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Ideas used for more effective teaching in a classroom/lab setting:

- When I teach classes that build on one another, I place objectives in my syllabus (in addition to the course objectives) that indicate what the student needs to know from the pre-requisite course to be successful in the current course. This way they can find those notes and keep them handy for reference and go over them to refresh their memories before class. This keeps me from having to spend too much time going over material they should already know.
- After every main topic of discussion, I try and give the students a case study or I have a discussion where I give the students a situation in which they can use the material they just learned. For instance, after covering carbohydrates, I have the students write down a 24-hour recall and then we analyze it for the amount of carbohydrates, the type of carbohydrates, and how they can possibly improve their intake, if needed.
- I think it's important for the students to know why they are learning what they are learning and how they can use this knowledge in real life situations.