essential video you'll learn the 3 issues that were most frequently cited by learners as a barrier to their assessment participation. You'll also learn some strategies for overcoming these barriers.

3 ☐ Transforming your assessment questions (▶click to play)   **Essential**   13-mins

Learn about common problematic assessment questions and see how to transform them to significantly improve the experience and outcomes for learners.

You can earn a certificate for engaging with this '*insights from learners about assessments*' video set. Email me your 100-word reflection.

☐ **The affect your camera has on learning and learning outcomes** (17-mins)

The nature of your camera does affect the learning experience and learning outcomes of your students. In this standalone video you'll hear current research about those impacts, and best-practice advice for how you appear in learning videos and live sessions. (▶click to play)   **Recommended**   17-mins

---

☐ **What do learners think of educators presented as avatars?** (19-mins)

These critical insights from the latest research in this space are simply not to be missed. Hear learner perceptions and reactions to different ways avatars are being used to present content. The results in this standalone video will surprise you! (▶click to play)   **Recommended**   19-mins

---

☐ **Guidelines for creating video content that learners *will* watch**
(60-min set)   **Essential set** ▶

Do you know why more and more learners are demanding video content? Do you know what makes them switch those learning videos right off again if you miss the mark? In this unmissable set of videos, you'll learn proven (workload friendly) strategies for developing video content that does get watched. (▶click to play) Don't forget to download the notebook.

1 ☐ Welcome and overview (▶click to play)   **Recommended**   4-mins

Welcome to the topic and an overview of the content ahead.

3 ☐ Why this topic matters (▶click to play)   **Essential**   8-mins

Understanding what online students want and expect from online content is imperative. This video presents why learning videos matter, and some common pitfalls when making video content. These foundations will help you better meet the needs of online learners.

4 ☐ Guideline 1 – Video duration (▶click to play)   **Essential**   8-mins

Issues with video duration is one of the most common reasons why students don't engage with learning content videos. This video unpacks why duration is so important and why limiting the duration of your videos to ideally <~10-minutes is so important. Not to be missed!

5 ☐ Guideline 2 – Chunking content (▶click to play)   **Essential**   10-mins

Chunking your video content is a critical success factor for getting more learners to engage with more of your videos more often. This video explains why it's important to chunk your content into digestible pieces when developing video content. Here you'll see examples, and be introduced to your new video planning tool for how to chunk well.

6 ☐ Guideline 3 – Your authentic presence (▶click to play)   **Essential**   9-mins

What could be great video content is often missing one key ingredient – you! This video discusses the need for your 'authentic presence' in video content, and gives examples of how this can be achieved in instructional and non-instructional content.

7 ☐ Guideline 4 – Video description (▶click to play)   **Essential**   6-mins

Simply having a button that says 'watch me' won't get students clicking play. To generate engagement with our video content, we as educators have to 'sell' to students why and how watching this video meets their needs. In this video you'll learn why your video descriptions are so important, and you'll learn why it's 'good descriptions that get the clicks'.

8 ☐ To caption or not to caption? (▶click to play)   **Recommended**   7-mins

Yes, of course captioning (subtitles) is important for accessibility reasons, but did you know that many students find captions to be distracting? In this video, I present relevant elements from current research.

9 ☐ A low-tech solution (▶click to play)   **Recommended**   8-mins

Don't worry if you don't have access to a green screen studio. Don't worry if you don't have the time (or skills) for fancy video editing. You CAN make engaging videos for your students with just PowerPoint, webcam, and a smart phone. This video shows you how.

10 ☐ Closing comments (▶click to play)   **Optional**   4-mins

You can earn a certificate for engaging with this '*guidelines for video content*' video set.
Email me your 100-word reflection, or send it via *this* online form.

Next-Level Live Online

☐ Thriving live online (70-min set)   **Essential set** ▶

It's frustrating to host a live online session only for your learners to not show up or sit there unengaged and non-responsive. Don't worry, help is at hand! In this essential video set you'll learn what students want from live online time, and how to get their active engagement. (▶click to play)

1 ☐ Welcome and overview (▶click to play)   **Recommended**   4-mins

Welcome to the topic and an overview of the content ahead.

3 ☐ What learners say (▶click to play)   **Essential**   11-mins

Understanding the purpose of live online session is a critical foundation. This video shares learner perceptions about live sessions, and important foundation strategies are then shared.

4 ☐ Getting started and setting expectations (▶click to play)   **Essential**   13-mins

The first 5 minutes of any live online sessions are absolutely critical to the success of that session. This video demonstrates the opening few minutes of a live session and discusses the key actions and messages.

5 ☐ Triggering active interaction with concepts (▶click to play)   **Essential**   7-mins

To take learning beyond passively receiving information, facilitating learners to actively engage with the concepts being learned is a critical way to transform information into knowledge. In this video you'll be introduced to a range of effective interaction strategies and success tips.

6 ☐ Non-instructional live sessions (▶click to play)   **Essential**   7-mins

This video introduces you to the 'homework club' strategy of using your live online sessions in a non-instructional way. This strategy has proven extremely successful in a wide variety of settings, and you'll hear feedback from learners and educators about this strategy.

7 ☐ Live polling – your gateway to engagement (▶click to play)   **Recommended**   7-mins

Live polls are a highly effective strategy that get students actively participating and contributing. While polling is not the be-all and end-all of engagement, it is a very effective gateway toward deeper engagement. Polling is highly effective with all group sizes. This video introduces you to some foundation concepts, and the following six videos share each demonstrate a different poll type and its purpose.

7b – Demonstrating 'word cloud' polls (▶click to play)   **Recommended**   2-mins

7c – Demonstrating 'emotion scale' polls (▶click to play)   **Recommended**   2-mins

7d – Demonstrating 'multiple choice' polls (▶click to play)   **Recommended**   2-mins

7e – Demonstrating 'ranking' polls (▶click to play)   **Recommended**   5-mins

7f – Demonstrating 'open-ended bulletin board' polls (▶click to play)   **Recommended**   3-mins

7g – Demonstrating 'q+a upvote' polls (▶click to play)   **Recommended**   3-mins

8 ☐ Closing comments (▶click to play)   **Optional**   3-mins

You can earn a certificate for engaging with this *'thriving live online'* video set.
Email me your 100-word reflection

☐ **Getting started with Poll Everywhere** (45-min set)   **Optional set** ▶

After engaging with the Thriving Live Online video set, many educators are keen to then incorporate polling tools into their live sessions. This set of 5 videos walks you through from setting up your Poll Everywhere account to launching your first polls. I recommend you watch these videos in the order they're presented. They're designed for you to follow along, working with the Poll Everywhere website along the way. (▶click to play)

Don't forget to download the accompanying notes

1 ☐ **Welcome and overview** (▶click to play)   **Optional**   3-mins

    Welcome to the topic and an overview of the content ahead.

2 ☐ **Getting started** (▶click to play)   **Essential**   9-mins

    Starting with setting up your account (and choosing a free or paid plan), this video also includes a couple of important settings you want to dive into up front.

3 ☐ **Creating your first polls** (▶click to play)   **Essential**   12-mins

    Within this video I walk you through setting up your first two polls. Here you'll see some important features and options, as well as a couple of must-have tricks.

4 ☐ **Common poll types** (▶click to play)   **Recommended**   10-mins

    There are lots of poll types for you to explore in Poll Everywhere. In this video I share with you some tips and settings for multiple choice, word clouds, Q+A upvote, clickable image, survey, open-ended, emotion scales, and ranking questions.

5 ☐ **Presenting your polls** (▶click to play)   **Essential**   10-mins

    With this video you'll learn how to facilitate your polls during a live session. I also share helpful tips for getting the most out of this tool.

☐ **Research findings: Long live online sessions and learner fatigue** (13-mins)

How long is the ideal live session? What happens to learner fatigue, focus, and retention during different duration sessions? Find out in this much-anticipated video which shares results from recent research which monitored experiences and outcomes across different duration live sessions. (▶click to play)	**Recommended**	13-mins

☐ **How long to pause for assimilation** (5-mins)

You've heard me say that "silence is golden" during live online sessions – so how long should we be pausing for students to assimilate new learnings during live sessions? While there isn't a one-size-fits-all rule, this video shares what's happening for your learners during those pauses, and why pause moments matter. (▶click to play)	**Recommended**	5-mins

☐ **Facilitating role plays online** (11-mins)

Role plays can be an exceptional learning activity for many topics. However, the success of role plays is directly affected by how well learners engage with it. In this video you'll learn the essential scaffolding steps for bringing your learners on board with role plays. (▶click to play)	**Optional**	11-mins

☐ **The affect your camera has on learning and learning outcomes** (17-mins)

The nature of your camera does affect the learning experience and learning outcomes of your students. In this standalone video you'll hear current research about those impacts, and best-practice advice for how you appear in learning videos and live sessions. (▶click to play)	**Recommended**	17-mins

Optional Advanced Topics

☐ Your getting-started guide for selecting, setting up, and using green screen equipment and software (60-min set)

Optional set ▶

Are you wanting to take your video recordings or live presentations to the next level? Are you curious about what hardware and software I use to get my videos looking so good, standing in the same frame as my slides? Wonder no more … this video set walks you through how green screen works, and what hardware/software you need to do this for yourself. (▶click to play)

Best of all, this video set comes with my 110-page getting started guide – be sure to download it!

1 ☐ Welcome and overview of hardware/software (▶click to play)   **Recommended**   6-mins

Welcome to the topic and an overview of hardware and software used.

3 ☐ Demonstrating some benefits of green scree (▶click to play)   **Optional**   8-mins

Here I demonstrate some benefits having a user-friendly green screen studio opens up. These features work the same whether you're live online, or creating recorded video content.

4 ☐ Camera and audio requirements (▶click to play)   **Essential**   7-mins

Hear my recommendations for the type of camera you require, and elements to consider when positioning that camera. Also learn about the microphone, speaker, and ambient noise.

5 ☐ Lighting and green screen, plus room layout (▶click to play)   **Essential**   10-mins

In this video you'll hear my recommendations for lighting which is an absolutely essential component of being well presented online. Then I share with you the different options for the actual green screen element, and introduce considerations for planning your space and layout.

6 ☐ Computer, software, and stream deck (▶click to play)   **Essential**   11-mins

Recommendations for computer power, monitors, the software, and my favourite piece of equipment – the Elgato Stream Deck.

7 ☐ Tips: In-scene camera position (▶click to play)   **Recommended**   5-mins

Once you are ready to start setting up your 'scenes', you'll want to think carefully about where you want your camera feed to be positioned within those scenes. In this video I demonstrate how your first scene in OBS gets layered, and then some of the early decisions you'll make regarding your camera positioning.

8 ☐ Tips: Background images (▶click to play)   **Recommended**   5-mins

When setting up your 'scenes', background images play a huge role. Getting this wrong can be quite distracting for your audience. Don't miss this demo.

9 ☐ Tips: Wardrobe (▶click to play)   **Recommended**   4-mins

Yes! Wardrobe also matters. In this video I'll show you why wearing green is a big no-no. I'll also do am embarrassing fashion parade to show you why different patterns and shades are best avoided.

10 ☐ Closing comments (▶click to play)   **Optional**   3-mins

In this video I share a few closing comments to wrap things up and set you on your way to having your own amazing green screen studio.

You can earn a certificate for engaging with this '*green screen*' video set.
Email me your 100-word reflection.

☐ Take control with RIGOR (2-hour set)   **Recommended set** ▶

Do you feel as though too much of your time and energy is wasted being frustrated or distracted by problems and challenges? Are you ready for some PD that's all about you rather than your teaching? You don't want to miss this video set where you'll learn my user-friendly problem-processing technique that gives you back control so you can focus on the things that matter. At work, home, and anywhere in between, applying the RIGOR technique will help you more efficiently identify ideals, clarify options, optimise decision-making, and connect with what matters. (▶click to play)

1 ☐ Introducing the RIGOR technique (▶click to play)   **Recommended**   10-mins

A short background about the RIGOR technique.

3 ☐ Foundation 5-step RIGOR process (▶click to play)   **Essential**   16-mins

This critical foundation video introduces you to the foundation 5 steps for processing problems and taking control with RIGOR.

4 ☐ Use RIGOR to choose between options (▶click to play)   **Recommended**   8-mins

Learn how to use the 5-step RIGOR process as a tool to help you choose between, or weigh up, different options.

5 ☐ Use RIGOR to reflect on an implemented strategy (▶click to play)   **Recommended**   3-mins

You'll love seeing how RIGOR can also make a great reflection tool – ideal for after you've implemented a new strategy.

6 ☐ Use RIGOR for differing expectations & conflict (▶click to play)   **Highly Recommended**   7-mins

A common cause of disharmony and conflict is a difference in expectations or understandings. In this video you'll be introduced to the variation of RIGOR that has been developed especially for those situations.

7 ☐ Pause and practice (▶click to play)   **Optional**   3-mins

This short video wraps up what's been learned so far ahead of diving into the advanced concepts featured in the next 4 videos.

8 ☐ The 4-stage processing path (▶click to play)   **Essential**   14-mins

This is one of the most watched and revisited videos in this series. You'll really enjoying learning about the 4-stage processing path that we all navigate all day every day. Learning about this concept will help you stop 'reacting' and start 'responding' to challenging situations.

9 ☐ Incorporating the what-if-flip (▶click to play)   **Essential**   9-mins

There's not a week goes by that I don't get an ah-ha moment email from someone who's watched this video – you don't want to miss it!

10 ☐ Using RIGOR to trigger motivation (▶click to play)   **Essential**   15-mins

Motivation is one of the most commonly raised challenges in my RIGOR webinars. In this must-watch video, you'll learn some important strategies to support motivation along with a special processing sheet for motivation.

11 ☐ Advanced RIGOR – my personal story (▶click to play)   **Essential**   20-mins

Here I share my personal story of using RIGOR to get out of a wheelchair and back on my feet living an active, pain-free life. See how that journey necessitated the development of the advanced RIGOR techniques that you'll learn here in this final video.

You can earn a certificate for engaging with this '*take control with RIGOR*' video set.
Email me your 100-word reflection.

Extra Insights

These 'Extra Insight' standalone videos draw on insights from published research which is relevant for online educators. Some videos feature interviews with the original authors. You'll receive an email from me each time a new video is added to this category.

☐ **Using the TPACK framework to choose a PD focus** (4-mins)

So much PD, and so little time! Many educators and teams wrangle with where to allocate their PD time. In this video you'll see how the well established TPACK framework can make an excellent tool for deciding your current PD focus. (▶click to play)	**Optional**	4-mins

☐ **John Cowan: Promoting exemplary inquiry** (18-mins)

Meet the extraordinary John Cowan and hear his insights on promoting exemplary inquiry and 'questioning mindsets' with your learners. (▶click to play)	**Optional**	18-mins

☐ **Dr Cathy Stone: How and why are you measuring learner engagement** (12-mins)

Chances are that you, or someone around you, is using data from the learning management system to measure learner engagement. In this video you'll hear research-driven insights from the fantastic Dr Cathy Stone which will prompt you to consider what you measure and why you're measuring it. (▶click to play)	**Optional**	12-mins

☐ **A framework of educator cognitive challenges** (5-mins)

This video presents a framework put forward by Stephen Chew & William Cerbin about the 9 cognitive challenges that educators navigate when teaching learners something new. (▶click to play)	**Optional**	5-mins

☐ **Pedagogical care** (3-mins)

Drawing on the work of Katie Burke and Stephen Larmar who use this framework to reflect on ways they enhance the learning experiences of their students by proactively providing pedagogical care. (▶click to play)	**Optional**	3-mins