



# Light Bulb Ideas to Make Your Presentations Shine!

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**Materials taken from: Staff of the Kentucky Diabetes Prevention and Control Program**

# Learning Objectives

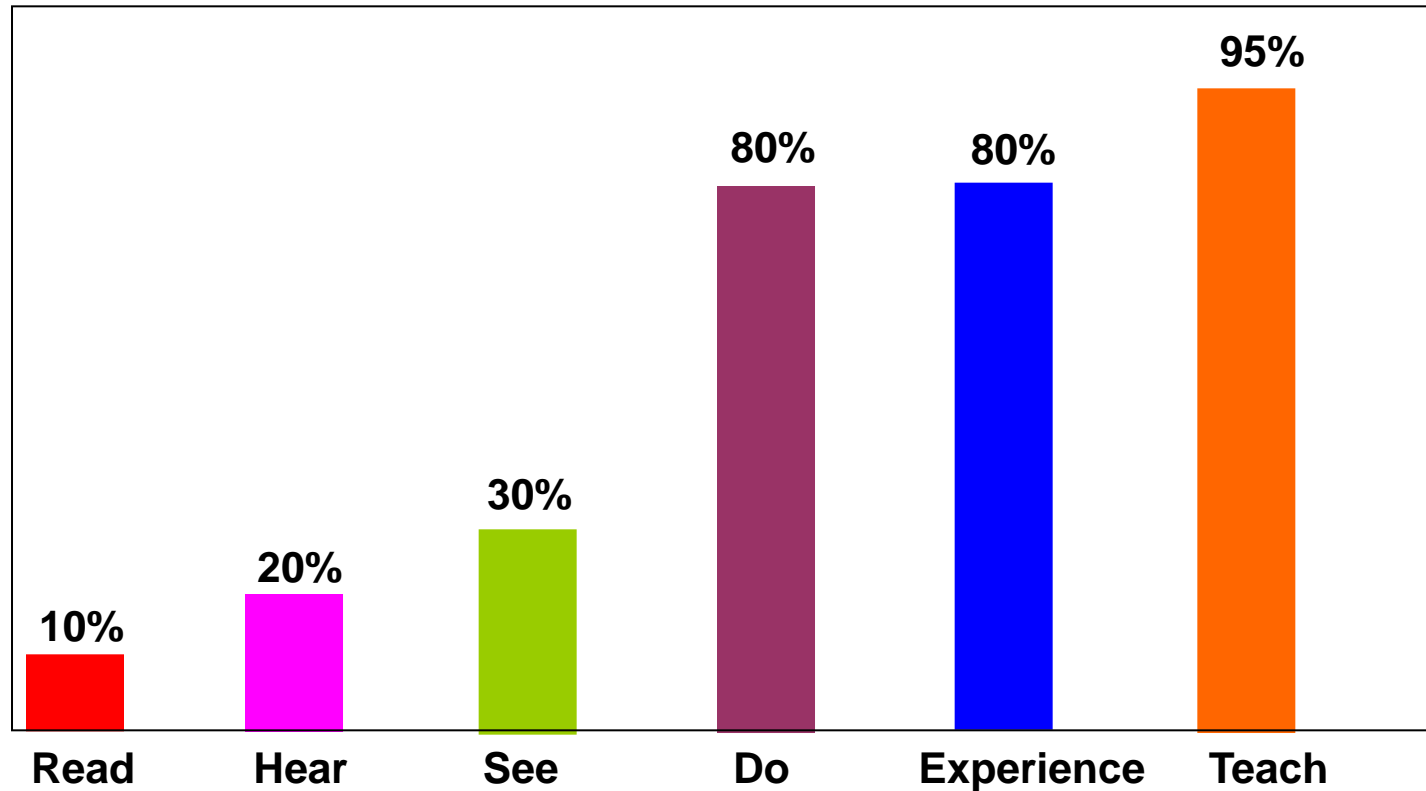
- List at least 2 reasons why, as educators, we should incorporate active learning.
- Describe at least 2 ways games, props, story telling, and educational materials can broaden your active learning toolbox.
- Apply an effective evaluation mechanism for teaching methods.

# Learning Styles

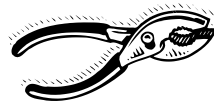
- Passive
  - Hearing
  - Seeing
- Active
  - Doing
  - Teaching
- Emotional
  - Relating to Personal Experience
  - Current Feelings



# Percentage of Retention



# A Teaching Toolbox



Lecture



Story Telling



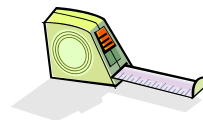
Props



Games



Written Materials



Videos



Evaluation

# Choosing the Right Tool for the Job

**Comfort Level**

**Presenter**  
**Participants**

**Time**

**Presentation**  
**Preparation**

**Audience**

**Size**  
**Age**



**Availability**

**Material**  
**Equipment**  
**Resources**  
**Personnel**

# Using Your Tools to Teach

Categories of Tools	Healthy Eating	Being Active	Monitoring	Taking Medications	Problem Solving	Healthy Coping	Reducing Risks
Story Telling							→
Props: Off-the-shelf	Food Models Portion plates Meal measure	Pedometers Stretch Bands Exercise DVDs	Meters Logbooks	Syringes Medicine Containers	Glucose Tabs Ketone Strips	Stress balls Bubbles Puzzles	Eye simulator Arteries Toothbrush
Props: Do-It-Yourself	Healthy Plate Place Mat Label reading	Exercise Back Pack	A1c	Large pills	What's happening? Pattern Management Board	Stress Balls	Eye glasses with frost Plastic eye balls Foot wear
Games	What's missing? Game Wheel						→
Written materials	Meal Plans, Carbohydrate Counting, Plate Method, Diabetes Food Pyramid	Exercise booklets	Instructions – demo	Drug charts	Exchange lists Nutrition info	Journaling	Diabetes Basics and Nutrition Basics (KDPCP)



# Spotlighting the AADE 7

Monitoring

Example: Props



# Spotlighting the AADE 7

Healthy Eating

Example: Written Materials



# Spotlighting the AADE 7

Being Active

Example: Games



# Spotlighting the AADE 7

Taking Medicines

Example: Props



# Spotlighting the AADE 7

Healthy Coping

Example: Story Telling



# Spotlighting the AADE 7

Reducing Risks

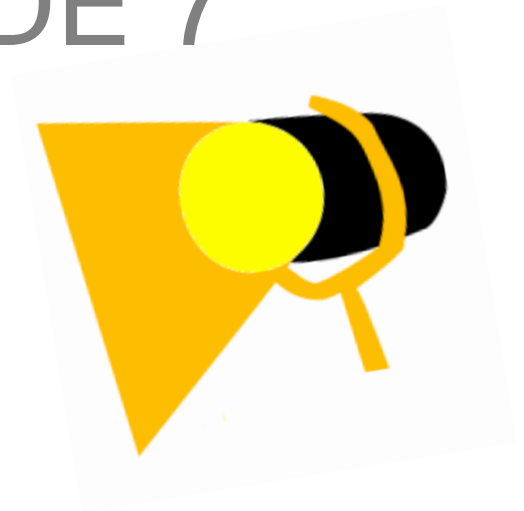
Example: Games



# Spotlighting the AADE 7

Problem Solving

Example: Story Telling



# Use Tools Effectively

- Purpose driven
- Don't overwhelm
- Read your audience
- Keep it Simple





# Evaluate

- Written
- Expressions
- Oral Feedback
- Demonstration
- Behavior Change
- Self Assessment



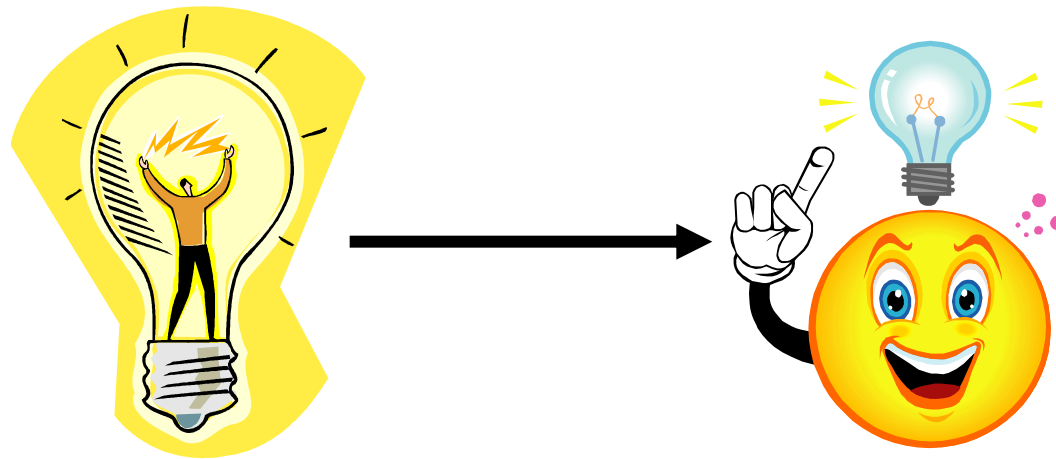
# Growing Your Toolbox

- Networking
- Creative Ideas
- Educational Offerings
- Self Study



# What Is In Your Toolbox?

In conclusion think of at least 3 light bulb ideas that you can use to make your presentations shine.





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Kentucky Diabetes  
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