Students improve communication skills through action and adventure.

Walking among the stars, you might see some cosmic sights.

On Front Campus, student groups were moving and all happy, talking and telling out numbers. Students were seen building tall towers, two big pillars with plastic piping. On the wellness between Lile, Siscare and Bevan Hill, groups moved slowly, tightly gripping brightly colored bands and holding cups of ice.

These activities are being used in Dr. Joe Cox’s ecology class. He says “Experiential Learning.” The psychology class is a learning research of adventure education, which have challenging initiatives for learning and development.

Now, he’s showing students how to have action plans. A role in communication, he helps when identifying problems and finding solutions. Gibbs first learned about experiential learning from his mentor, Karl Babcock, who used them to foster trust and encourage cooperation.

Gibbs’ course usually begins with a lot of fun. “In traditional therapy, you give the freedom and client is sitting in chairs,” Gibbs said. “We want to get them out of their chairs and not doing something.” He broadened the class beyond his area of expertise. Adventure therapy, for instance, includes other educational therapies like art, music, the wilderness, sports and gardening.

On Wednesday, Gibbs assigned a psychology article for students to read. They read Quiller or another student to research and dispute or support experiential reading. Data collected in class are used in their final experience presentations at the end of the semester.

On Wednesday, the class was shown a video—to see what the others were learning. When the instructor talked about the activities, the students were all involved. They were able to experience what they were learning.

The class did also about eight different activities this fall. In one, the woods were filled with multiple boxes. Each box on the woods had a piece of paper in it. The students had to figure out the puzzle, then use it, Descriptive Experience Journal and Form (DEJF), which are common observation tools in education.

In another activity, two groups worked together—one with yes words and the other with no words. They were assigned tasks that would require them to say yes or no. Good communication skills are crucial to accomplish each task.

The purpose of these activities is to get students accustomed to open-ended questions and use the open-ended language.

The most popular activity involved hundreds of cards and words. Student groups moved around with 30 cards—reading cards, memory cards, and placing cards. They were working with “yes” or “no” answers. They were always on the run and always on the go.

In the future, they hope for more of the process, and that they’re teaching the others. They learned to give direct instruction, telling others when to do what or when they’re wrong. They quickly figured out the shortest person should go first, and the shortest should go last.

When the remains are fed, they learn it’s easier to walk for help. Cooperation and communication are the key to the plan, Gibbs said. Students become more courageous with each other and want to see what they can do.

Younger students need the guidance of older students and work together. This helps them build confidence and learn new skills.

Did you know?

Dr. Ellen Fosque, a biology professor at Georgia College

Fosque submitted four original watercolors. Two were given first place honors. The first place winner depicts a crowned horned dragon with bright lights in the background, and the other a green and brown cove in a golden field. The second, “Over the Sunlit Overlook,” received a second place award. The last, “A Time to Remember,” received third place honors.

For more information, please contact Nancy Finney at 478-445-3202.

There’s still time to enjoy Christmas lights and festive music this season

It’s almost Christmas Time’s running out to enjoy the holiday festivities with Georgia College & State University.

There are still two great events for you to enjoy.

The university’s Main Quad will come alive on their annual Holiday Light Show, featuring festive songs in various colors in Georgia and the United States.

Audiences will be treated with holiday favorites like “God Rest Ye Merry Gentlemen” and “Christmas Time Is Here.”

The event shows with Christmas music run from 7:30 p.m. to 9 p.m. on December 20, 20.

The first performance is on December 18 at 7:30 p.m., with the second at 8 p.m.

There will be two free hours of events from December 18 through December 31. Please visit https://www.georgiacollege.edu/artsenic/ADP/Events/21550.html for more information.

You can also enjoy the live performance of Christmas music at 7:30 p.m., at the First Presbyterian Church in Macon.

The second performance will also be held on December 20, 2019, at the First Presbyterian Church in Macon.

For more information, please contact Nancy Finney at 478-445-9450.

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