

I believe problem-based learning is important not only to improve ones' social skills, but also for ones future in general. Considering that one maintaining a career can bring you too many meetings to attend, which can affect an individual with no social interaction. As a student the group experience demonstrated how to acknowledge different personalities. Personalities to me are very important when I interact with an individual, yet I learned not to judge and understand the fact that many individuals think differently and have various opinions.

Although, the advantage received by my group helped me learn how to take some control of myself and manage communication within my classmates. However, there were situations I was afraid of for example, students who would not do their work or one working more on the assignment than others. This thought affected me for the reason that I didn't want to be one of those lacking students. In my observation a different method which can be used for group work is better when each individual in the group is assigned to a task. This method in my opinion is useful to build responsibility and showing up to class, due to the fact that there would be no concerns about who does more work, also it can help the student take into consideration that he or she is relied on doing what they were assigned to do the day of the assignment.

Hist-1302

November 10, 2012

Post PBL Reflection

This problem based learning assignment was a fun and interesting experience; I was able to see how different people work and how their thoughts on the subject at hand are very similar with a different way of bringing out the ideas. This assignment took some critical thinking on my part as well as keeping an open mind to others ideas. This assignment was very different as opposed to the other segments of the course because this time it was us students to do the talking and the brainstorming on how to come up with a plan that would work.

I learned a great deal on how the Netherlands were greatly affected after the war. I learned that many people were hurt and left out in the cold and had to rebuild their lives from scratch. I also learned based on what the other groups presented about the other countries that they too were hit hard and many people died due to this tragic event in history. I feel that the advantages in using PBL is the idea of working together as a group presenting ideas that maybe one person didn't think of and sharing all the work responsibility and bringing it together to complete the assignment.

I feel the disadvantages are when you count on the students that have been assigned to the group and they don't show up with their share of the work, luckily our group had the most important part of the assignment finished and each one of us had the same notes written down that pertained to the assignment. I would definitely enroll in another class that uses PBL in my

opinion it's a great experience to sharpen ones communication skills especially if the individual is a very reserved person.

15 May 2013

Nutrition 1322

Problem base learning

Working PBL was a good experience because it gives more of an out of class room experience. Everything learned was on our own time. PBL is a lot different from other courses. It is different because in other courses students are lectured the material and learn based off that. In PBL we were given questions and basic directions. I learned during the PBL experience it was essential to make time to get the work completed and to learn the material. For example, the final exam problem was not going to get done, if we did not make time to go to the store. The team project was not going to get done, if the team did not make time to get together. Doing this was really going out of our way to complete the assignment. Going out of the way to do an assignment makes us form a relationship and remember the material better, rather than circling an answer in a test. I would enroll in another course that offers PBL. I enjoyed the experience. I got a lot of out of it. I will always remember my case study project over F.R. I learned a lot about myocardial infarctions. I see my boyfriend's grandpa who has heart problems. I speak out, whenever I see him eating something he should not be eating. For self-study four we learned about vitamins. My boyfriend works out doors. He was complaining about the sun. I gave him an explanation how the sun was good for him because it provides vitamin d. I did not have to review my notes or anything of that matter. I remembered so vividly because I worked so hard to complete the assignment.

PBL REFLECTIVE JOURNAL

My experience with the problem-based learning (PBL) method was a very enjoyable and enlightened one. I really liked the idea behind it and I believe I learned more from it because I was able to practice what was being taught at the time and therefore, retain more of this information.

The problem based learning (PBL) allowed me to put in practice what the instructor was teaching at the time and apply those concepts into real life problems. Thanks to that, I learned more about the DRI (daily required intake)and how it applies to maintaining an ideal body weight; the importance of vitamins and minerals and where to find the best sources of them in foods; also, how to count kcalories, as well as, my energy needs, etc

I was able to work on a problem as a group and that allowed me to apply my people skills with them and practice on working as a team. Sometimes, it is difficult to work with others and this project proved that we have to be mindful of other people's time and intellect and that each of us can contribute different ways of accomplishing the same goal; it also taught me that together we can work faster and more efficiently.

I think that one of the advantages of the PBL method is that, as a student, you are able to put into practice what you are learning in class and by doing so, the material content stays with you longer. You are able to retain more information because you are applying it to a problem. In other courses you have to memorize and remember a broad material and I believe that if you can put it into context, it makes more sense and therefore, you can remember it for a long time.

I cannot see any disadvantages on this method of teaching. I would suggest that more instructors use this method of teaching.

What was this experience like for you as a student?

PBL is quite different from normal instruction because it provides a hands-on learning experience which seems to make it easier to grasp the concepts being taught. During the PBL, I not only learned the knowledge of the course content but also the skill to put the knowledge to use. The main advantage of PBL was hands-on learning. Working hands-on makes it easier to remember the content being taught. Therefore, if the content being taught in class was reinforced with PBL, I was better able to grasp the concepts. Thus I did better on my exams. The only disadvantage of PBL is that it causes me to have more homework. Therefore, I have less time to devote to the lecture material. Overall, I would enroll in another course that offers PBL. If the class can provide hands-on experience to help me better learn the material, I would be happy to be a part of the class.

May 16, 2013

PBL Reflective Journal

I believe that PBL is extremely effective and possesses good characteristics within the course structure. Prior to this class, I was unaware of this form of learning however; these teaching methods came to be highly proactive. Based on my involvements, PBL provided wonderful hands on experience. Not only did it provide for better understanding of the lecture material but it also allowed us to apply subjects and methods to our daily lifestyles. The final problem of the semester offered the greatest amount of real life view to adding the concepts learned through the lecture material. Along with the final problem was the group project that emphasized further knowledge of the material covered. Although all of the practices were extremely influential, the group project was exceptionally time consuming and difficult as many team members had complex work or school schedules. Though the course was demanding and often difficult, I will find myself enrolling in future courses as such. The PBL allowed me to understand course subjects greater than expected by adding them to my new healthier life.