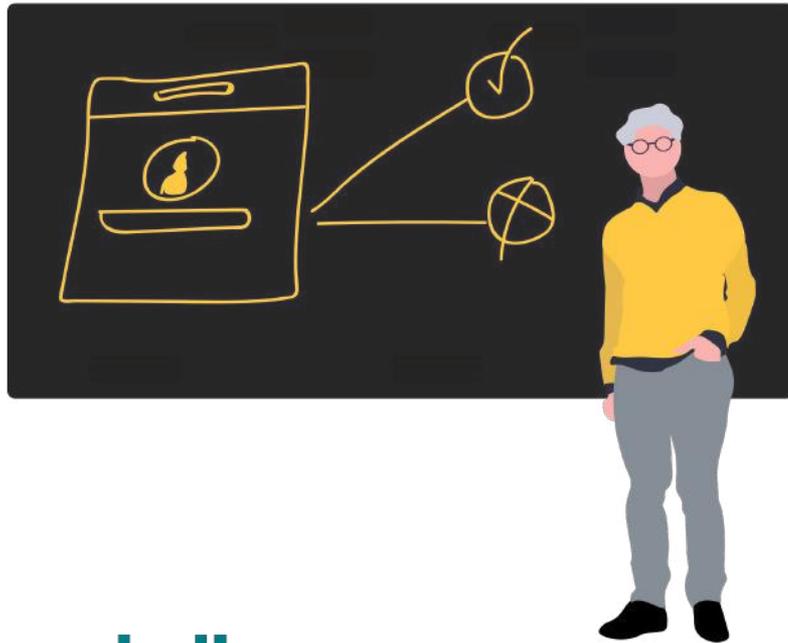

Talis Elevate An Overview

Matt East- Learning Technologies Lead

talis



*“Getting students to engage with readings is always difficult to begin with. **Some students struggle with some of the terminology or even where to start.** Students would have to work through the readings independently and then come to the seminar with their questions. Quieter students would not want to speak up and so the struggles continued.”*

Dr. Wendy Garnham
University of Sussex

talis



*“Engaging with our reading, **can be quite isolating**. You can get to your maximum point of knowledge and not know where else to go”*

Georgia Petts- VP Education
University of Lincoln

talis



talis

*"I can often read a whole article, get to the lecture **and then realise I've totally misinterpreted it...***

*I'm not one for class discussion. **I get quite nervous in a class setting, I don't have the confidence** to engage in that environment"*

Student
University of Sussex

What is Talis Elevate?



Contextual
Conversation

talis



Consistent
Experience



Analytical
Insight

anxiety-related disorders. Furthermore, Biddle and Mutrie (2001) argue that the evidence gathered to date suggests that **physical activity, and in particular exercise**, can be as effective at alleviating anxiety as any other medication free treatment.

Although there has been a known relationship between physical activity and mental health for some time, there still remains a lack of consensus regarding which mechanism is responsible (Crone et al., 2005). It is thought likely that this is a combination of physiological, biochemical and psycho-social aspects (Biddle & Mutrie, 2001), however, there is also growing evidence that the **actual process of engaging in physical activity (e.g., in providing distraction from symptoms)**, rather than the activity itself, is influential in eliciting **various mental health benefits** (Faulkner & Sparkes, 1999). Furthermore, involvement in certain physical activities has been found to have other holistic benefits, for example the **opportunity for social interaction** (Crone et al., 2005), **psycho-social benefits such as positive emotional experiences** (Carless & Douglas, 2004; Carless & Sparkes, 2008; Crone, 2007), a sense of achievement (Fogarty & Happell, 2005) and improvements in general mental wellbeing (Laforge et al., 2002).

Regardless of whether the relationship between physical activity and mental health is fully understood, previous research does conclude that physical activity does have beneficial effects on general mental health. Within the Higher Education environment, it is surprising that little research has explored the potential benefits of physical activity on a cohort of individuals who are at risk of mental health problems, i.e., university students. Of the few studies that have been conducted, Ahmadi et al. (2002) reported that engaging in body building and swimming reduced scores on the Beck Depression Inventory in female students, whilst Toskovic (2001) found that students engaging in dynamic Taekwondo also reported lower levels of depression than a control group. Research into the mental health and well-being of students is particularly important as some studies have identified that anxiety and depression are a common problem, with students likely to suffer mental health problems because of concerns regarding their studies (Wardle et al., 2004). Other concerns may include tuition fees and moving away from home. Furthermore, Harrison (1999) concluded that students were 1.64 times more likely to experience symptoms of mental ill

Class comments

Personal notes

3 COMMENTS

- A** Anonymous 638
7 months ago
what is the difference between these two? when does physical activity become exercise?
- R** [Redacted]
7 months ago
I believe exercise is just physical activity that is actually planned for some kind of benefit. E.g. walking up stairs is physical activity but not exercise, as you've likely not walked up the stairs ... Show more

Add a comment

 Comment or personal note

- A** [Redacted]
6 months ago
Relating back to the guest speaker could it perhaps have an issue when in school. As it is the only exercise that some students participate in, it was shown that it makes girls self-objectify themselves, causing mental health problems. So that could be a negative effect. Show less
- R** Anonymous 869
7 months ago
Could it be the social interaction which caused by physical activity that is actually helping improve well being not the exercise itself.
- C** [Redacted]
7 months ago
I think the simple fact of exercising is beneficial, since it releases endorphins, which reduce stress. But the combination of both activities could be a very interesting and effective way to help imp... Show more
- L** [Redacted]
7 months ago
could this be due to positive reinforcement caused by a dopamine rush if for example you help score a point/goal?
- I** [Redacted]
7 months ago
Probably, but also the social engagement and cooperative teamwork elements involved in exercise are likely to produce positive emotions too.
- C** [Redacted]
7 months ago

20 COMMENTS

Help



Class comments

Personal notes

- 6 months ago
Urgent optimism: extreme self motivation to immediately tackle an obstacle paired with reasonable hope for success. I think people are more optimistic in video games because they know that the games are designed for you to win somehow. Unless it is a game where you are set up to lose, there is always some way to get to the finish line. [Show less](#)
- M 6 months ago
Even though she has been a game designer for a decade, sometimes it seems that she has never played games herself. She talks about playing video games as an always happy, positive, optimistic experience. When in reality, with certain communities of games, that is RARELY the case. [Show less](#)
- K 6 months ago
I agree with you Madison that playing video games doesn't always paint a pretty or happy experience - it rarely does.
- P 6 months ago
So true!!
- Z 6 months ago
The theory about playing a game with someone and you liking them more has more to do with you knowing that you have something in common with that person, I believe.
- C 6 months ago
This is something that I know is true. Whenever we have people (friends or family) over at my house, we usually play video games (mostly Super Smash Bros) and it really breaks the ice. We may be real... [Show more](#)
- A 6 months ago
This was an eye-opening statement for me, as I could never understand why my siblings would want to play online with random strangers for such long periods of time. The development of strong social re... [Show more](#)
- S 6 months ago
Wow... world of warcraft wiki has covered more topics of the game then any other wiki in the world has covered about other things... That is crazy to think about honestly.
- V 6 months ago
I don't think the solution is everyone playing more video games, I think the solution is socializing people to understand that virtual progress can be called success in the same way physical progress ... [Show more](#)
- Y 6 months ago
I definitely agree with your statement and view on this! The solution is having people understand this and focus on the different types of pro
- C 6 months ago

Help



Class comments

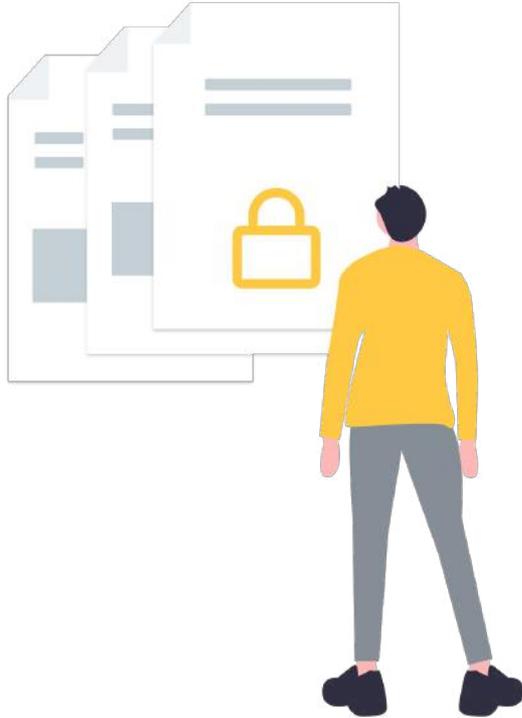
Personal notes

- Z** 2 months ago
This source is an allegory - it has a hidden meaning- morally it is showing that everyone is in the same boat? There is no escaping the Black Death no matter who you are.
- H** 2 months ago
Images like this were created to remind everyone, from all social standings, of the inevitability of death - the idea that no one can escape death, and eventually everyone will have to 'dance' their way... [Show more](#)
- E** 2 months ago
Interesting challenge to usual perspective- most people think the skeletons are joyous as they are taking pleasure in taking people to their death. Challenge that by suggesting that they are dancing a... [Show more](#)
- V** 2 months ago
The fact that the skeletons within the same mass grave are all dressed differently, with some having instruments and clothes, whilst others had nothing, suggests that the Black Death affected multiple... [Show more](#)
- L** 2 months ago
This can be an argument for why so many attribute such weight towards the Black Death as a cause of socio-economic change in medieval Europe - some other factors prior to the Black Death that impacted... [Show more](#)
- A** 2 months ago
Almost humorous, could suggest the attitude of rebuilding. Could also be somewhat mocking of those nobles that still accepted visitors and entertainment such as Elizabeth De Burgh - entertainment is s... [Show more](#)
- E** 2 months ago
The plague had horrific symptoms- buboes, coughing blood etc. But these skeletons are not suffering from this, or even in pain. Therefore is the creator suggesting that death was the best option in th... [Show more](#)
- E** 2 months ago
Furthermore, there is clearly still a bond between the dancers- therefore bonds remain in death as they did in life. Again connoting that the better option was death which tells us about the nature of... [Show more](#)
- J** 1 month ago
Earthly possessions are unimportant compared to being faced with death. All walks of life face the same fate.
- N** 1 month ago
Refers to the Prestwick article which tells that attitudes changed after the Black Death - clothing became shorter and tighter, and women's behaviour became more "lewd"! Perhaps this mass death gave n... [Show more](#)

9 COMMENTS

Help

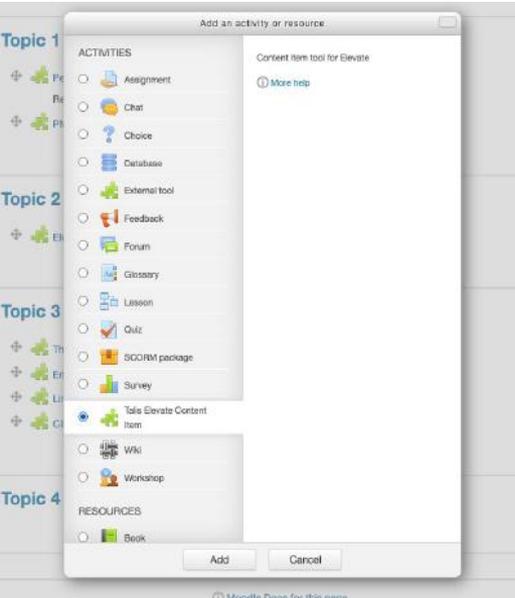
talis



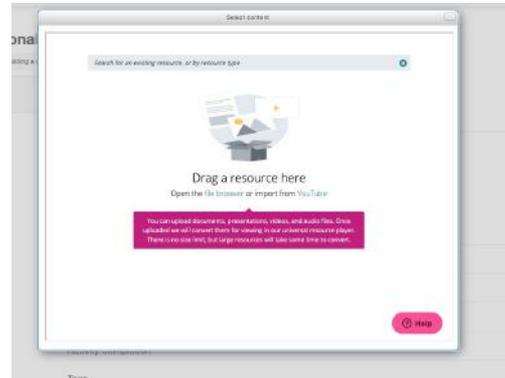
Copyright
Cleared
Content in
Talis Elevate

Using in Moodle

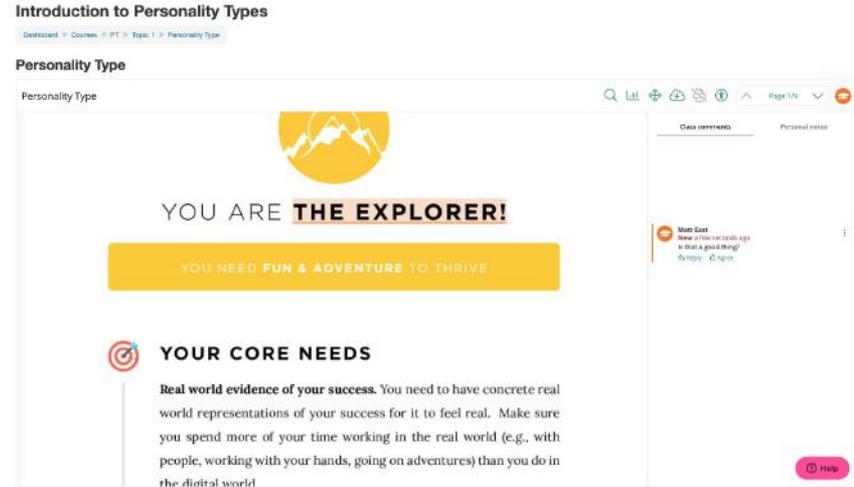
Add an activity



Upload content

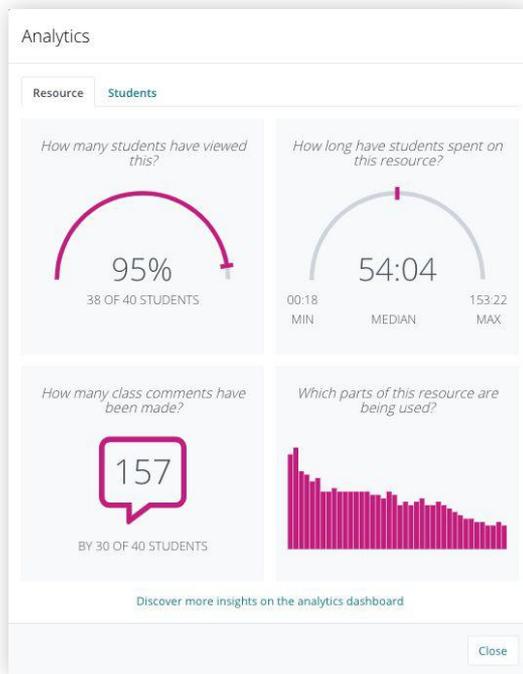


Access content within Moodle

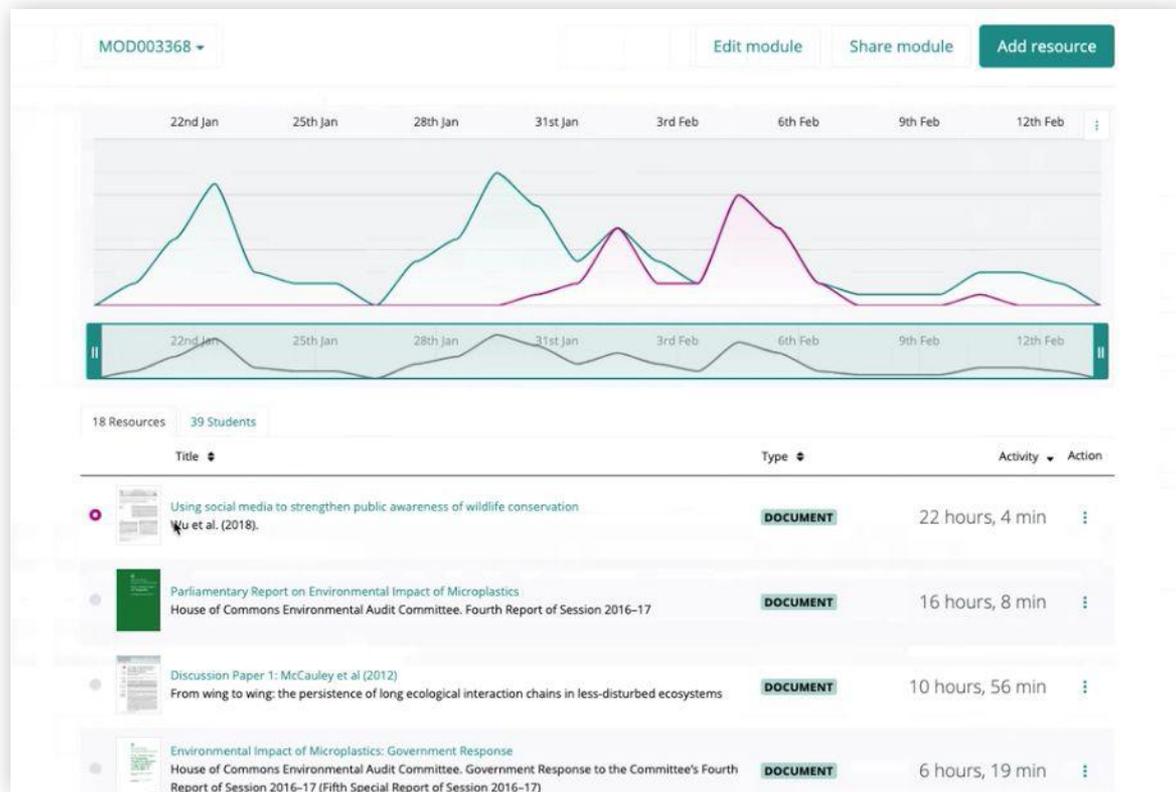


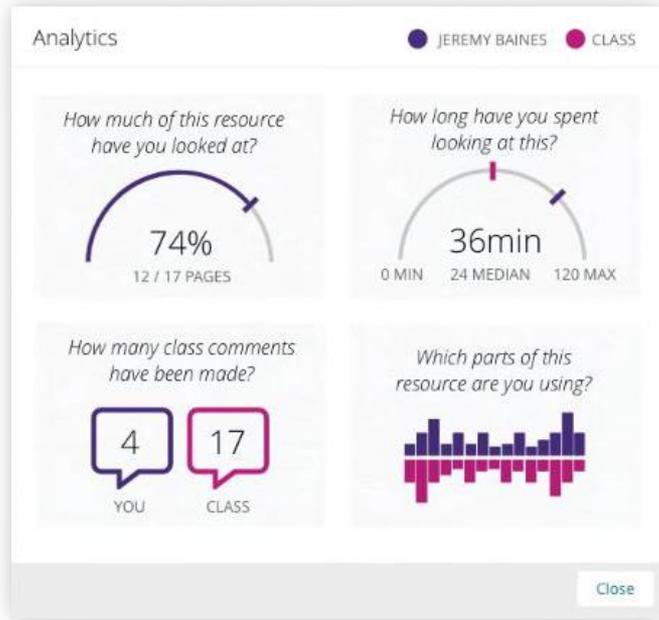
talīs

Analytical insight into active engagement



talis





*"I find seeing my own engagement data really valuable. **Seeing how much time I've engaged with the resources in comparison to my peers can both be motivational but also encouraging to do more.**"*

Student
University of Sussex



Use in practice

talis

Creating an active environment within resources

- Building confidence in collaborative learning early on
- Facilitating a digital community of practice in content
- Students taking ownership over the conversation
- Changing the dynamic of physical classroom
- Targeted student support

The screenshot shows a digital article page from Talis Elevate. The page number is 64, and the title is 'Active Learning in Higher Education 20(1)'. The article text discusses pedagogical challenges in higher education, mentioning that 2-hour lectures cannot match changing attention spans and that active learning involves knowledge construction. The text is highlighted in pink. On the right side, there is a comments section with several user comments, including one from Reece Kaden Sewell and another from Sarah Southgate. The page also features a navigation bar at the top with icons for search, print, and other functions.

talis elevate
Higher Education Lectures: From passive to active learning via imagery
Hopefully this paper will resonate with you based on your experience so far. As you read, try to th... Show more

64 Active Learning in Higher Education 20(1)

one pedagogy, that 2-hour lectures cannot match changing attention spans and that the idea of knowledge being imprinted onto passive minds in a dimly-lit room on a campus for 2 hours at a time is at odds with the kind of conditions needed to engage better student learning (Wolff et al., 2015). Active- and inquiry-guided learning (IGL) practices have been successfully applied to transform engagement in smaller teaching environments and for small sections of large-group lectures. The challenge remains, however, in how to achieve similar results as a matter of course for a lecture's entirety, for whole modules cross the entire academic year in many disciplines, as a constant norm in large-group lectures.

Anthony (1996) maintains that active learning involves knowledge construction in contrast to knowledge absorption, builds on existing knowledge and is known to be occurring to the learner. Prince (2004) similarly argues that active learning is present when learning activities mean that students are active in the process of learning and consider what they are presented with critically, as opposed to just replicating and regurgitating academic stock. These processes crystallize in Dewey's requirement for a problematic situation to stimulate a search for a solution (Savery, 2006). Torp and Sage (2002) similarly identify problem-solving as an essence of active learning, as does Savery (2006). Michael (2006) argues that active learning similarly makes demands on students to think about what they are being asked to learn, rather than just learning it, by means of being involved in the production of knowledge as opposed to being its consumers, a view supported by many (Baeten et al., 2010; Zepke, 2013; Zepke and Leach, 2010). This necessarily involves them in processes like data collection and problem-solving, both of which require independent thought. These key elements and more are present in the work by Winterbottom (2016), who argues that

8 COMMENTS

R Reece Kaden Sewell
3 months ago
This is an important point, as students with SEND such as ADHD, ASCs, dyslexia or chronic issues such as chronic pain and fatigue will struggle to learn from normalised learning methods.

S Sarah Southgate
3 months ago
This would suggest that there could be a way to make lectures more accessible for everyone, especially if active learning is better - breaking the lectures up more and having a mix of tasks means that...

M Morris Howarth
3 months ago
I think it would be an interesting study to test modern methods such as the one listed here, against something such as spaced practice. Spaced practice uses the idea of having shortened lecture periods...

N Natasha Moseem
3 months ago
I agree it would be for the benefit of students to have different forms of learning be used and results as we all general levels of attention to be recorded. Since many different students learn in d...

A Anonymous 266
3 months ago
I think it is naive to think that all students can learn the same way from the same material. Some students have learn difficulties and others have disabilities that could prevent from learning knowle...

E Emily Herrera
3 months ago
I concur with my peers. Lecture learning is very much outdated and does not cater to various different types of learners. This means that others are having a better learning experience and getting near...

K Kai Johnson
3 months ago
For future reference, does anyone know the evidence to which this sentence is referring to? (Wolff 2015) would like to know the theory behind why it is 'at odds with the with the kind of conditions...'.

S Sarah Southgate
3 months ago
More likely to take information in if they're asked questions or asked their opinion on something rather than just copying information down from a powerpoint

23 COMMENTS

Help

[See Blog Post Here](#)

Supporting through the shift to online

*“When we talk about ‘synchronous and asynchronous’ teaching, well, **the asynchronous has been Talis Elevate, but we have used it also in the synchronous Teams chats, and it has been great.** I have been able to go through the content in Talis Elevate and share the screen, and we could all make comments at the same time, as well as being on the video call. **Having the interaction with the resource made it more than just a video call,** we could see the same thing at the same time, and make comments and see each other’s comments at the same time. **We were recreating the classroom environment.”***

Dr. Anna Rich-Abad

University of Nottingham



[Read Blog Post Here](#)

*“When looking at the source material, you can get into a situation where you’re reading for the sake of it. With this, the dialogue within my class meant **it felt more organic and as part of the module.... It was quite unique being able to engage with my class on the readings, and in a good way....** The interaction made it much more hands on and **made me think much more about the detail in the content....** I’ve not engaged with resources as deeply as on this module.”*

Georgia Petts- VP Education- Lincoln SU (Previous Elevate user on History course)
([See blog post here](#))

talis

Talis Elevate at Gloucestershire

Express your interest for next year

<https://tinyurl.com/elevateglos>

