



Help Students Tell the Story of Their Experiences One Second at a Time

The importance of reflection to promoting engagement and deep learning has been well-established. Yet, the ever-present influence of technology in the lives of our students may be at odds with this. The constant flow of texting, browsing, Googling, posting, bookmarking, and networking have become digital preoccupations for our students (and many faculty members as well if they are completely honest). One of the offshoots of this constant onslaught of digital content is that faculty and students alike may neglect the process of reflecting on and curating newly acquired assumptions, beliefs, and insights. In spite of perceived challenges, the current digital climate also creates pathways that allow students to acquire and share discipline-specific content knowledge, take full advantage of digital technology, and reflect on what they are learning. A 21st Century win-win!

One strategy for making use of students' seeming obsession with digitally documenting their lives while aiding them in reflection is the One Second Everyday (1SE) video montage. This video genre first gained popularity following a TED Talk by Cesar Kuriyama in which he discussed his ongoing practice of making a one-second video every day as a way to document and celebrate the routine events of his life. In line with his commitment to this strategy, he also developed an app for the purpose of creating a "... video diary that stitches together videos and photos to document your life's journey" (<https://itunes.apple.com/us/app/1-second-everyday/id587823548?mt=8>). The app allows users to select a one-second video for each day, store them in a calendar format, and combine them into a longer video covering a specific time period.

There are several ways instructors could use the one-second-every-day video concept to support student reflection in their courses, such as

- documenting the first semester on a college campus;
- recording evidence of out-of-class learning experiences, including student teaching, practica and internships, semester abroad programs, and community service projects;
- creating thematic videos focused on a principle or concept related to course content (e.g., passion, excellence, commitment, success/failure, inspiration, friendship); or
- Developing a storyboard and then shooting a series of one-second videos to teach a lesson, demonstrate a process, or delineate step-by-step directions (e.g., lab procedures).



“What matters is to live in the present, live now, for every moment is now. It is your thoughts and acts of the moment that create your future. The outline of your future path already exists, for you created its pattern by your past.”

**—Sai Baba of Shirdi
Indian Spiritual
Master**

Documenting Learning One Second at a Time

Here are the steps for creating a one-second-every-day video montage using the app (adapted from Chavanu, 2013):

1. Download the 1SE app at the Apple Store (iOS) or Google Play (Android). The current cost of the app is \$4.99. There are, however, similar apps available for free or at a lower cost that accomplish the same outcome (e.g., Video 365, Life in Shorts).
2. After launching the app, click on the camera in the upper left hand corner of the screen and start shooting.
3. Review your video or video(s) and select the one that best captures what you want to communicate. Use the scissors tool in the app to select a single second of video. The one-second video snippets will be stored in the app-based calendar and from there can be compiled into single video.
4. To mash a video, tap the arrow icon on the calendar page and then select start and end dates for the snippets you wish to compile. Tap the film reel to view the video compilation.
5. Upload the compiled video directly to YouTube or Facebook, or download it to a movie application (e.g., iMovie, Movie Maker) for editing and the addition of a music or audio track. Created videos are automatically stored on their phone/tablet's camera roll.

It may also be helpful for students to know they have the option to use or retake videos in addition to recording longer video clips or making multiple videos each day. This means they can keep working with the video until they capture exactly what they are looking for. However, users have to identify a single one-second segment to represent that day on the 1SE calendar. If students miss a day of recording, the app simply skips over that day in compiling the video. Alternately, students can include some text or an image from the camera roll in place of the missing video.

Some Final Considerations

As a starting point for using 1SE or similar apps for a course assignment, it may be prudent to provide a list of video guidelines related to acceptable content (e.g., no nudity, nothing illegal, nothing that would be harmful/hurtful to another person). Stating these types of guidelines in advance of the assignment will prevent (or reduce the likelihood) of later problems after the videos have been submitted and shared.

The directions for the assignment should specify a minimum and maximum number of one-second clips that will go into the final product (e.g., over a 15-week semester, students can produce 60 to 75 one-second video clips, resulting in a one-minute video). As a culminating activity, students can share a link to their completed video on your LMS-based discussion forum, creating a Video Gallery and allowing them to interact around the activities or learning experiences they documented. Other strategies for embedding 1SE videos into assignments include,

- posting videos along with brief essays in which students reflect on their learning,
- presenting the videos in class and asking students to comment on their choice of topic and rationale for the selected clips, or
- inviting students to submit their final products to a campus- or program-wide video contest and public showing.

Help you students to capture the seconds of their lives!

Resources for Getting Started

- One Second Every Day Website: <http://www.1secondeveryday.com/>
- One Second Every Day TED Talk by Cesar Kuriyama: https://www.ted.com/talks/cesar_kuriyama_one_second_every_day
- One Second Every Day from Birth (for one year): <https://www.youtube.com/watch?v=ZtgzTr8iopk>
- Video 365 App: (<https://itunes.apple.com/us/app/video-365-your-every-day-video/id597141230?mt=8>)
- Life in Shorts App: (<https://itunes.apple.com/us/app/life-in-shorts-video-summary/id1050976769?mt=8>)

References

- Chavanu, B. (2013). How to create a video of your life one second a day. Retrieved 20 July, 2016, from <http://www.makeuseof.com/tag/how-to-create-a-video-of-your-life-one-second-a-day->



**INSTITUTE ON
PEER LEADERS**

November 11 - 13, 2016
University of South Carolina
Columbia, SC

**REGISTRATION DEADLINE
November 4, 2016**

What's Happening at The National Resource Center

Conferences and Continuing Education

Conferences and Institutes

Save the Dates

23rd National Conference on Students in Transition

October 15-17, 2016

New Orleans, Louisiana

Early-bird registration deadline: September 21, 2016

Institute on Peer Leaders

November 11-13, 2016

University of South Carolina (Columbia campus)

36th Annual Conference on The First-Year Experience

February 11 – 14, 2017

Atlanta, Georgia

Proposal submission deadline: September 28, 2016

The National Resource Center invites online proposal submissions. Concurrent session, roundtable discussion, poster session, and exhibitor presentation proposals are requested on topics addressing a range of student transitions within and across higher education sectors. For more information on session types, submission guidelines, and selection criteria, visit <http://bit.ly/fye17atl> or contact Nina L. Glisson at fyeconf@mailbox.sc.edu or (803) 777-8158.

Online Courses

The National Resource Center offers online courses on topics of interest in higher education. The courses provide participants the same content and opportunities for interaction with peers and the instructor as traditional (i.e., classroom-based) learning environments while taking advantage of pedagogy and teaching techniques that are not possible or common in those settings. The courses use tools such as e-mail, threaded discussions or forums, listservs, and blogs. Enrollment is limited to 25 participants, and attendees will earn 1.5 continuing education units for each course. Visit <http://www.sc.edu/fye/oc> for more information.

Online Course Offerings

Fostering First-Year Student Success

October 3 - 28, 2016

Facilitated by Stephanie Foote, Director, Master of Science in First-Year Studies; Associate Professor of Education, Department of First-Year and Transition Studies, Kennesaw State University



NEW ORLEANS
OCTOBER 15-17, 2016

**REGISTRATION
DEADLINE**
OCTOBER 5, 2016

WHO SHOULD ATTEND?

EDUCATORS INTERESTED IN THE COLLEGE STUDENT EXPERIENCE FROM THE FIRST YEAR THROUGH GRADUATION. THE COLLEGIATE CURRICULUM. INNOVATIVE PEDAGOGIES. AND HIGH-IMPACT PRACTICES DESIGNED TO IMPROVE LEARNING AND SUCCESS FOR TODAY'S UNDERGRADUATE STUDENTS SHOULD ATTEND. GRADUATE AND UNDERGRADUATE STUDENTS ARE ALSO ENCOURAGED TO PARTICIPATE IN THE CONFERENCE.



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FIRST-YEAR EXPERIENCE® AND STUDENTS IN TRANSITION
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Publications

The Journal of The First-Year Experience & Students in Transition is currently accepting nominations (including self-nominations) for members of the editorial review board. Editorial review board members serve a three-year term (January 2017 – December 2019); hold advanced degrees (Ph.D. or equivalent preferred); have a minimum of five years experience

in higher education; are affiliated with an accredited college or university; and have expertise in quantitative, qualitative, or mixed methods research design and analysis. Candidates with knowledge of advanced statistical methods are especially encouraged to apply.

Individuals who meet these qualifications are invited to submit a letter of intent and CV to Dr. Paul A. Gore, Jr., Editor, at gorep@xavier.edu. The deadline for receipt of completed nomination packages is October 31, 2016.

National Resource Center Exhibits and Presentations

Like many of you, the staff of the National Resource Center for The First-Year Experience and Students in Transition is actively involved in the conference circuit. We are pleased to share the following upcoming opportunities to hear about the results of research studies conducted by the Center, learn about best practices, and meet National Resource Center staff members.

Who Are Today's Students and How Do We Best Serve Them? Keynote session by Jennifer R. Keup, National Resource Center Director, at the 2016 Midwest First-Year Experience Conference; September 23, 2016; Northern Illinois University, DeKalb, Illinois.

Examining First-Year Seminars as a High-Impact Practice. Concurrent session by Jennifer R. Keup, National Resource Center Director, at the 2016 Midwest First-Year Experience Conference; September 23, 2016; Northern Illinois University, DeKalb, Illinois.

Exploring Connections to Academic Advising in the First and Second Year of College. Exhibitor session by Rico R. Reed, National Resource Center Assistant Director for Administration and Resource Development, at the 40th Annual Conference of NACADA: The Global Community for Academic Advising; October 6, 2016, 3:15–4:15 pm in Lobby 405/406 of the Hyatt Regency Atlanta.

Global Perspectives on Undergraduate Peer Leadership. Concurrent session by Tracy L. Skipper, Assistant Director for Publications, National Resource Center, at the 2016 NODA Annual Conference; November 6, 2016; 10:15–11:05 am, Indianapolis, Indiana.

Writing for Professional Advancement: Conducting OTR Research. Concurrent session by Stephanie M. Foote, Director, Master of Science in First-Year Studies and Professor of Education, Kennesaw State University, and Tracy L. Skipper, Assistant Director for Publications, National Resource Center, at the 2016 NODA Annual Conference; November 7, 2016; 10:50 – 11:40 am, Indianapolis, Indiana.

Conversations with Scholars. Roundtable session by Jennifer R. Keup, National Resource Center Director, at the 41st Annual ASHE Conference; November 10, 2016, 4:30–5:45 pm in Franklin CD of the Hyatt Regency, Columbus, Ohio.

Building Coherence Through Vertical Integration of High-Impact Practices Across the Undergraduate Curriculum. Topical paper session by Kevin Eagan, UCLA; Jennifer Keup, National Resource Center Director; Jillian Kinzie, Indiana University Bloomington; and Tia McNair, Association of American Colleges and Universities, with Dallin George Young, National Resource Center Assistant Director for Research, Grants, and Assessment, serving as session discussant at the 41st Annual ASHE Conference; November 11, 2016, 4:45–6:00 pm; Hyatt Regency, Columbus, Ohio.

E-Source Submission Guidelines

For complete guidelines and issue dates, see <http://sc.edu/fye/esource/guidelines.html>

Audience: *E-Source* readers include academic and student affairs administrators and faculty from a variety of fields interested in student transitions. All types of institutions are represented in the readership.

Style: Articles, tables, figures, and references should adhere to APA (American Psychological Association) style.

E-Source does not publish endorsements of products for sale.

Format: Submissions should be sent via e-mail as a Microsoft Word attachment.

Length: Original feature-length articles should be 750–1,200 words. Annotations of new resources should be no more than 500 words. The editor reserves the right to edit submissions for length. Photographs are welcome.

Please address all questions and submissions to:

E-Source Editor

National Resource Center for The First-Year Experience & Students in Transition
University of South Carolina
1728 College Street
Columbia, SC 29208

E-mail: esource@mailbox.sc.edu

Sign up for



Looking for new teaching strategies or fresh ideas for first-year seminars?

E-Source, the National Resource Center's online newsletter for college transitions, offers a wealth of information. *E-Source* also is accepting submissions for the spring 2017 issue. To view the archives, review submission guidelines, and receive content alerts for new issues, please go to

www.sc.edu/fye/esource.

What Works and Why: Impact Heterogeneity and Designs of Community College

Student Success Courses. Research paper presentation by Deryl Hatch, Crystal Garcia, Naomi Mardock Uman, University of Nebraska - Lincoln; Sarah Rodriguez, Iowa State University; and Dallin George Young, National Resource Center Assistant Director for Research, Grants, and Assessment at the 41st Annual ASHE Conference; November 12, 2016, 12:15–1:30 pm; Hyatt Regency, Columbus, Ohio

Conversations with the Editors: Student-Focused Journals. Panel session by Paul A. Gore, Jr., Editor of *Journal of The First-Year Experience & Students in Transition*, at the 41st Annual ASHE Conference; November 12, 2016, 3:15–4:30 pm, Hyatt Regency, Columbus, Ohio.

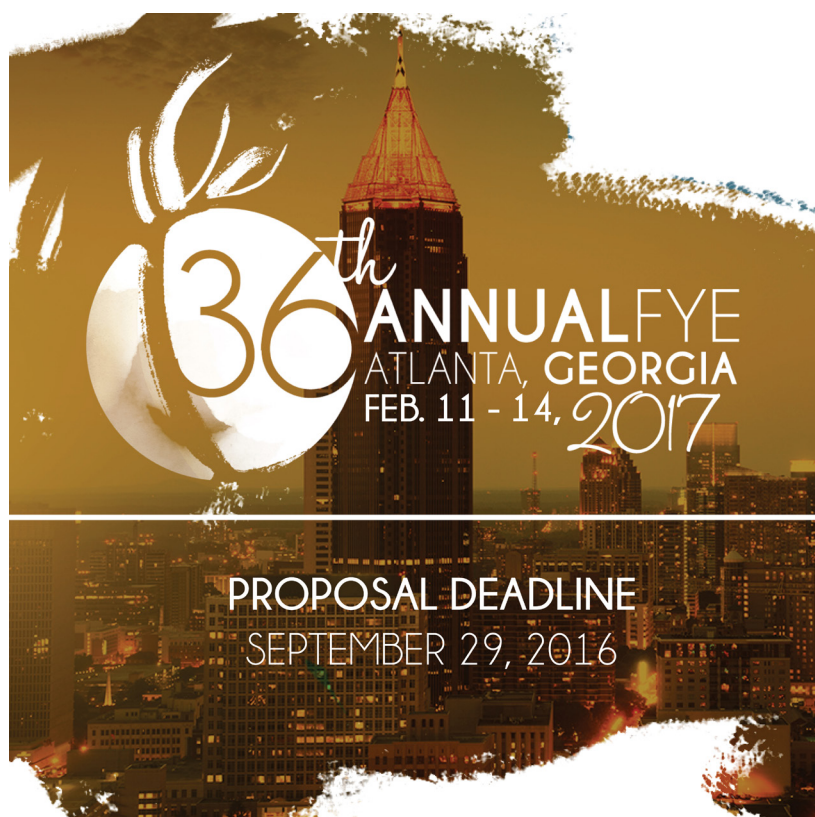
Awards and Recognition

National Resource Center/ACPA AOFYE 2017 Research Grant

The National Resource Center for the First-Year Experience, in partnership with the ACPA Commission for Admissions, Orientation, and First-Year Experience (AOFYE), invites applicants for their 2017 Research Grant Competition. The National Resource Center and AOFYE will jointly award one \$500 grant to promote scholarship on issues relating to admissions, orientation, and/or other aspects of the first-year experience.

Completed grant applications must be received by **11:59 p.m. EST, November 18, 2016.**

Please contact Bryce Bunting (Bryce_bunting@byu.edu) with questions about the grant selection process or submission criteria. Additional information regarding application guidelines is available at the [AOFYE Research Grant Guidelines](http://www.mycapra.org/aofye-research-grant-guidelines) page (<http://www.mycapra.org/aofye-research-grant-guidelines>).



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The Toolbox

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The Toolbox is an online professional development newsletter offering innovative, learner-centered strategies for empowering college students to achieve greater success. The newsletter is published six times a year by the National Resource Center for The First-Year Experience and Students in Transition at the University of South Carolina, Columbia, South Carolina.

The online subscription is free. To register for newsletter alerts and access back issues, please visit www.sc.edu/fye/toolbox.

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