Podcast Guidelines

Team Application, NURS1003

Why: This podcast will be developed over the semester and is a team-based activity applying knowledge gained from each theme of Population Health. We have chosen the podcast format as a way of developing your ability to communicate health messages in a digital and interactive format. Many health consumers are listening to podcasts now, particularly as a means of improving their own knowledge on a vast range of topics. Importantly for us, they help build a connection with health consumers and enable us to share important messages. Throughout the unit, we have used podcasts as resources and occasionally to replace a reading. These will give you some ideas on which to structure your own podcast.

When: This will be worked on across the semester, both in class and in your own time. Submission of this will be week 11, Sunday 23rd May. Submission instructions in guidelines and on Canvas assessment page.

How: You will be allocated teams in the first tutorial and you will remain in these teams for the duration of the semester for all tutorial activities and this graded activity. Nursing is very much a team profession and we encourage you to work effectively together, both virtually and during tutorials. For this reason, **we ask that you complete your <u>Group Charter</u> by week 2 and post to your team site**. This ensures that you have common rules, allocated roles and an agreement on work ethics.

Each tutorial provides an opportunity to spend some time on your podcast and discuss your ideas with your tutor. 10-15 minutes of each tutorial will be allocated to progressing this.

Purpose: to apply the knowledge and learning outcomes of each theme in delivering a health message: using your knowledge, communication skills and health promotion tools in the design of a podcast. The purpose of this podcast is to provide effective communication using the digital space on one of the following (you choose):

1. **Smoking**

2. **Vaping**

3. **Obesity**

As a team:

- Choose your topic and brainstorm your **health message** (this will be refined over the semester as you develop new knowledge)

- Choose a podcast name (make it catchy) and a theme tune (your choice)

- Design your podcast artwork (front cover) to reflect content.

- Allocate the 6 roles (see template below, variations to the roles please chat to your tutor) within the team and document in your **shared document.**

- Complete your **Group Charter** and post in your group (by week 2).

- Use the template to design your podcast and decide on your health message.

- Choose your format- interviews, use of multiple hosts, educational, news recap, call in an expert. Etc.

- You can record this in studio on Canvas; the new 'Create Space' at SWHB (appointments via Library >>Book equipment>>Location (Create Space)>>recordings studio; or on zoom. Those who wish to use the podcast facilities, we will have further details on this in weeks ¾.

- This will be submitted to Canvas for grading. Submission instructions here: https://community.canvaslms.com/t5/Studio/How-do-I-submit-Canvas-Studio-media-as-a-Text-Entry-assignment/ta-p/1681

- Rubric is available in Assessments.

Instructions:

- The podcast will be **8 minutes** long (range 7-9 minutes, no more than 10 minutes)

- Each team member to introduce themselves and state their role.

- Each unit theme will be represented in your podcast. See template.

- You will be marked on your podcast (audio) submission, submission of a brief summary (no more than 100 words), appropriate references for sources and journal articles used, transcript with allocated roles and your Group Charter (charter to be uploaded to your Canvas site). See rubric.

If in doubt:

Make sure you speak to your tutor if you have questions on this assessment, review the rubric to see where marks are allocated and keep detailed notes on a weekly basis to clarify your key message.

Resources

Coronacast is a podcast that answers your questions about coronavirus. This breaks down the latest news and research to help you understand how the world is living through a pandemic.

https://www.abc.net.au/radio/programs/coronacast/

The Wholesome Show, the science podcast for people who sit up the back of the class.

http://wholesomeshow.com/life-in-a-herd

Ted Talks (health), well known and with great international reach.

[https://www.ted.com/talks/heidi_larson_why_rumors_about_vaccines_spread_and_how_to_reb uild_trust](https://www.ted.com/talks/heidi_larson_why_rumors_about_vaccines_spread_and_how_to_rebuild_trust)

Template

THEME (review core concepts from each theme)	QUESTIONS TO CONSIDER (these are starting points only)	RO (if cha
1. Understanding health	What is the current health context; who is the target population; what are the short- and long-term health effects e.g. Chronic care/costs to health care and impact on patient and family. What does the research tell us? What is currently being done?	Int
2. Measuring health	International and national prevalence of your topic? Smoking/vaping: what is the uptake (think of your target population)? Consider the prevalence of obesity? Which population groups have higher/lower rates? Why?	Int
3. Strategies to improve health	What are key influences on consumer behaviour? Consider the effects of the SDOH and health literacy of your target group. How effective are current interventions – what strategies might you consider using to approach the health issue? Finally, consider your overall 'pitch' or key health message. Be innovative.	He
4. Your health message	Key health message: short and memorable	Yo add po

Q and A session with Create Space team: resources

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TECH HELP

How can we record our Podcast on campus?

There are a number of ways that you can record your podcast. For the most authentic experience, we highly recommend making use of the Podcast Recording Studio in CreateSpace on Level 4 of the Susan Wakil Health Building. Your team will be given a timeslot and there will be library staff to support you during your allotted time. There are only two people allowed in the studio at once due

to COVID restrictions, so please consider that practicality when planning your podcast. Will you have some members dial in? Will you record in different combinations and edit together later?

How can we record our Podcast remotely?

Using Zoom

1. Download or Open the [Zoom Client for Meetings](#)

2. Sign in. You have a university Zoom account that you can sign into using your unikey and password (important: select *sign in with SSO* and type *uni-sydney* to sign in with your unikey and access the paid account.)

3. [Schedule a Meeting](#) that all your team members can come to.

4. Share the meeting invitation with your team members.

5. When you start the meeting and are ready to start the podcast, select [Record and Record on this Computer](#)

6. Click Stop Recording when finished or end the meeting to automatically stop recording

7. Important: Wait for Zoom to convert the meeting in the pop up window. Don't close the pop up window until it's finished converting.

8. Access the mp3 audio file from the recording from your computer: *Documents>Zoom*

How can we edit our Podcast?

You can access free software called [Audacity](#) to edit your audio recording.

You can get support using Audacity through the [online manual](#) or keep an eye out for future library workshops on Audacity and Podcasts through the [Library's calendar.](#)

Where can I get my jingle from?

There are a lot important licensing rules to observe when it comes to using other's music so it's important to be sure you use music that you have permission to use. The easiest way to do this is to find Creative Commons or Royalty Free music. You may still need to credit the creators of the music somewhere in your Podcast recording or blurb though, so be sure to check the licensing rules. [Bensound](#) is a great website with free audio files you can pre-listen to and download. Make sure you click on the tunes with the black download buttons as these are the free ones. Check [Bensound Free License rules](#) here.

We want to add stock images to our bio

As with music, it's important to use images with permission or from creative commons.

Some free sites are:

www.Pixabay.com

www.Unsplash.com

www.Pexels.com

We want to learn more about Making Podcasts!

Keep an eye out for the Podcast 101 workshop in the Library's calendar.

How can I submit our podcast to Canvas?

Only one person in your group will get a notification from Canvas to submit on behalf of the rest of the group. If you will be submitting please follow this guide: Submitting to an Assignment in Studio

Please make sure you select *Allow Comments*.

For accessibility, you might like to enable captions.