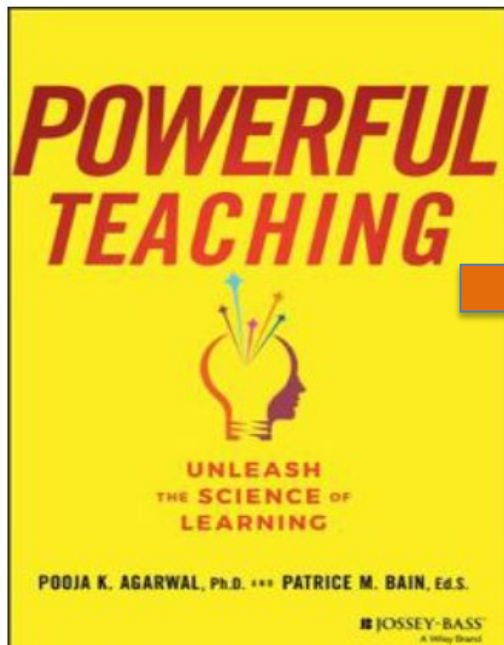


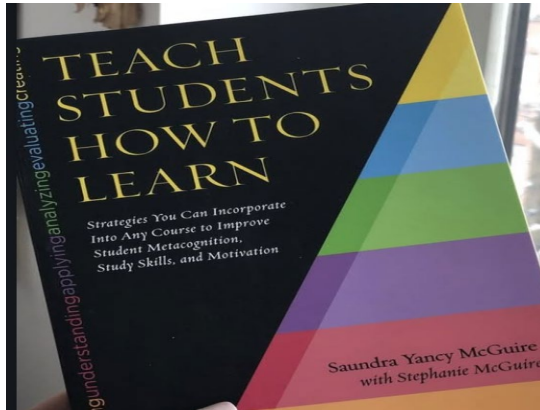
# **Designing Learning Experiences That Foster Reflection and Connection Lessons from CHEMISTRY II**

Sanaz Bandegi  
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Scholarship of Excellence in Teaching (SET) Fellowship  
Montgomery College

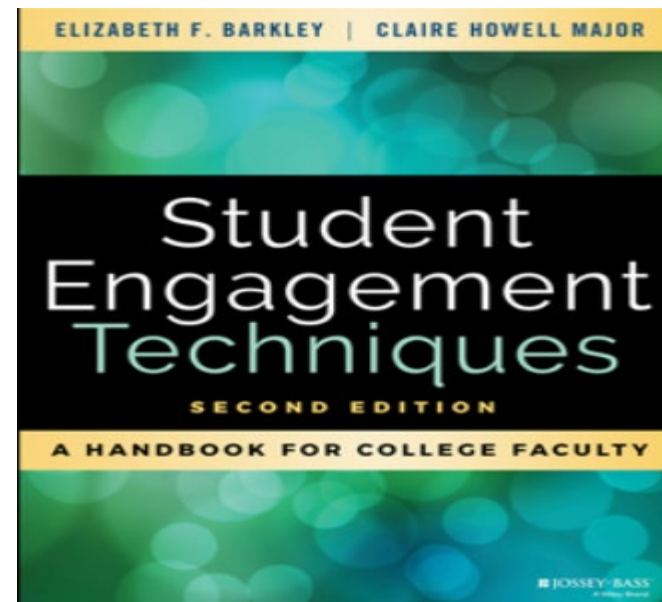
- CHEM II is challenging and often taken by diverse majors
- Your goal: **improve learning, motivation, and metacognition**



- Learning improves through retrieval, spacing, and feedback
- Low-stakes practice strengthens memory and confidence
- Metacognition enhances student self-regulation
- Small instructional changes can yield large learning gains



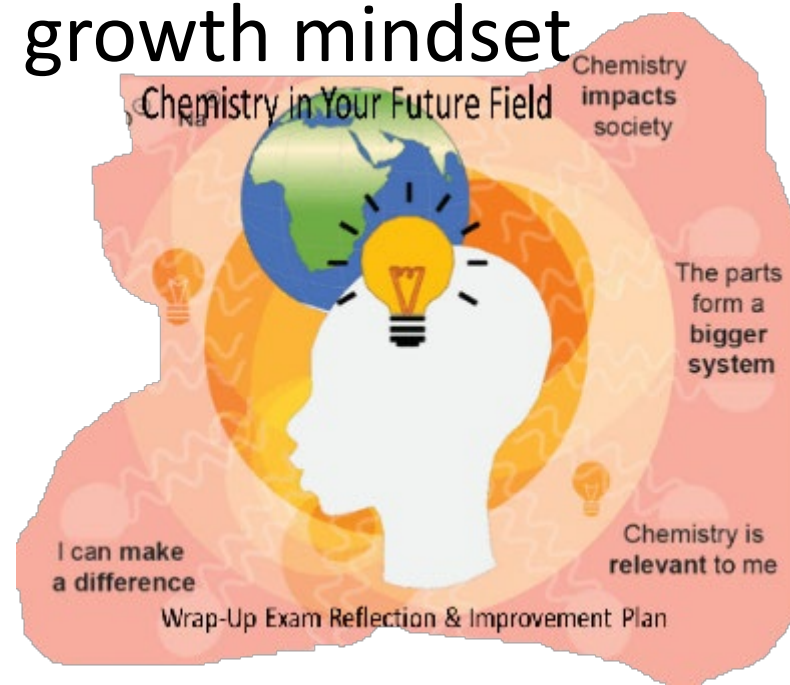
- ✓ Instructors can dramatically improve student success by teaching **metacognitive strategies**—helping students understand *how* they learn, *why* certain strategies work, and *when* to use them.
- ✓ McGuire also highlights the importance of **Bloom's Taxonomy** to help students recognize the difference between memorization and deeper levels of learning such as application, analysis, and synthesis. By reframing learning expectations, students shift from a **fixed mindset to a growth mindset**, taking responsibility for their learning process.



- Active learning
- Student voice
- Reflection and relevance
- Inclusive participation

# Why These Projects?

- Students often focus on grades rather than learning
- Limited structured reflection after exams
- Difficulty connecting chemistry to future careers
- SET goals: metacognition, growth mindset relevance



# Project 1: Chemistry in Your Future Field

- Small-group presentation project
- Students connected chemistry concepts to intended careers
- Emphasized relevance, communication, and collaboration
- Encouraged interdisciplinary thinking

SET project Section 1 Fall  
2025 21868

SET Project Section 2 Fall  
2025 20761

Redox Reactions and Antioxidants  
Electrochemistry and real time health  
monitoring

Thermodynamics and Air conditioning  
System

Muscle Integrity and Intermolecular  
Forces

nuclear chemistry and radioactivity  
applications in civil engineering

Acid-base equilibrium in  
environmental science and agriculture

Reaction rate (Kinetics) in the field of  
Engineering

our blood in acid- base chemistry  
Equilibrium and Pharmaceutical  
(solubility of medicine)



**Air conditioning System**

**THE REFRIGERATION CYCLE OF AN AIR CONDITIONER**

Refrigerant States

- Low Pressure, Low Temperature Liquid
- Low Pressure, Low Temperature Vapor
- High Pressure, High Temperature Vapor
- High Pressure, High Temperature Liquid

Outdoor Condensing Unit

Indoor Evaporator Coil

Air Handler/Blower Motor

TXV Metering Device

Refrigerant Flow

Indoor Air

Outdoor Air

High Pressure Vapor

Low Pressure Vapor

High Pressure Liquid

Low Pressure Liquid

Water Condensate Return Air

**Potential Energy Drive the Muscle Contraction**

- Power by the hydrolysis of ATP (adenosine triphosphate) which stores energy that is used to drive the sliding of actin and myosin filaments, which is responsible for muscle contraction and help with movement.
- Potential energy from a phosphate group in the hydrolysis of myosin, myosin, releases a large amount of the energy.
- ATP is composed of an adenine molecule attached to three phosphate groups. The bonds linking the phosphate groups are called phosphate hydrolysis bonds. These bonds are often referred to as "high energy" bonds because their hydrolysis releases a significant amount of free energy.
- ATP hydrolysis is also used to power many other cellular processes, including active transport, protein synthesis, and DNA replication.

Hydrolysis

Diagram illustrating the cycle of ATP hydrolysis and synthesis:

```

graph TD
    ATP[ATP] -- Hydrolysis --> ADP[ADP + Pi]
    ADP -- Phosphorylation --> ATP
    subgraph "Energy Source"
        direction TB
        E1[Energy from the breakdown of glucose]
        E2[Energy from the breakdown of fatty acids]
        E3[Energy from the breakdown of amino acids]
    end
    E1 --> ADP
    E2 --> ADP
    E3 --> ADP
    
```

# MUSCLE INTEGRITY


Intermolecular forces are essential to protein structure and therefore essential to muscle integrity.

The diagram illustrates the structure of a muscle fiber and the molecular mechanism of contraction. On the left, a cross-section of a muscle fiber shows myofibrils with labels for the sarcoplasmic reticulum, thin (actin) filament, Z disc, H zone, thick (myosin) filament, and sarcomere. A 'Dark band' is also indicated. On the right, the 'cross-bridge cycle' is shown in five steps: 1. Detachment (Actin), 2. Hydrolysis, 3. Cross Bridge, 4. Power Stroke, and 5. Detachment (Myosin). The cycle is powered by ATP, with ADP + Pi being released during hydrolysis and re-binding during detachment. A 'recovery' arrow points from step 5 back to step 1.

## Civil Engineering Applications

Nuclear Density Gauge (Most Important Tool)  
Concept: Radiation used to measure soil & asphalt compaction  
Deep Explanation:  
A nuclear density gauge is a civil engineer's device that contains a small radioactive source, usually Cesium-137 for gamma rays or Americium-241 for neutron moisture testing. It emits gamma rays into the ground.  
Depending on the soil's density:  
High density soil = more particles = *more scattering* = lower detector count  
Low density soil = less scattering = higher detector count  
The gauge calculates density using the radiation attenuation formula:  
$$I = I_0 e^{-\mu x}$$
  
Where:  
 $I$  = detected intensity  
 $I_0$  = original gamma ray intensity  
 $\mu$  = attenuation coefficient  
 $x$  = density of the soil/asphalt

Real Field Example:  
When constructing a new highway, engineers must test every layer (6-12 inches). The nuclear gauge ensures the ground is strong enough before asphalt is placed.



# Project 2: Wrap-Up Exam Reflection & Improvement Plan

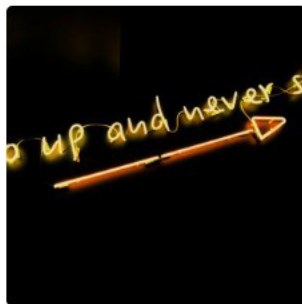
- Implemented after Exams 1, 2, and 3
- Each reflection worth 10 points
- Focused on exam performance analysis and improvement strategies
- Not implemented for Exam 4 due to timing at end of semester



## Post-Exam 2 Reflection & Improvement Plan

👁 Visible to students ▼

Now that your exam grades are posted, take a few minutes to reflect and plan ahead! Think about what study habits helped you most, what topics were tricky, and what you can do differently next time. You'll review your missed questions, fix a few key ones, and set simple goals to boost your confidence for the final. This short reflection isn't about points—it's about learning from the process and finishing the semester stronger!



## Post-Exam 3 Reflection & Improvement Plan

Review your Exam 3 and rewrite each incorrect question, marking your corrected answer in red or green in front of the question. For multiple-choice items, include a brief explanation of why you changed your answer. Take a clear photo of your corrected work and upload it to the assignment link on Blackboard.



## Post-Exam 3 Reflection & Improvement Plan

Due date: 12/7/25, 11:59 PM (EST)



- ✓ Low-stakes structure supporting reflection, risk-taking, and growth mindset

## Post-Exam#1 Reflection Fall 2025

Post Exam #2 Reflection Fall 2025.docx

# Challenges **Project 1: Chemistry in Your Future Field (Group Presentation)**

- Introverted students were hesitant to participate in oral presentations
- Group collaboration required instructor facilitation (e.g., initiating email exchanges)
- Coordinating presentation logistics was challenging
- Limited in-class time due to extensive CHEM 132 content coverage (9 chapters)

# Challenges – Project 2: Wrap-Up Exam

## Reflection & Improvement Plan

- Required substantial instructor time for review and individualized feedback
- Providing meaningful comments for each reflection increased grading workload



# Student Feedback: Likert-Scale Results

- ✓ Reflection project improved awareness of learning strategies
- ✓ Students reported increased understanding of strengths and weaknesses
- ✓ Career connection project increased relevance and engagement
- ✓ Consistent positive trends across two course sections

# Student Feedback: Open-Ended Responses

• I love to focus of chemistry in real world applications, and I love the emphasis on practice problems to be well prepared for the exams.

- I appreciated Professor Bandegi facilitating student success. She provided exam reflections which gave opportunity for learning and improvement. I also appreciated her flexibility and encouraging demeanor.

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# Student Feedback: Open-Ended Responses Project #1

- **If you could change one thing about this assignment to improve learning, what would it be?**
- Honestly, I don't have a suggestion or comment about improving learning. I think the assignment was successful.
- I would say that the students could choose the chapter and partner. I personally enjoyed the chapter I covered and the partner I worked with, but I could imagine some students like having choice if they wanted to.
- Can you include an assignment on blackboard with a rubric for the slides, and if possible include the groups in that assignment. I noticed a lot of people in the class getting confused of who was in there group, sometimes mistaking me for being apart of their group.

- perhaps having the students make a kahoot of the key concepts of the chapter to increase engagement?
- Pair up with compatible partners. That way it would be more fun and proper utilization of time and energy.
- It felt like some of the presentations were overly focused on the chemistry topics rather than the real world connections. I think having an example of how the presentation is expected to be structured would be beneficial to future students
- Have the presentation dates a day or two after fully covering the chapter to be presented.

- **Any final comments or suggestions?**

- I thought the instruction, application, and timing of the assignment was well thought through and led to success.

- every one is not good at presenting .

- I enjoyed this presentation because it gave me the opportunity to learn more about a part of chemistry that is relevant to my field. I also appreciated working with my partner and learning from her research skills and abilities. I also liked how it engaged me in the topic of chemistry in a more creative way. For someone who is not strong in chemistry it gave me an opportunity to enjoy the topic without feeling burdened by quizzes, tests, or equations.

- I think its an interesting assignment that is worthwhile

- I would be cool if the power points were uploaded to the black board after they've all been presented. Some of the connections were pretty interesting and being able to revisit them would've been nice



Back up slides



Assigned Chapter for Group Presentation	Name	Major
Chapter 14 Acid-Base Equilibria	Bobo, Bianca	Chemistry/Biology
	Bouley, Dennis	Biology
	Lopez, Theresa	Biology
Chapter 13 Fundamental Equilibrium Concepts	Dumayas, Austin	Biomedical engineering
	Tesfamichael, Medhane	Biochemistry
Chapter 21 Nuclear Chemistry	Kefela, Danayit	Chemistry
	Lopez, Giselle	Environmental Sciences
	Okunrinboye, Nifemi	Biomedical Engineering
Chapter 17 Electrochemistry	Matoka, Ilan Christopher	Computer Engineering
	Quiahuistle, Julio	Computer Science
	Ticona, Jhayzon	General Engineering
Chapter 16 Thermodynamics	Morat, Zime Anis Bylan	Aerospace Engineering (Drop)
	Nguyen, An	Biochemistry
	Patel, Puran	Mechanical Engineering
Chapter 15 Equilibria of Other Reaction Classes		Biological Sciences
	Mutombo, Olive	
	Pautrat, Miranda	Biology
Chapter 12 Kinetics	Pinnell, Isabel	Pre-Med
	Patamawenu, Amy	Biochem/Forensic
	Sandy, Grace	Biology
Chapter 11 Solutions and Colloids	Thomson Jacobs, Oliver	Bioengineering
	Vargas, JohnRhec	Biology
	Yanga, Francesca	Exercise Sciences