1. **Assurance of Regularity.** **(Plan A)** All courses will have at least one RSI activity per week. This requirement may be waived for up to two weeks in a 16 week course or one week in an 8 week course. Regularity will occur in the following ways:
   * Weekly announcements that are academic in nature
   * At least one of the following: Discussion Board/Graded assignment/Quiz/Survey
   * Feedback on activities will be provided within 7 days of the due date unless otherwise noted to further promote regularity of interaction.
2. **Core RSI activities.** All courses will abide by the guidelines outlined in **Plan A** (Describe the core weekly RSI activity or mix of activities that best suits instruction in this discipline or disciplines). In addition to the aforementioned use of announcements to assure regularity, the following are examples of RSI activities that could be used for instruction:
   * Discussion boards: Discussion boards will be used to promote interaction from the instructor to the class to encourage, engage and guide students in the discussion topic. The instructor will participate within the discussion forum while it is open and available to students. If the discussion board serves as a graded assignment, the instructor will provide individual feedback using a grading rubric and/or individual comments that are academic in nature.
   * Assignments: Graded assignments may be used to in courses in conjunction with discussion boards. Feedback can be delivered via email, an assignment rubric, meetings with individual students (live or virtual), canvas messenger, discussion, and third-party websites. Instructors will provide “substantive” academic feedback for a student in what areas of the assignment they excelled, the areas that need improvement, or about the quality of the assignment.
   * Quizzes/Exams: Quizzes/Exams may be used to assess student learning as part of the regular core RSI activities. Feedback for quizzes may be in the form of showing results (incorrect/correct for each question) or summary feedback regarding areas the instructor deems necessary after reviewing the quiz/exam results.
   * Projects/Experiential Learning: Many courses require students to practice/perform certain skills that are utilized in related career fields. Students complete graded assignments, projects, and reflections following these experiential learning assignments. The instructor will provide individual feedback in response to each of these activities.
3. **Volume of RSI Contact:** **(Plan A)** In order to achieve the necessary volume of RSI contact, instructors will achieve, at minimum, the standards outlined below (in accordance with the DOE rubric)

* Instructors will regularly participate in discussions that deal with academic content and provide substantive feedback 25% or more of the time and/or facilitates 25% or more of the discussions.
  + *Example: “That’s correct, Sandi. This is also a good example of a situation in which BMI would not be an appropriate measure to use. Chapter 11 provides a great table of other scenarios in which this this assessment is not recommended.”*
* Instructors will offer regular substantive academic feedback to 50% or more of the students on 50% or more of the assignments. In the case where there is a clear rubric, instructors can comment on what part or whole of the rubric the student achieved.
  + *Example (when using rubric): You successfully completed/fulfilled each area of the rubric.*
  + Instructors will post weekly announcements that offer feedback/commentary that is academic in nature.
    - *Example: This week you will be introduced to the elements of the Cardiorespiratory Health. As you read keep in mind this question, “In life in America today, has the creation of social media had a positive or negative effect on our health?”*