



Success

Timely tips to improve student achievement

December 2021

Teacher offers strategies to teach U.S. Constitution

Norman Webb's Depth of Knowledge Levels allows teachers to scaffold lessons and better teach students about the U.S. Constitution, writes **Benjamin Barbour**, a high-school history and government teacher. In this article, Barbour shares the four-step approach: recall and reproduction; skills and concepts; strategic thinking; and extended thinking. For more, go to <http://links.ohioschoolboards.org/SU745>.

Conversation improves students' capacity to learn

Stress creates negative brain responses that make it harder for students to learn, but building relationships with them can ease that, writes consultant **Cheri Torres** and educator **Jackie Stavros**. They suggest ways to tune in to students, discuss how to ask questions that generate thoughtful responses and share perspectives on ways to frame situations positively. For more, go to <http://links.ohioschoolboards.org/SU746>.

W.Va. students use virtual reality to try roles in law enforcement

Students in the Apex Officer program at Roane-Jackson Technical Center in West Virginia are playing the roles of police officer and dispatcher in virtual reality simulations. Teaching in the program is former Roane County Sheriff **Todd Cole**, who says students are learning how to de-escalate incidents while participating in the simulations. They also can review where they performed well and where improvement is needed. For more, visit <http://links.ohioschoolboards.org/SU747>.

Lessons reach new heights with school's weather balloon

Minnesota science teacher **Matt LaFond** and dozens of his eighth-grade students headed to the school's baseball field last week to launch a weather balloon carrying low-pressure experiments, with small groups responsible for balloon handling, helium tank transport, inflation, equipment, payload and tracking. In this interview, LaFond explains the balloon's flight computer, GPS tracker and camera; its 60-mile journey; and the goal of retrieving the payload from the area where the balloon popped. For more, visit <http://links.ohioschoolboards.org/SU748>.

Students use meals ready to eat as ingredient in cooking competition

Culinary students at the Pathways Innovation Center in Wyoming recently competed in a cooking competition in which they used a randomly selected packet containing a military meals ready to eat (MRE) and incorporated the MRE as an ingredient in creating a different dish. Students were given about an hour to transform the MREs, with the finished products judged by members of the Wyoming National Guard. For more, visit <http://links.ohioschoolboards.org/SU749>.

Student achievement in-depth

Each month, **Success** brings you a research brief or in-depth article to discuss with board members and administrators.

Screen use in adolescents doubles during pandemic, study shows

Researchers surveyed over 5,000 adolescents, mostly those ages 12 and 13, and found that recreational screen time among teens rose twofold to almost eight hours per day during pandemic lockdowns, compared with before the pandemic. The findings in JAMA Pediatrics also showed that Hispanic and Black teens and teens from families of lower income had more screen time use, compared with peers.

As teens dramatically stepped up their screen time during COVID-19 lockdowns, their well-being took a hit, the study reveals. Recreational screen time among U.S. teens doubled from before the pandemic to nearly eight hours per day during the pandemic. This estimate doesn't include time spent on screens for remote learning or schoolwork, so the total was likely much higher, the researchers said.

"More screen time was linked to poorer mental health and greater stress among teens," said lead researcher Dr. **Jason Nagata**, an assistant professor of pediatrics at the University of California, San Francisco.

"Although social media and video chat can be used to foster social connection, we found that teens reporting higher screen use felt less social support during the pandemic," Nagata added.

Nagata's team looked at time teens spent playing games, texting, using social media, video chatting, browsing the internet, and watching or streaming movies, videos or television shows.

Regardless of the reasons for the rise, parents should remain watchful, Nagata said.

"Although screen time can have important benefits for education during the pandemic, parents should try to mitigate adverse mental health risks from excessive screen time," he said.

Nagata suggested parents talk to their teens often about screen time and develop a family media plan. This could include setting limits, encouraging screen-free time and avoiding screens before bedtime.

For more information about the study and a link to the report, please visit <http://links.ohioschoolboards.org/healthday/SU750>.

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