



MOBILE SUPPORTS FOR THE DIVERSE LEARNER - THE IPAD EDITION

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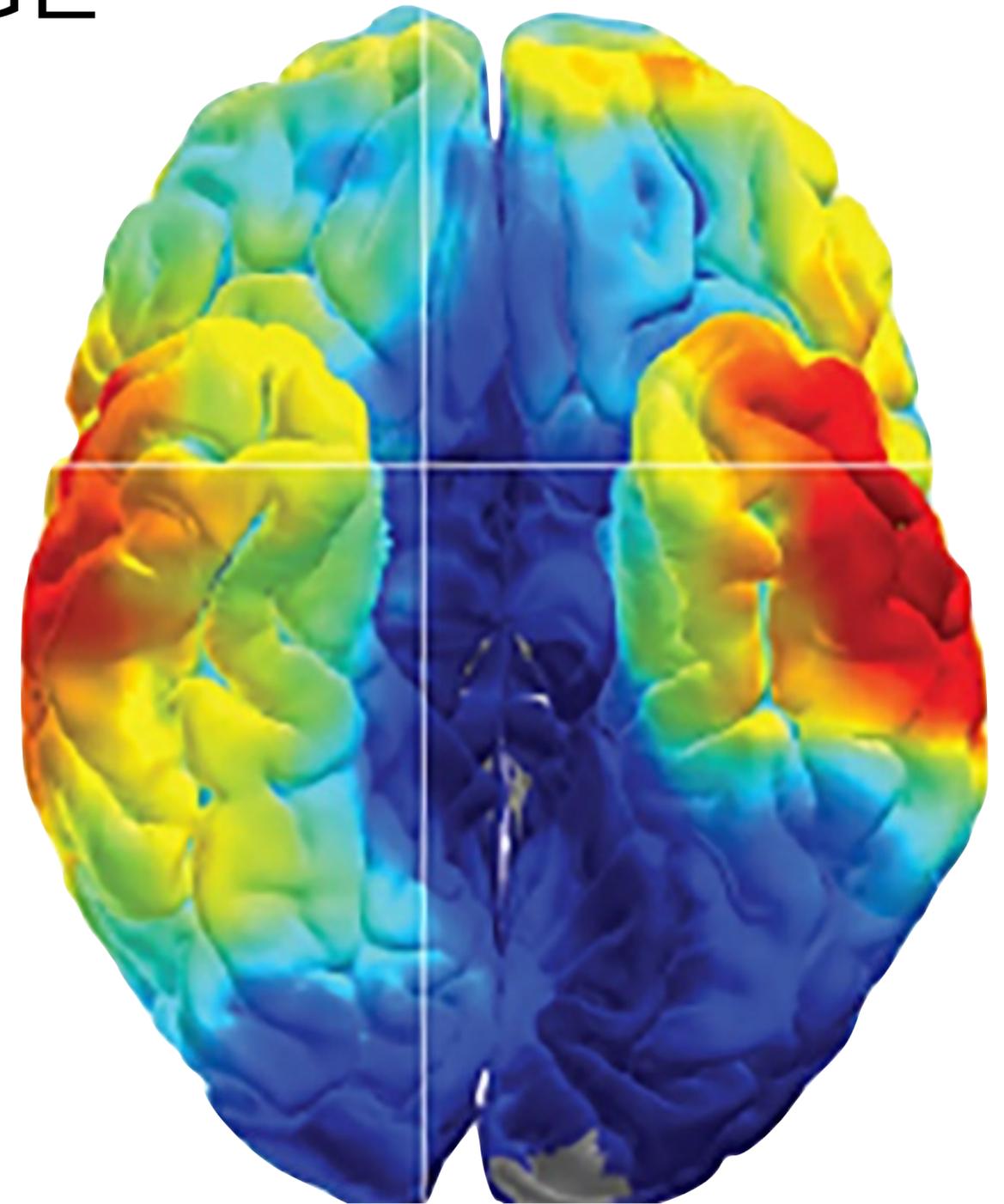
52 percent of college students now own tablets
–Harris Poll

EXECUTIVE FUNCTIONING

- Organization
- Emotional Management
- Time Management
- Academic Challenges

EXECUTIVE FUNCTIONING SKILLS IN COLLEGE

- Self-Regulation
- Attention
- Task Initiation
- Organization
- Planning and Prioritizing
- Time Management
- Mental Flexibility



WHY IPAD

- Visual, Auditory and Tactile
- Instructional Technology
- Assistive Technology



ADVANTAGES OF IPADS

- Portability
- Cheaper than laptops
- Apple Ecosystem Syncing
- iPadOS



DRAWBACKS OF IPADS

- No Keyboard or Mouse
- Multi-tasking is More Difficult
- Apps Not as Robust



ACCESSIBILITY FEATURES



VISION

- VoiceOver
- Zoom
- Magnifier
- Display & Text Size
- Dictation
- Spoken Content
- Audio Descriptions



PHYSICAL AND MOTOR

- Touch
- Switch Control
- Voice Control
- Pointer Control
- 3rd Party Keyboards
- Apple Pencil
- AirPods



HEARING

- Hearing Devices
- Sound recognition
- Live Listen
- Subtitles & Captioning
- FaceTime Sign Language Prominence



LEARNING SUPPORTS

- Siri - Speech Recognition
- Spoken Content
- Guided Access
- Predictive Text
- Safari Reader
- 3rd Party Keyboards



DISPLAY & TEXT SIZE

Settings > Accessibility > Display and Text Size

ZOOM

Settings > Accessibility > Zoom

MAGNIFIER

Settings > Accessibility > Magnifier

SPEAK SELECTION

Settings > Accessibility > Spoken Content > Speak Selection

SPEAK SCREEN

Settings > Accessibility > Spoken Content > Speak Screen

HIGHLIGHT CONTENT

Settings > Accessibility > Spoken Content > Highlight Content

KEYBOARDS

Settings > Accessibility > Keyboards > Full Keyboard Access

3RD PARTY KEYBOARDS

Settings > General > Keyboard > Keyboards > Add New Keyboard...

SUBTITLES AND CAPTIONING

Settings > Accessibility > Subtitles & Captioning

AUDIO DESCRIPTIONS

Settings > Accessibility > Audio Descriptions

LIVE LISTEN

Settings>Control Center> Click on Green Plus next to Hearing

MULTITASKING

Settings > Home Screen & Dock > Multitasking > Allow Multiple Apps

VOICE CONTROL

Settings > Accessibility > Voice Control

READER

Safari>Reader Button

BLUETOOTH MOUSE ACCESS

Settings > Accessibility > Touch > Assistive Touch > Pointer
Devices > Bluetooth Devices

MOUSE ACCESS

iOS 13 or higher

USB-A to Lightning Adapter

(iPad Pro) USB-A to USB-C Adapter

ALTERNATE MOUSE ACCESS

- HeadMouse by Origin Instruments
- Glasouse
- TrackerPro 2 by Ablenet



FLOATING KEYBOARD

Pinch in on the keyboard until it shrinks or long-press on the keyboard icon to bring up the floating option and then tap it.

Spread two fingers to re-activate the full-size keyboard.

QUICKPATH KEYBOARD

Settings>General>Keyboards>Slide on Floating Keyboard to Type

Settings>General>Keyboards>Delete Slide-to-Type by Word

MULTITASKING OR SPLIT SCREEN

You can activate the second window of an app from the dock by first opening one instance of the app, and then holding the same app's icon in the dock for a moment before dragging it up to the left or right. You can position the second instance to split the screen in half or to occupy one-quarter of the screen.

SLIDE OVER

Settings > Home Screen & Dock > Multitasking

> Allow Multiple Apps

> Gesture

REDUCE LOUD SOUNDS

Settings > Sounds & Haptics > Reduce Loud Sounds

SIGN LANGUAGE PROMINENCE

Group FaceTime calls on the iPad will automatically give more prominence to the tiles of any person using sign language.

VOICEOVER

Settings > Accessibility > VoiceOver

VOICEOVER FEATURES

- Supports over 70 braille displays
- Rotor
- On-screen Braille Keyboard
- Customizable Gestures
- Activities

VOICEOVER

Braille Display Support for Reading and Navigation

On-Screen Braille Keyboard

Closed Captions in Braille

Apple Keyboard Control

SWITCH CONTROL

Settings > Accessibility > Switch Control

VOICE CONTROL

Settings > Accessibility > Voice Control

APPLE NOTES

Document Scanner

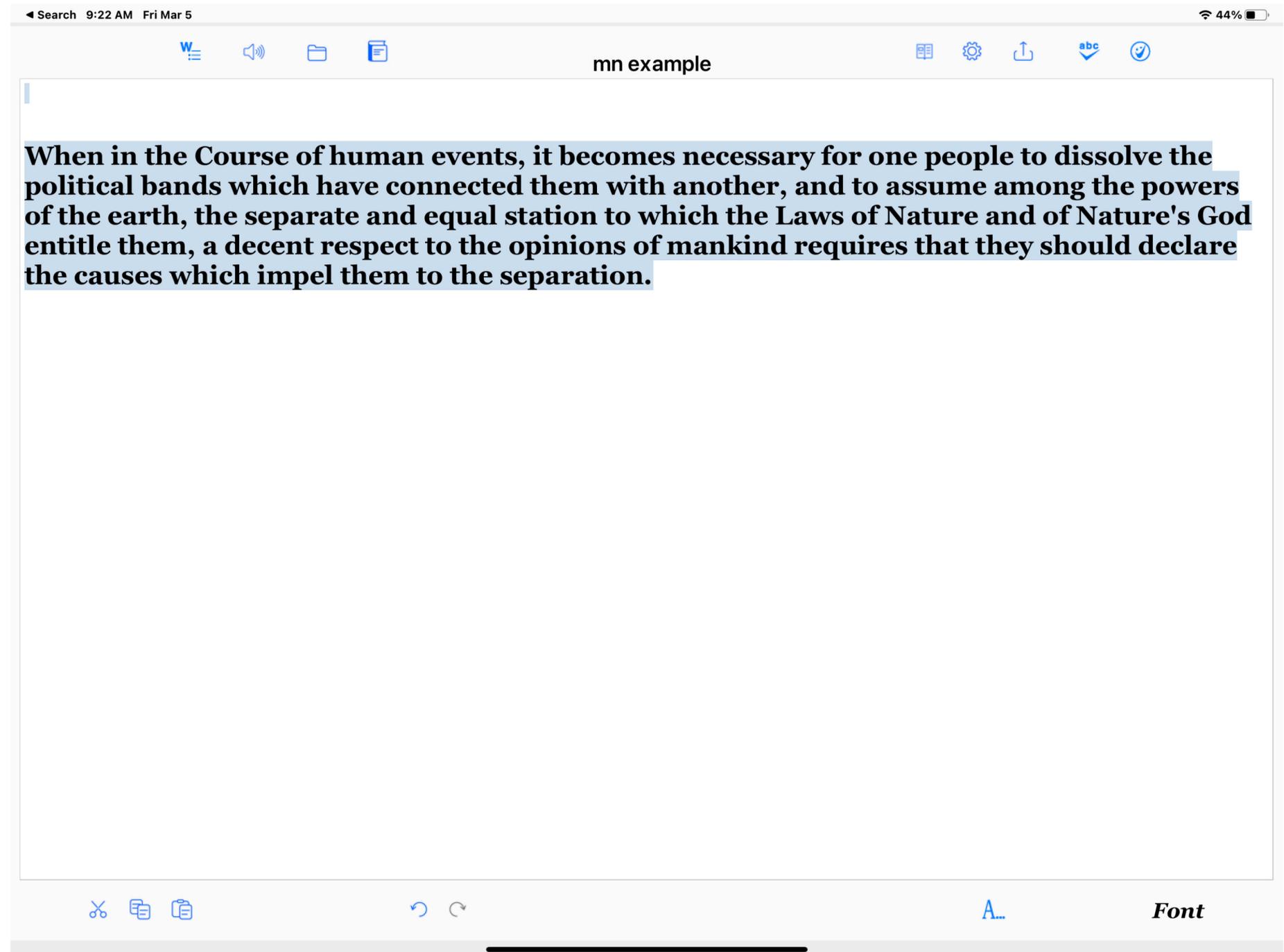
Markup

Access from Lock Screen

Sharing Notes

WRITING SUPPORT

- Ghotit Real Writer
- Voice Dream Writer
- Co:Writer Universal
- iWordQ US
- Clicker DocPlus



NOTE TAKING APP FEATURES

- Features you need
- Quick and Easy to Use
- Always Available
- Affordable

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.



NOTE TAKING APPS

- Microsoft OneNote
- Notability
- NotePad+
- EverNote



When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.



AUDIO NOTE TAKING APPS

- Glean
- AudioNote 2 - Voice Recorder
- Notability
- SoundNote
- Just Press Record

9:56 AM Fri Mar 5

Trash

0:00

Nursing Feb 12

0:24 Physiology

0:54 Test, Friday

1:23 Physical

1:04 -

1:57 Vitals check

2:12 Temperature

2:19 Respiration

2:27 Pulse Ox

2:35 BP

VITAL SIGNS

Temperature:

Oral (mouth)

- Normal = 36.0-38.0°C or 96.8-100.4°F
- Place thermometer under the tongue.
- Only use with patients age 4+.

Tympanic (ear)

- Normal = 35.0-37.5°C or 95.0-100.0°F
- Place ear probe and place probe in outer ear canal.
- For patients older than 3 months.

Rectal

- Normal = 36.6-38.0°C or 97.9-100.4°F
- Patients in Sims position, place probe 1-1.5 inches in.
- Do not use on patients with diarrhea or if they are on bleeding precautions.
- Use on patients older than 3 months.

Axillary (armpit)

- Normal = 35.0-37.0°C or 95.0-98.6°F
- Place in center of armpit and hold arm down.
- Can be used with all ages.

Temporal (forehead)

- Normal = 35.0-37.0°C or 95.0-98.6°F
- Place probe across forehead, forehead artery.
- Can be used with all ages.

Pulse:

Rate = beats / min

- Normal = 60-100 beats/min (adult)
- Pulse rate is usually higher in children.
- Rhythm = intervals between pulses.
- Strength = strength of each contraction.

0 = absent
1+ = diminished
2+ = brisk, as expected
3+ = increased, strong
4+ = bounding

Tachycardia: Pulse over 100 beats / min.
Bradycardia: Pulse under 60 beats / min.
Auscultate most common for measurement.
Measure 30 seconds and multiply by 2.

Most common pulse points:

- Carotid
- Radial
- Brachial
- Coronary
- Ulnar
- Posterior tibial
- Femoral

Blood Pressure:

Width of cuff should be 40% of arm.
Cuff should be placed 1 inch above the elbow crease in the arm brachial artery.
Deflate cuff 20mm Hg above estimated expected systolic pressure.
Release pressure slowly until first clear sound (systolic) and release after sounds disappear (diastolic).

Rechecked in: Supine, Seated

Classifications:

	Systolic	Diastolic
Normal	< 120	< 80
Prehypertension	120-139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	> 160	> 100

Respirations:

Rate = full inspirations and expirations in one minute.

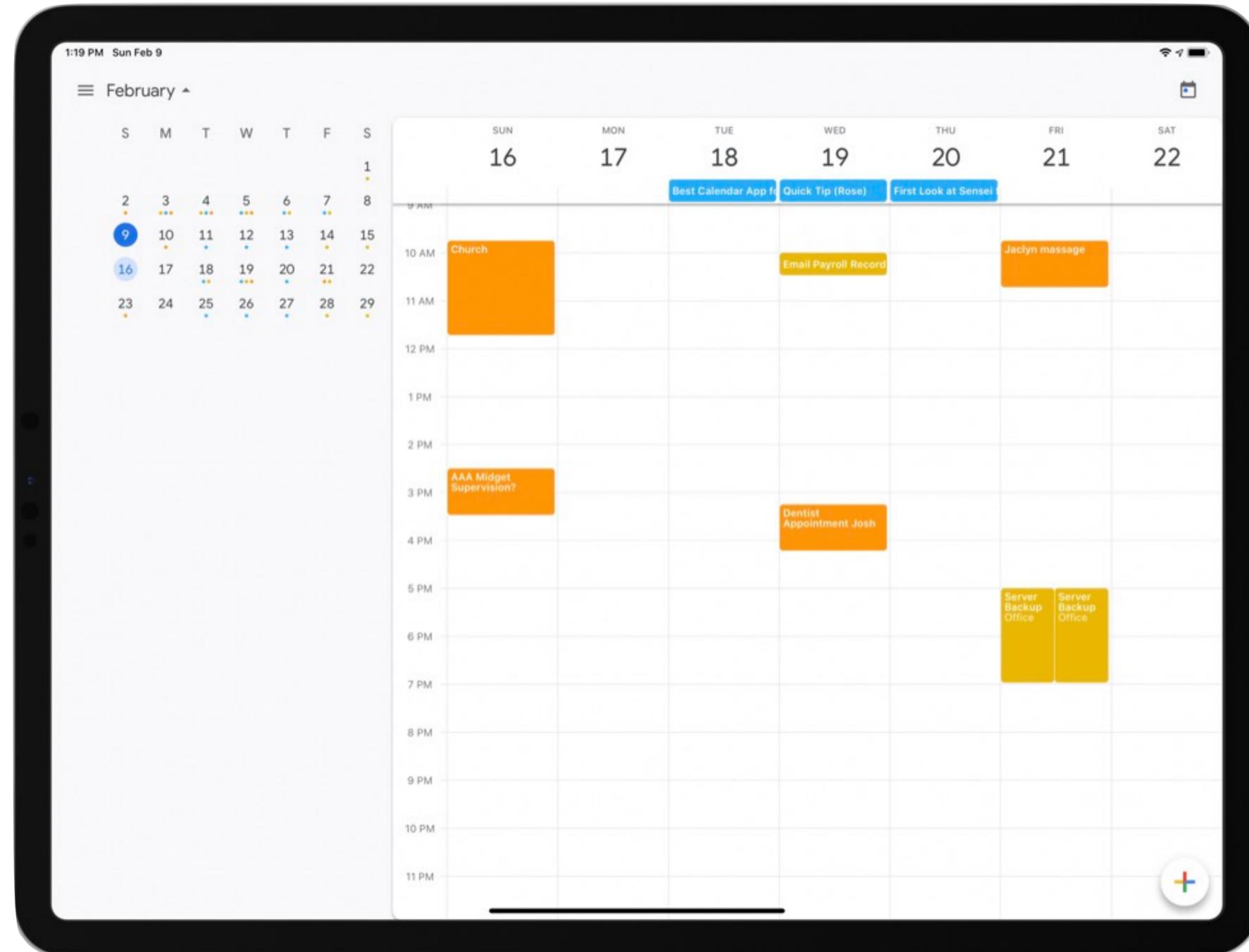
- Normal = 12-20 breaths / minute (adults), 30-40/min (newborns), 20-30/min (children)
- Depth = how much the chest will expand with each breath.
- Rhythm = time intervals between breaths.

Pulse Oximetry:

- Measures oxygen saturation.
- Caps onto finger or toe.
- Normal = 95-100%

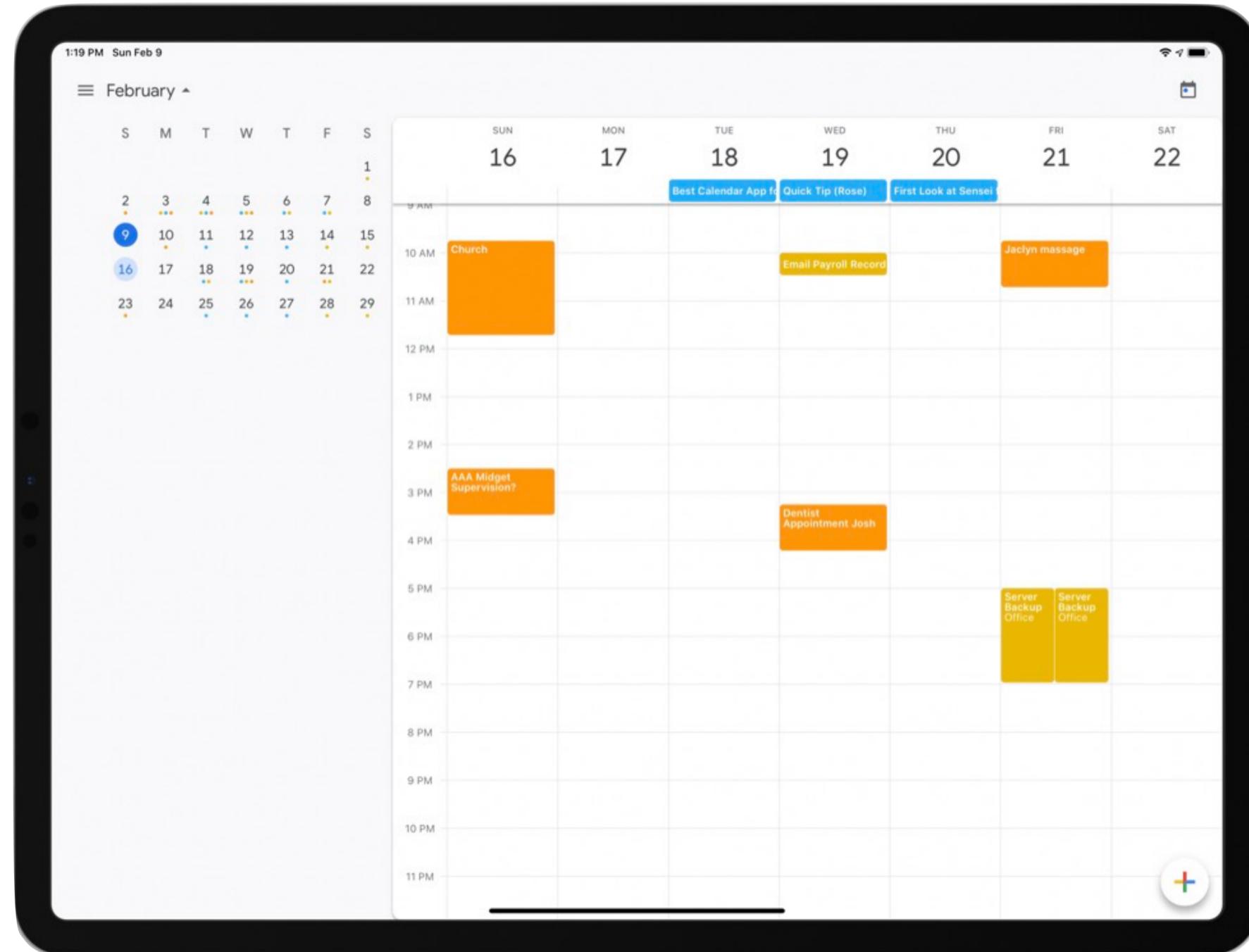
CALENDAR APP FEATURES

- Easy to Use
- Full Features
- Simple to Share
- Multiple Devices



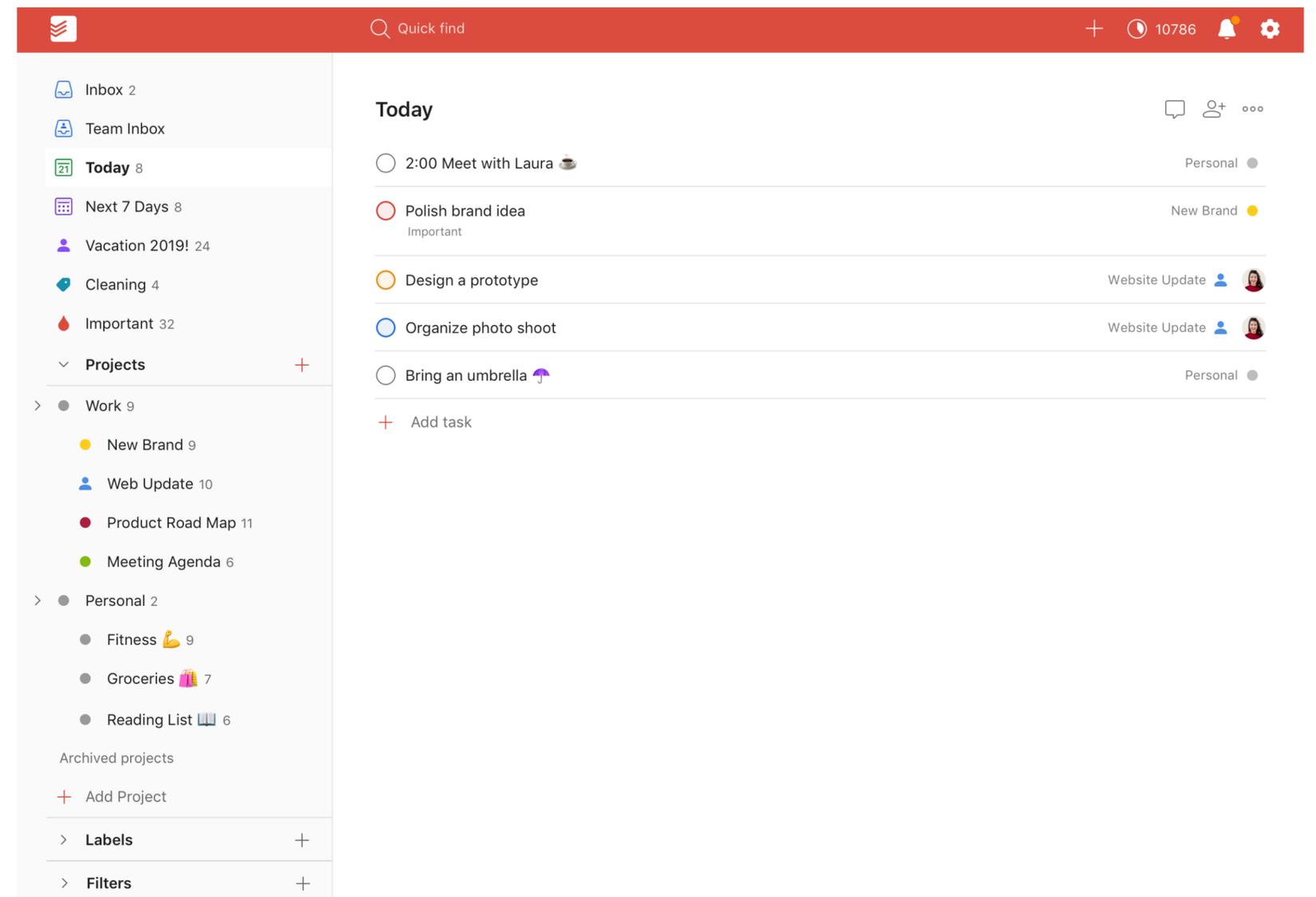
CALENDAR APPS

- Apple Calendar
- Google Calendar
- Microsoft Outlook
- calendar.com
- Fantastical 2



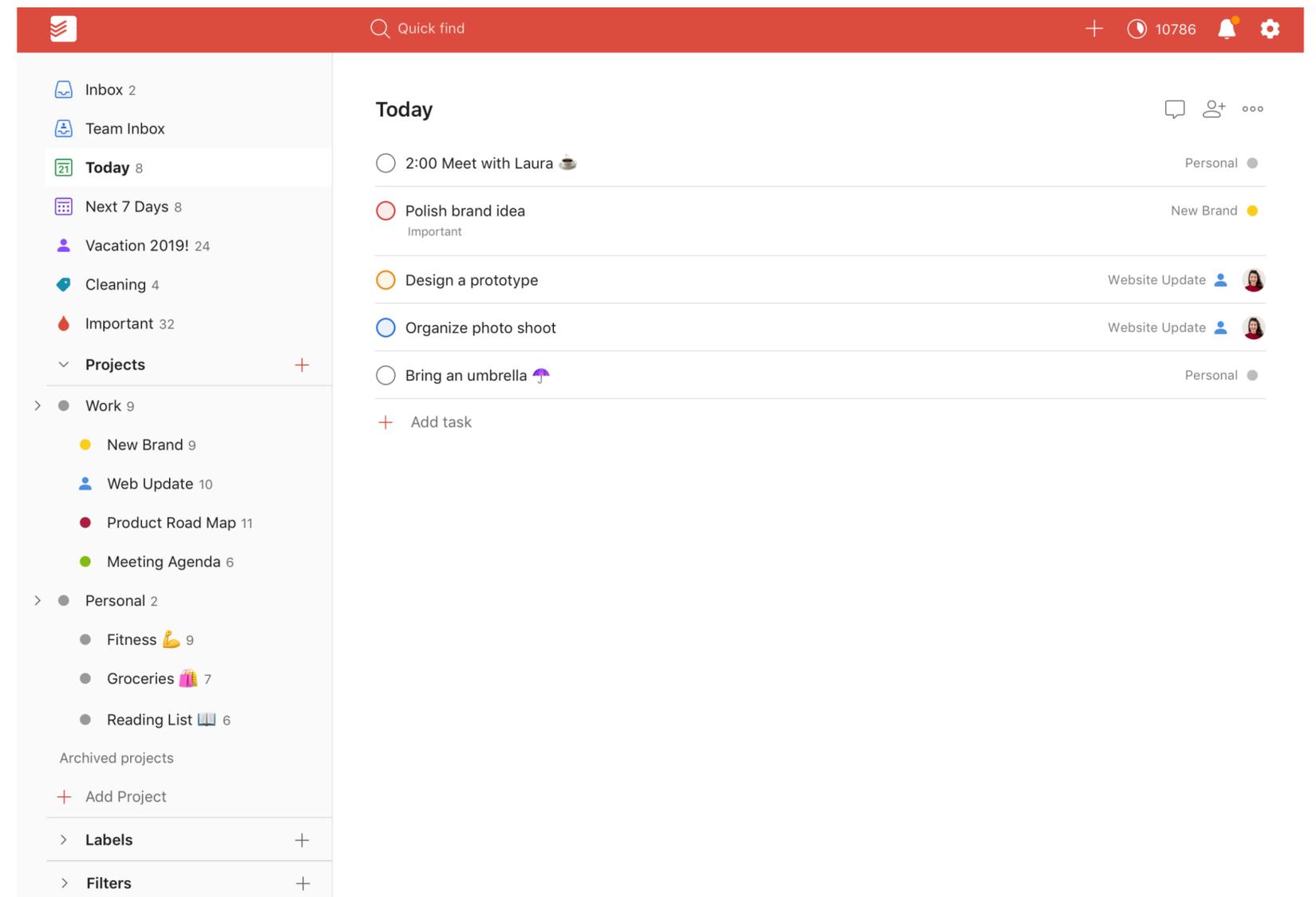
TO DO LIST APP FEATURES

- Easy to Add Tasks
- Multiple ways to Organize Tasks
- Simple Interface
- Reminders
- Syncs with other Devices



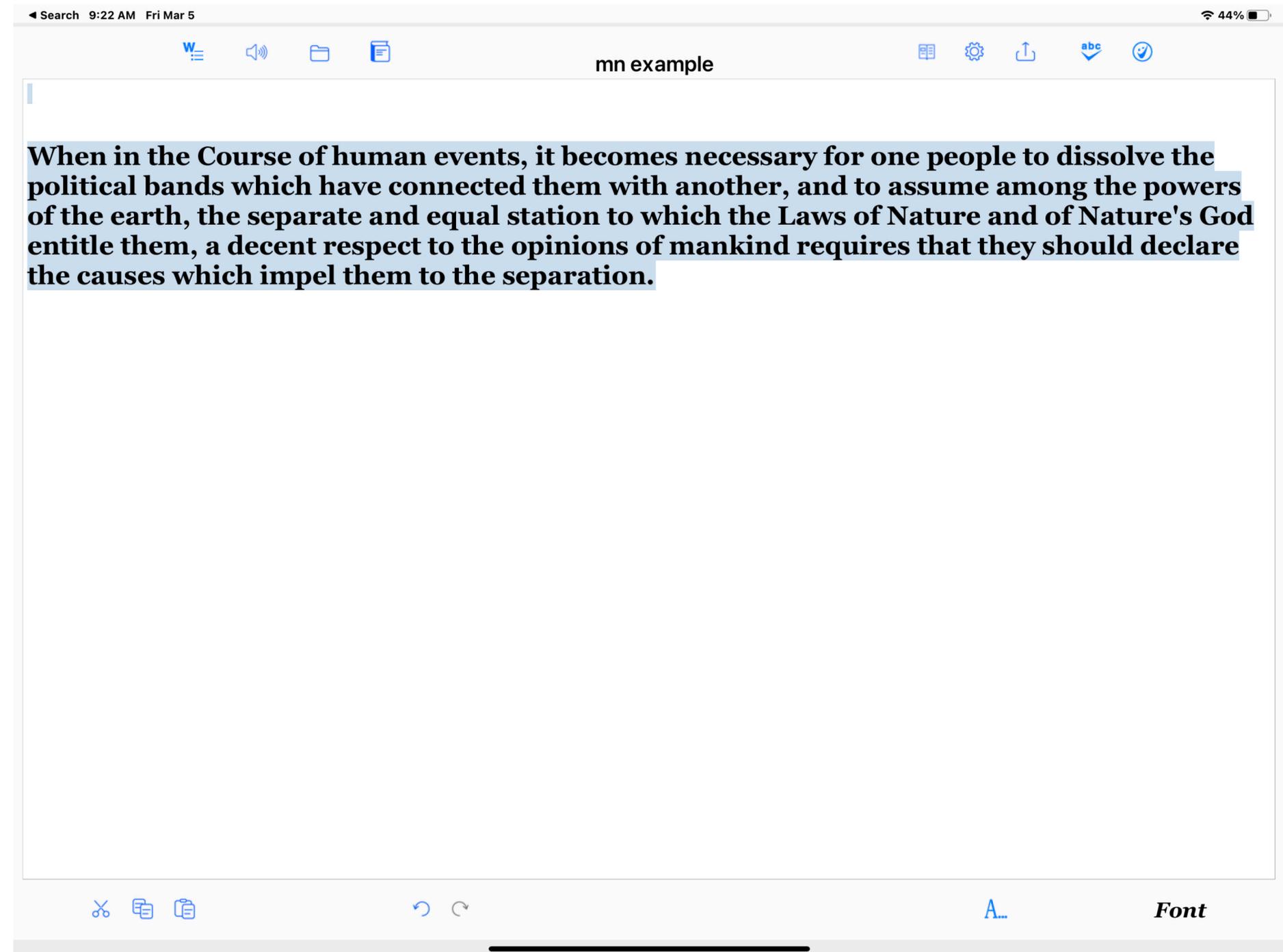
TO DO LIST APPS

- Things
- Todoist
- OmniFocus
- Reminders
- GoodTask
- Microsoft To Do



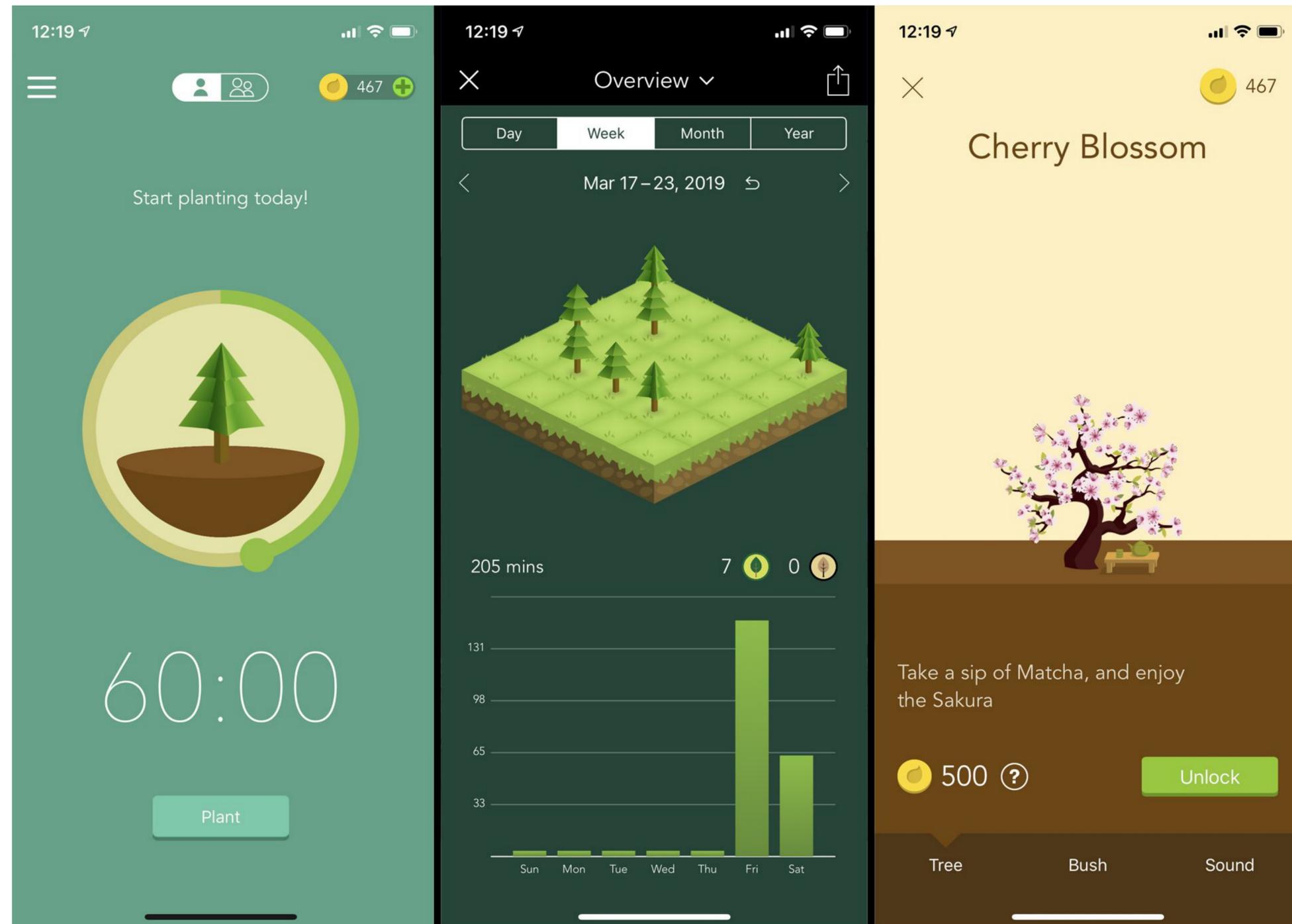
WRITING APPS

- Ghotit Real Writer
- Voice Dream Writer
- Co:Writer Universal
- iWordQ US



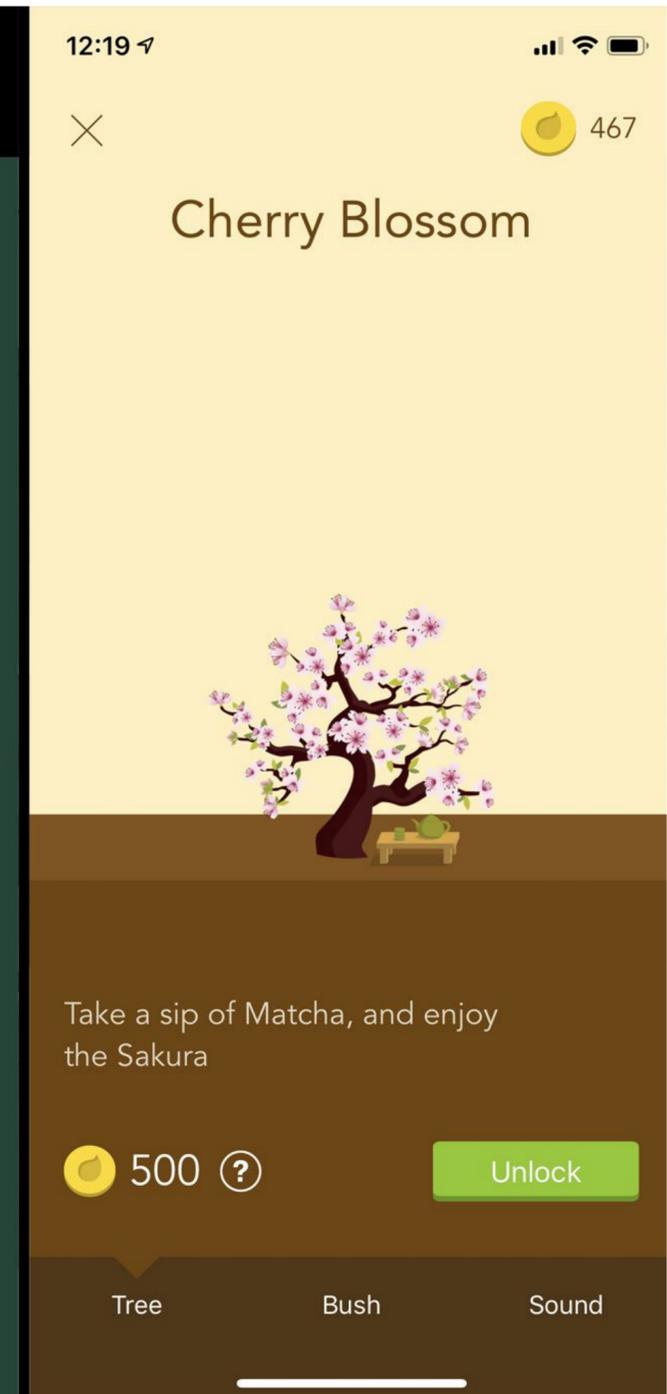
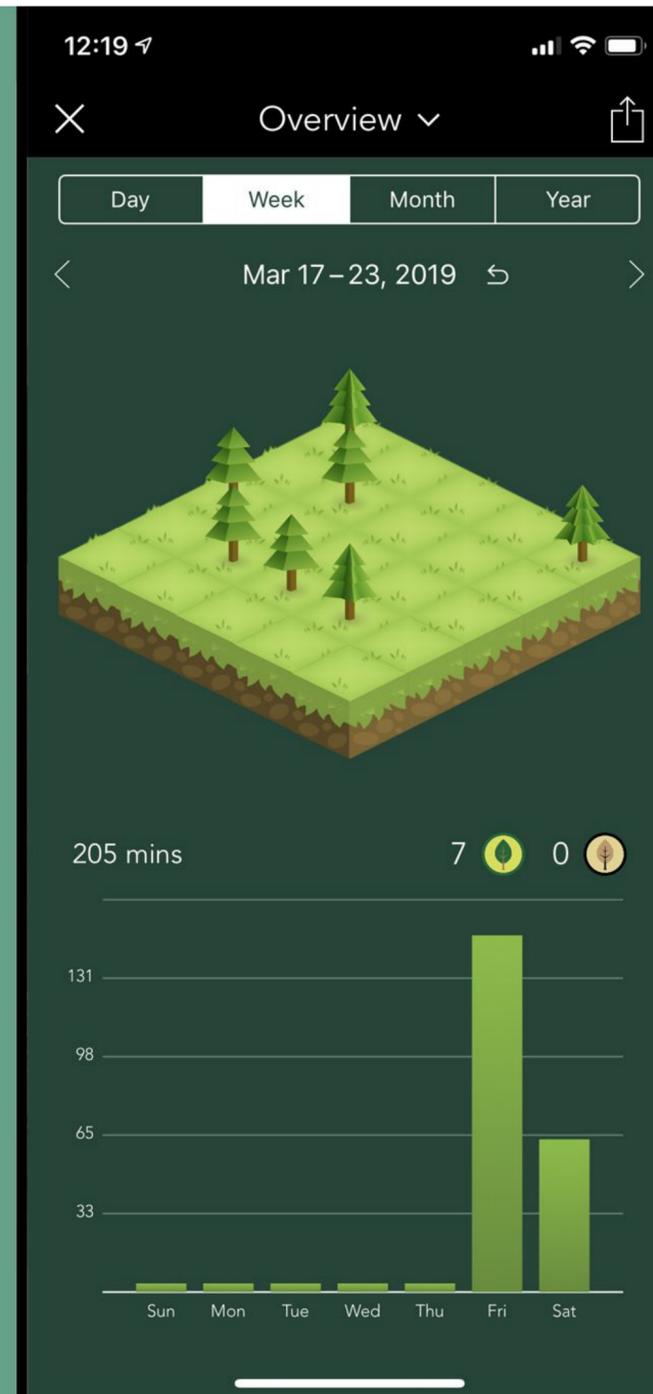
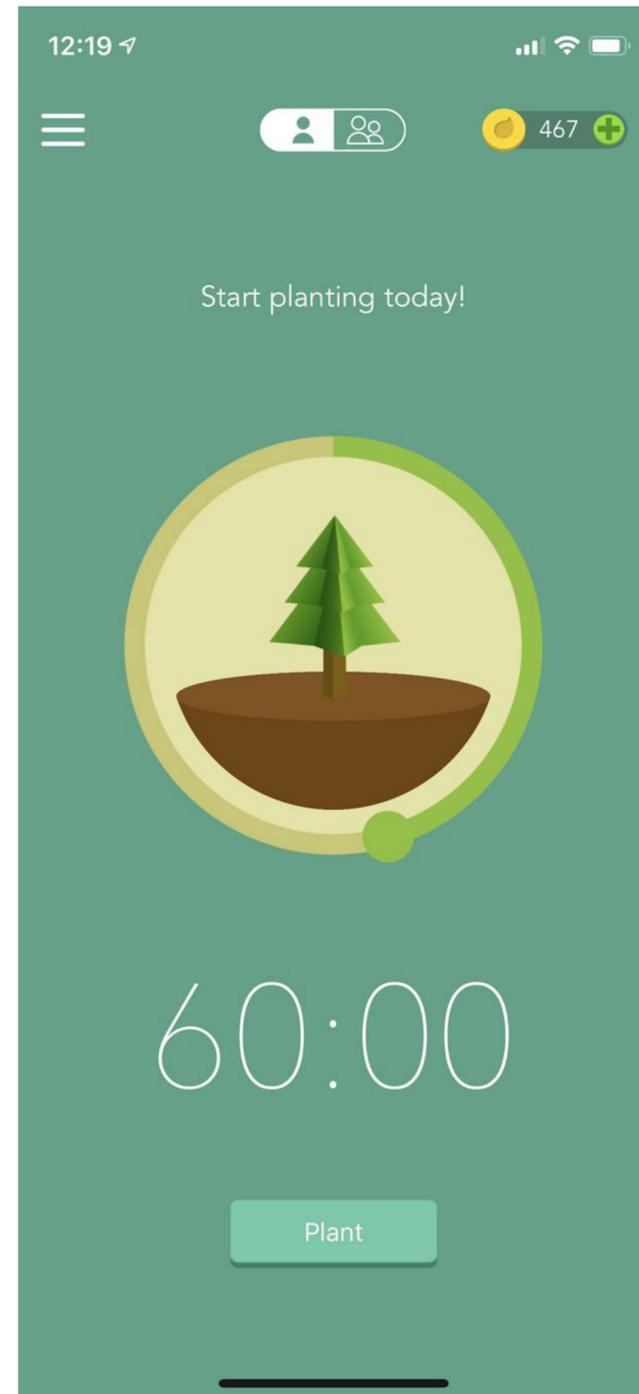
FOCUS APP FEATURES

- Blocking Feature
- Set a schedule and/or a timer
- Persistent
- Offers Encouragement



FOCUS APPS

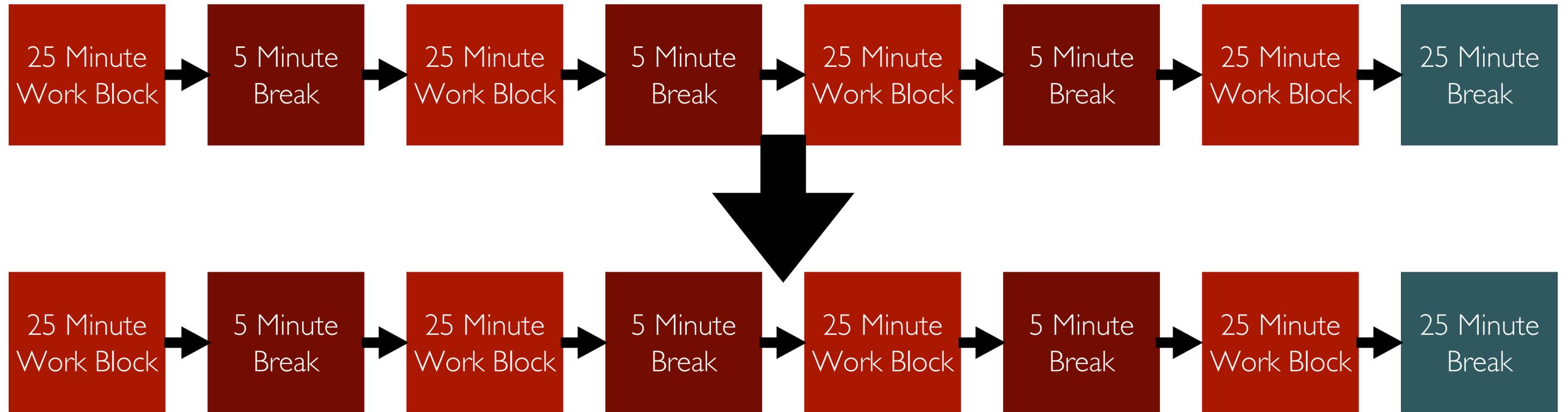
- Serene
- Forest - Stay Focused
- Focus - Time Management



POMODORO TECHNIQUE

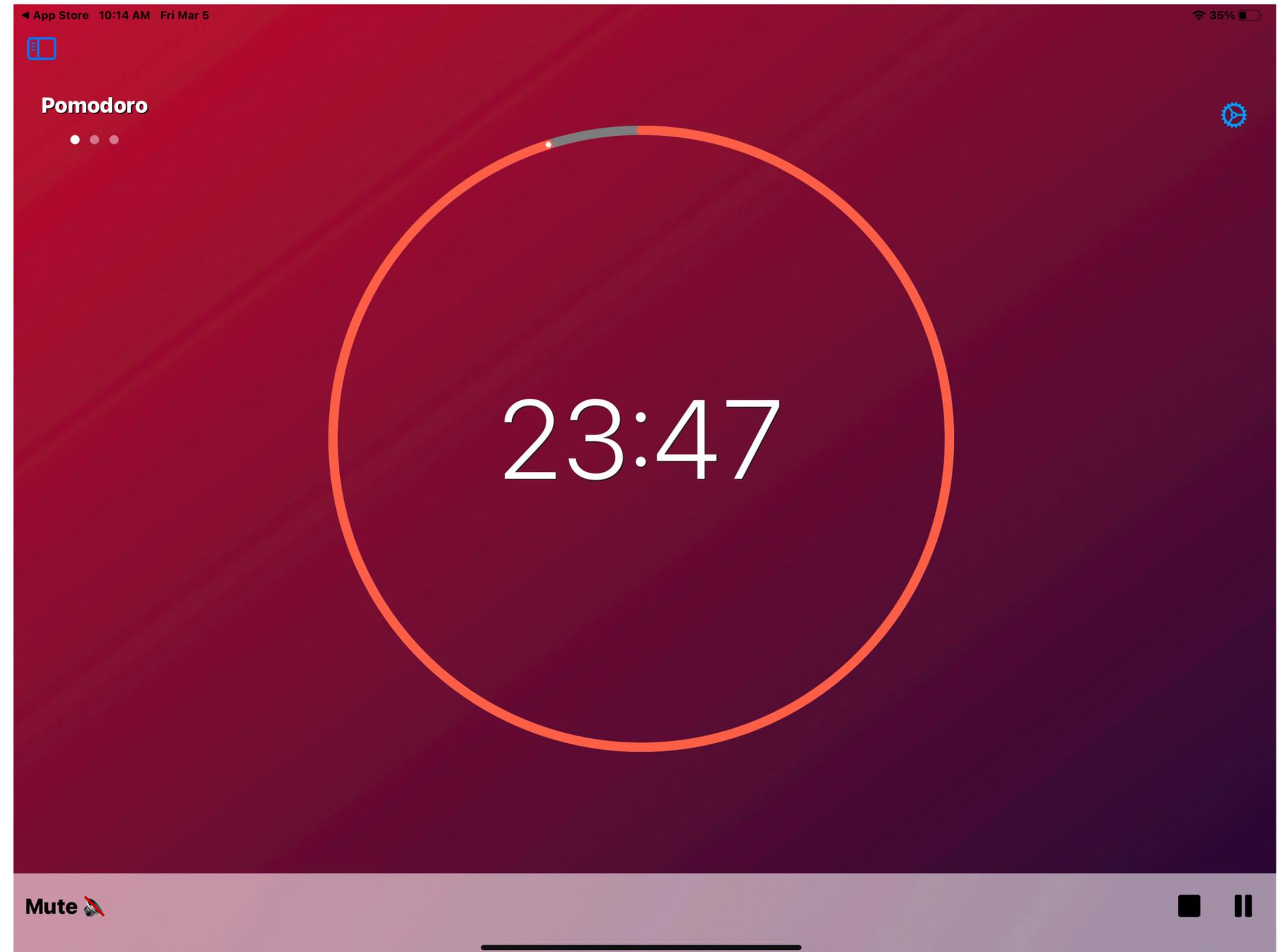
A technique to help students focus on finishing a task by breaking your work into focused time blocks and separated by short breaks. After four consecutive working time blocks, they take a longer break.

POMODORO TECHNIQUE



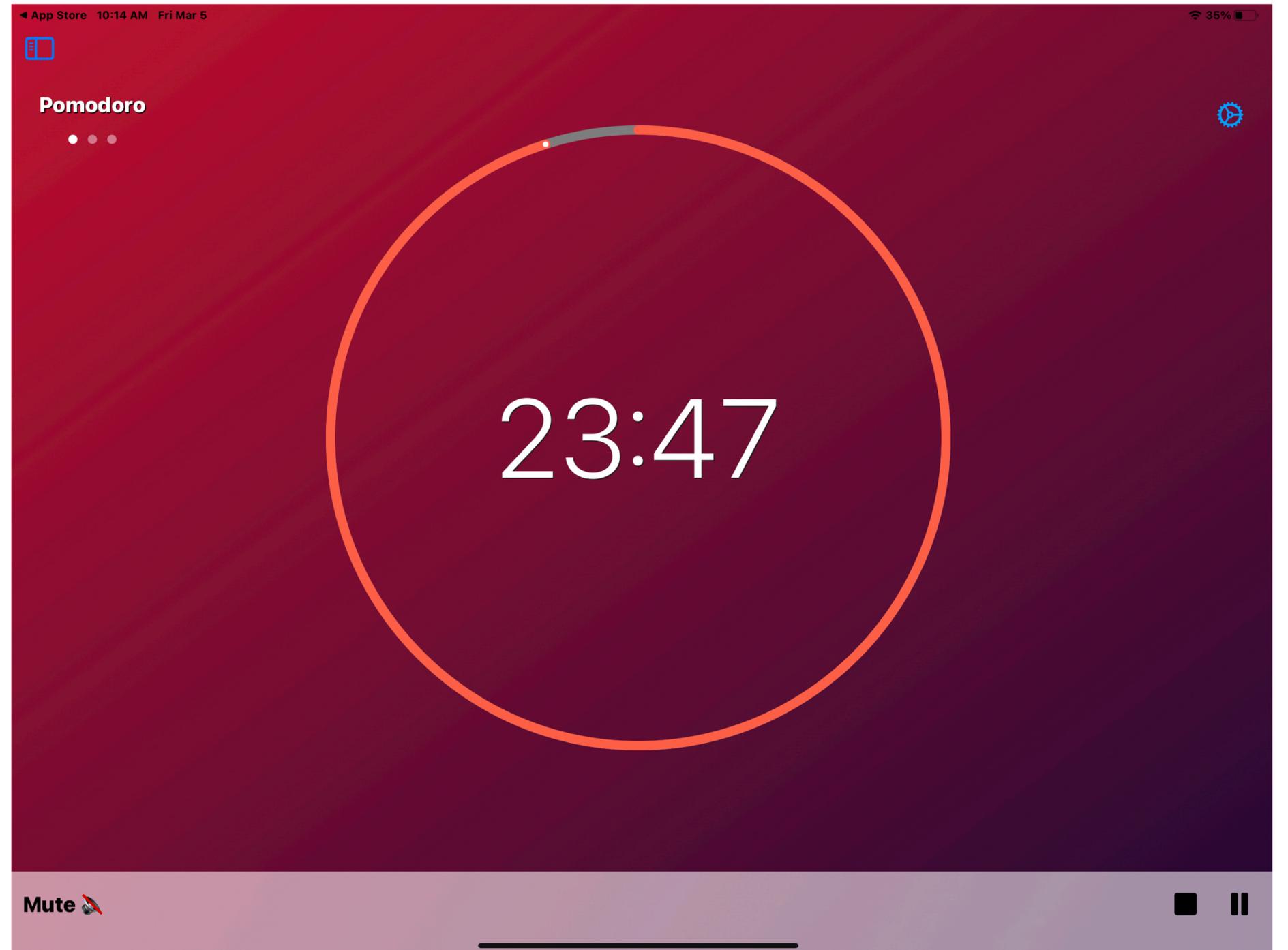
POMODORO FEATURES

- Affordability
- Ease of use
- Extra features
- Integration with Other Apps or Devices



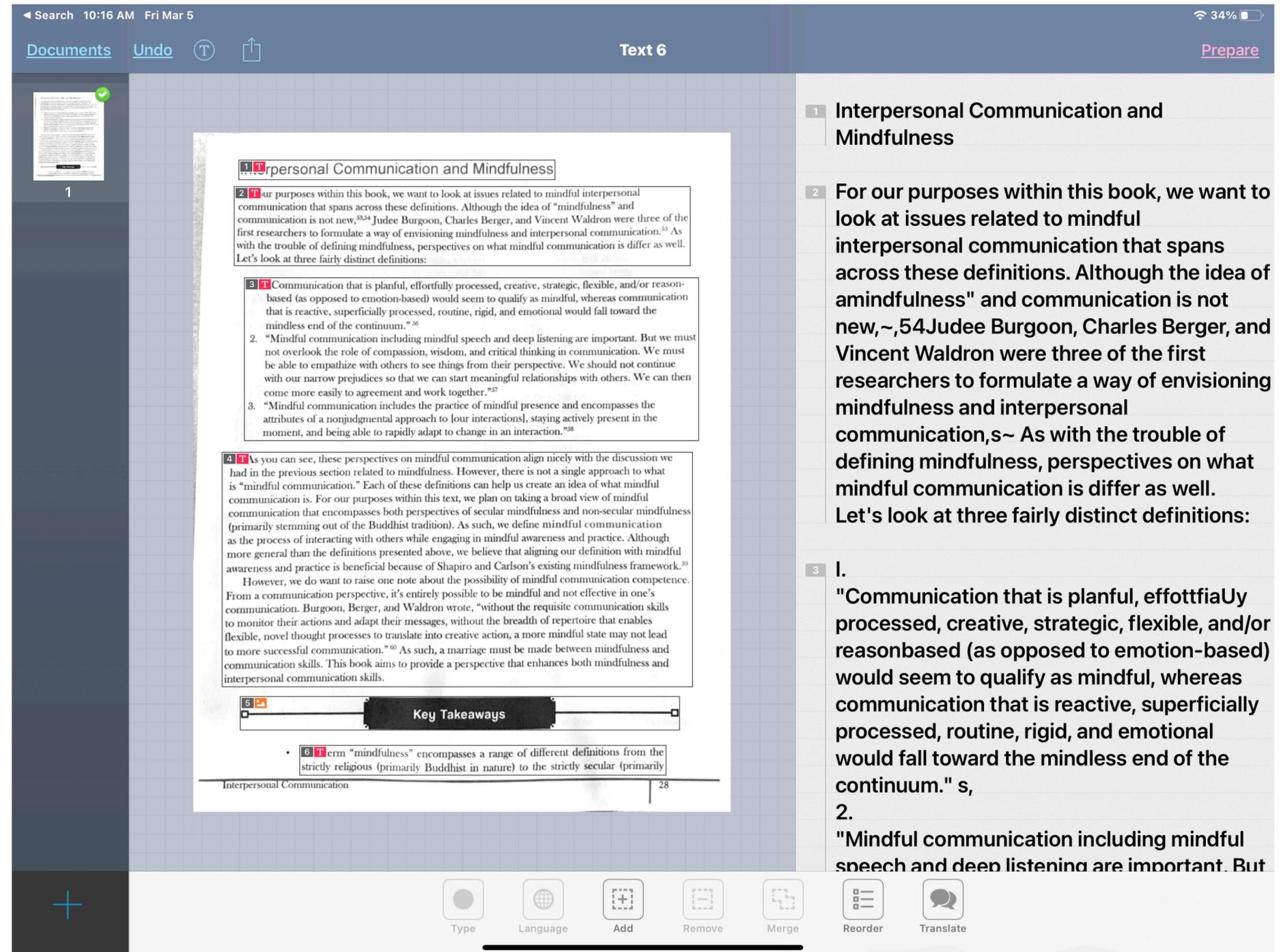
POMODORO APPS

- PomoDoneApp
- FocusList
- Pomotodo
- Be Focused
- Focus To-Do
- Pomodoro



OCR APP FEATURES

- Stand-alone
- Sharing
- Compensation Features
- Multiple Languages



OPTICAL CHARACTER RECOGNITION

- Prizmo 5
- FineScanner Pro
- VoiceDream Scanner
- SeeingAI
- Microsoft OfficeLens

The screenshot displays a mobile application interface for document scanning and OCR. At the top, the status bar shows the time as 10:16 AM on Friday, March 5, with a 34% battery level. The app's header includes a search bar, navigation options like 'Documents', 'Undo', and 'Text 6', and a 'Prepare' button. The main content area shows a scanned page of text with several text boxes highlighting specific paragraphs. A sidebar on the right contains a list of items, with the first item being 'Interpersonal Communication and Mindfulness'. The bottom of the screen features a toolbar with icons for 'Type', 'Language', 'Add', 'Remove', 'Merge', 'Reorder', and 'Translate'.

1

2 Interpersonal Communication and Mindfulness

3 For our purposes within this book, we want to look at issues related to mindful interpersonal communication that spans across these definitions. Although the idea of "mindfulness" and communication is not new,^{53,54} Judee Burgoon, Charles Berger, and Vincent Waldron were three of the first researchers to formulate a way of envisioning mindfulness and interpersonal communication.⁵⁵ As with the trouble of defining mindfulness, perspectives on what mindful communication is differ as well. Let's look at three fairly distinct definitions:

4 Communication that is planful, effortfully processed, creative, strategic, flexible, and/or reason-based (as opposed to emotion-based) would seem to qualify as mindful, whereas communication that is reactive, superficially processed, routine, rigid, and emotional would fall toward the mindless end of the continuum."⁵⁶

5 "Mindful communication including mindful speech and deep listening are important. But we must not overlook the role of compassion, wisdom, and critical thinking in communication. We must be able to empathize with others to see things from their perspective. We should not continue with our narrow prejudices so that we can start meaningful relationships with others. We can then come more easily to agreement and work together."⁵⁷

6 "Mindful communication includes the practice of mindful presence and encompasses the attributes of a nonjudgmental approach to [our interactions], staying actively present in the moment, and being able to rapidly adapt to change in an interaction."⁵⁸

7 As you can see, these perspectives on mindful communication align nicely with the discussion we had in the previous section related to mindfulness. However, there is not a single approach to what is "mindful communication." Each of these definitions can help us create an idea of what mindful communication is. For our purposes within this text, we plan on taking a broad view of mindful communication that encompasses both perspectives of secular mindfulness and non-secular mindfulness (primarily stemming out of the Buddhist tradition). As such, we define mindful communication as the process of interacting with others while engaging in mindful awareness and practice. Although more general than the definitions presented above, we believe that aligning our definition with mindful awareness and practice is beneficial because of Shapiro and Carlson's existing mindfulness framework.⁵⁹

8 However, we do want to raise one note about the possibility of mindful communication competence. From a communication perspective, it's entirely possible to be mindful and not effective in one's communication. Burgoon, Berger, and Waldron wrote, "without the requisite communication skills to monitor their actions and adapt their messages, without the breadth of repertoire that enables flexible, novel thought processes to translate into creative action, a more mindful state may not lead to more successful communication."⁶⁰ As such, a marriage must be made between mindfulness and communication skills. This book aims to provide a perspective that enhances both mindfulness and interpersonal communication skills.

9 Key Takeaways

10 Term "mindfulness" encompasses a range of different definitions from the strictly religious (primarily Buddhist in nature) to the strictly secular (primarily

Interpersonal Communication 28

1 Interpersonal Communication and Mindfulness

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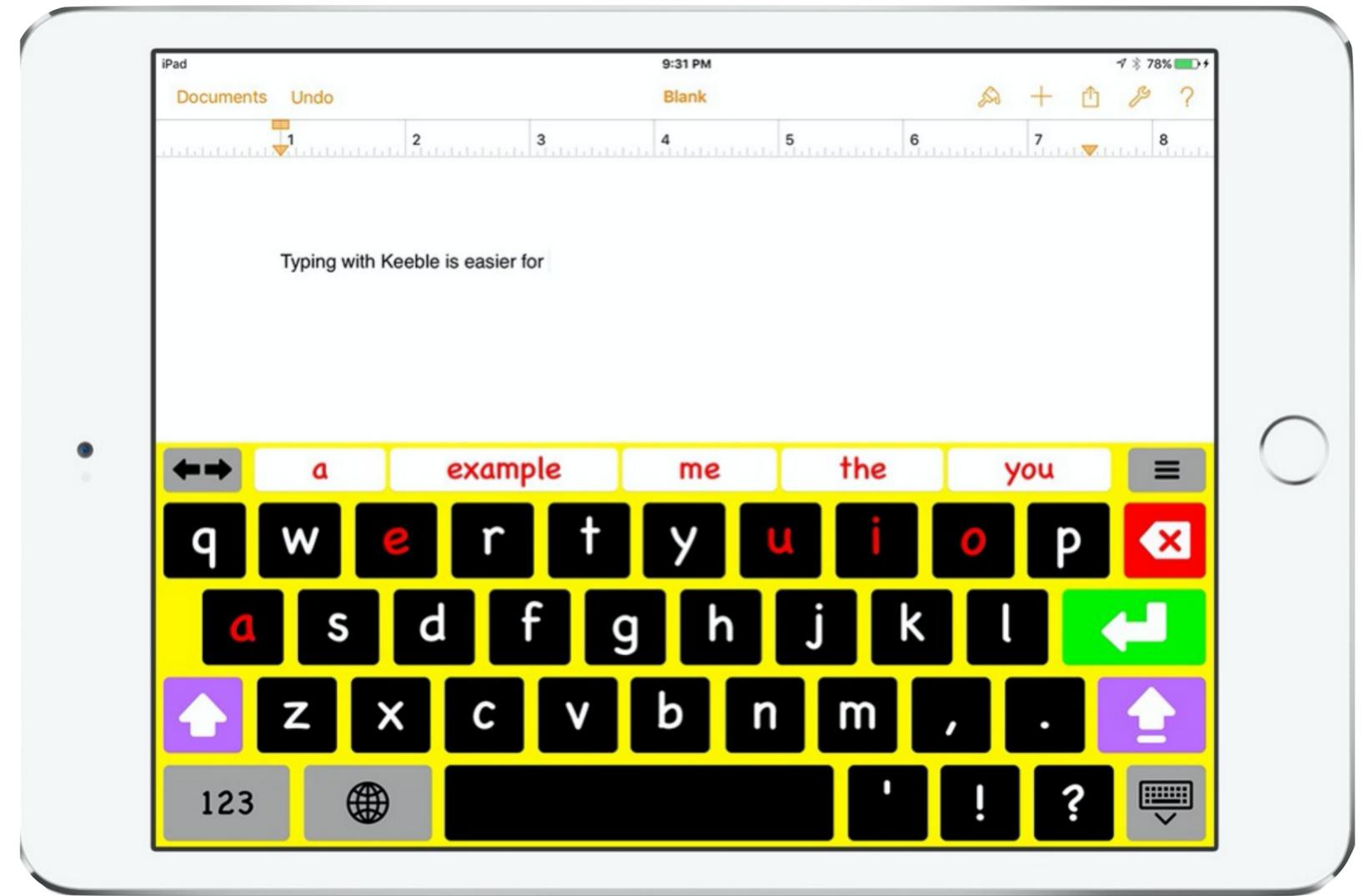
READING SUPPORT APPS

- VoiceDream Reader
- Dolphin Reader
- Capti Narrator
- Read2Go

The screenshot shows a mobile application interface for reading a document. At the top, the status bar displays "Search 10:19 AM Fri Mar 5" and "34%" battery. Below the status bar, there are navigation icons (home, back, forward) and the text "IC2020". The document title "Interpersonal Communication" is visible at the top of the page, with the page number "22" in the top right corner. The main content area features a section header "Towards a Mindfulness Model" in purple. Below this, the text reads: "Shauna Shapiro and Linda Carlson take the notion of mindfulness a step farther and try to differentiate between mindful awareness and mindful practice:". This is followed by a list item: "(a) Mindful awareness, an abiding presence or awareness, a deep knowing that contributes to freedom of the mind (e.g. freedom from reflexive conditioning and delusion) and (b) mindful practice, the systematic practice of intentionally attending in an open, caring, and discerning way, which involves both knowing and shaping the mind. To capture both aspects we define the construct of mindfulness as 'the awareness that arises through intentionally attending in an open, caring, and discerning way.'"²⁶. Below this, the text continues: "The importance of this perspective is that Shapiro and Carlson recognize that mindfulness is a cognitive, behavioral, and affective process. So, let's look at each of these characteristics." A section header "Mindful Awareness" is shown in orange. The text then begins: "First, we have the notion of mindful awareness. Most of **mindful awareness** is attending to what's going on around you at a deeper level. Let's start by thinking about awareness as a general concept. According to the American Psychological Association's dictionary, awareness is 'perception or knowledge of". At the bottom of the screen, there is a navigation bar with a menu icon, playback controls (back, forward, play, stop, next), a progress bar showing "02:27:37" and "12%", and a search icon. The page number "49 of 571" and the text "_Hlk33641786" are also visible.

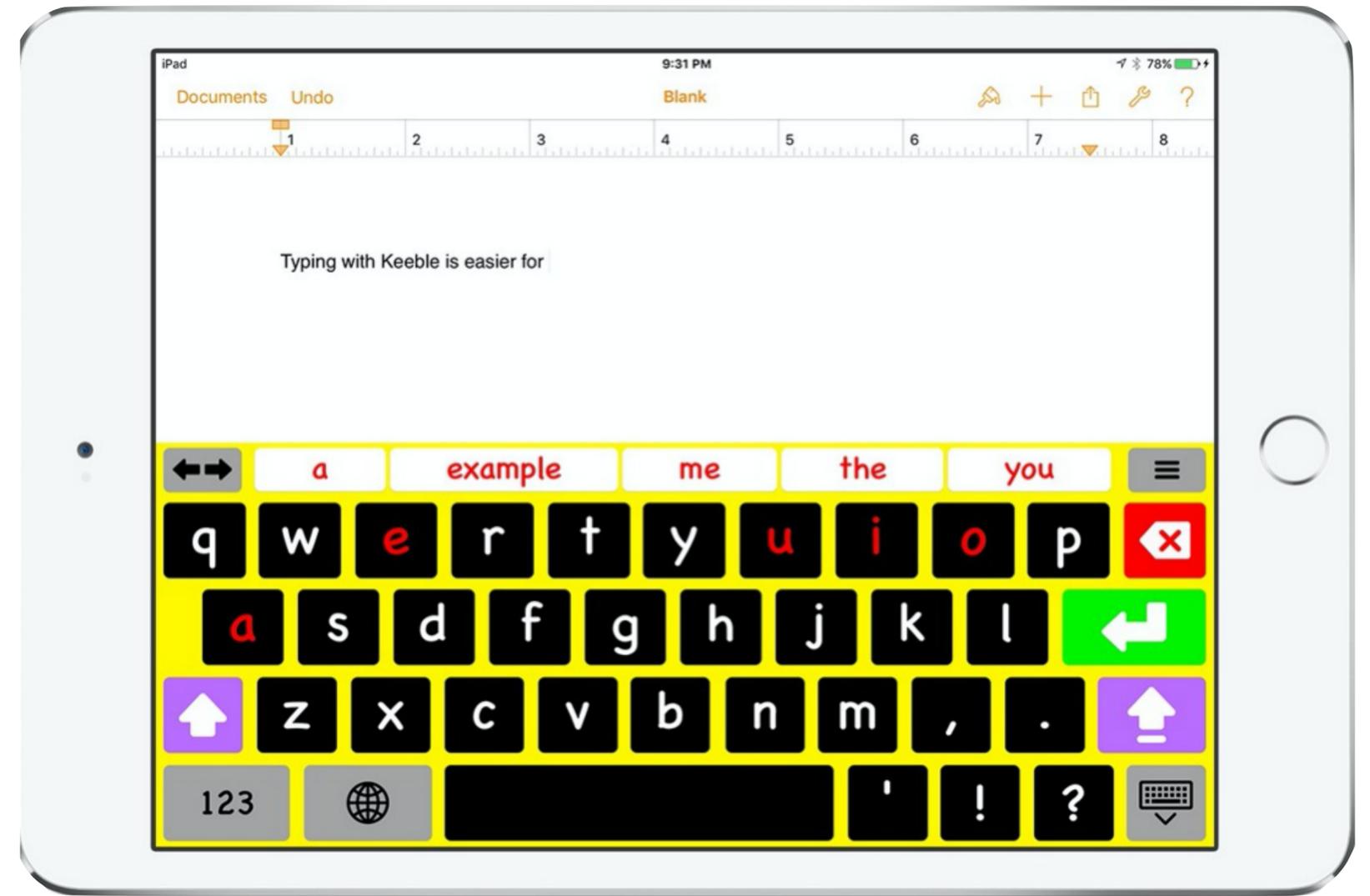
3RD PARTY KEYBOARDS

- Grammarly
- Keeble
- Dyslexia Keyboard
- Read&Write



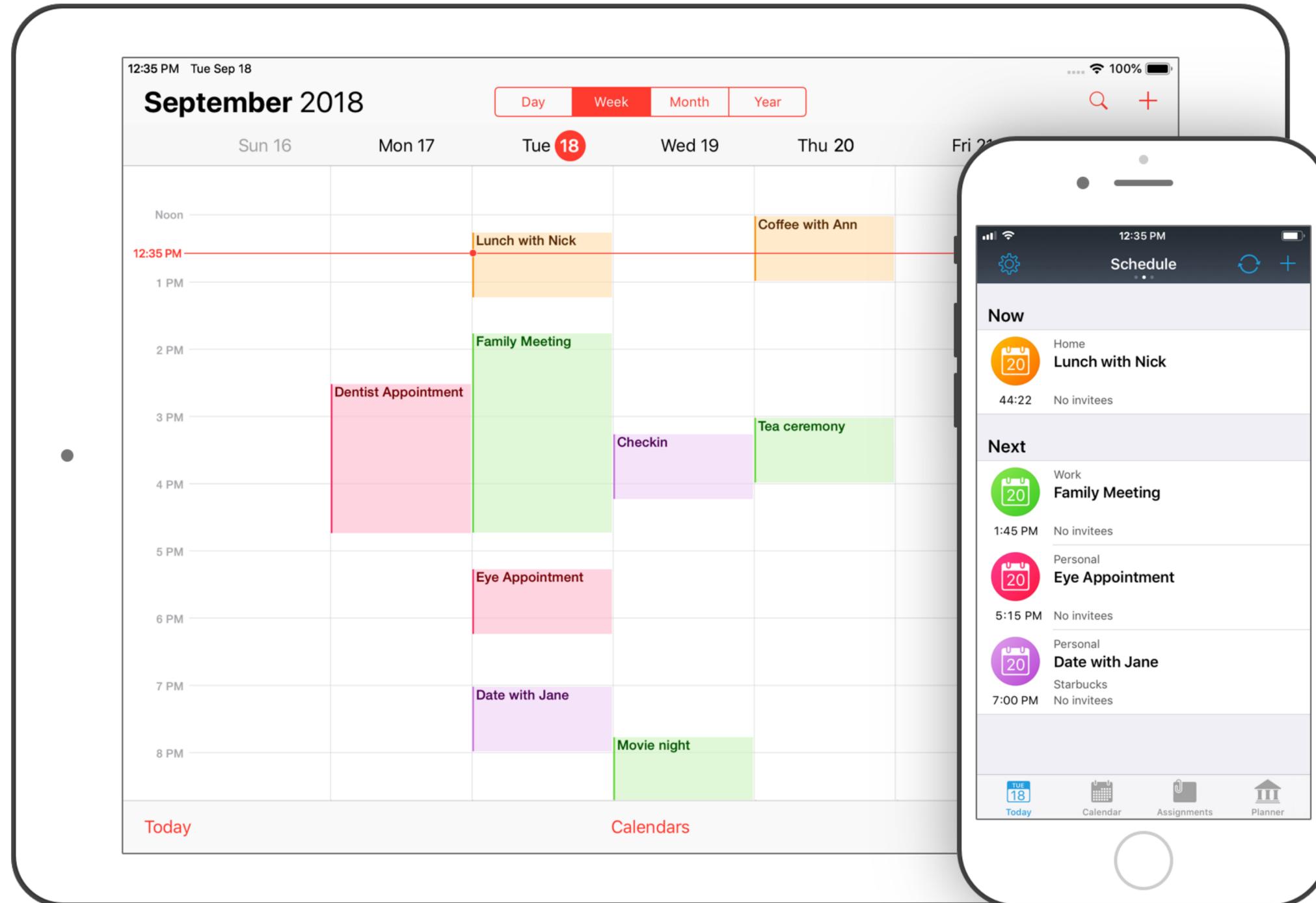
3RD PARTY KEYBOARDS

- SuperKeys
- Phonetic Keyboard Ghotit
- Co:Writer Universal
- Math Keyboard



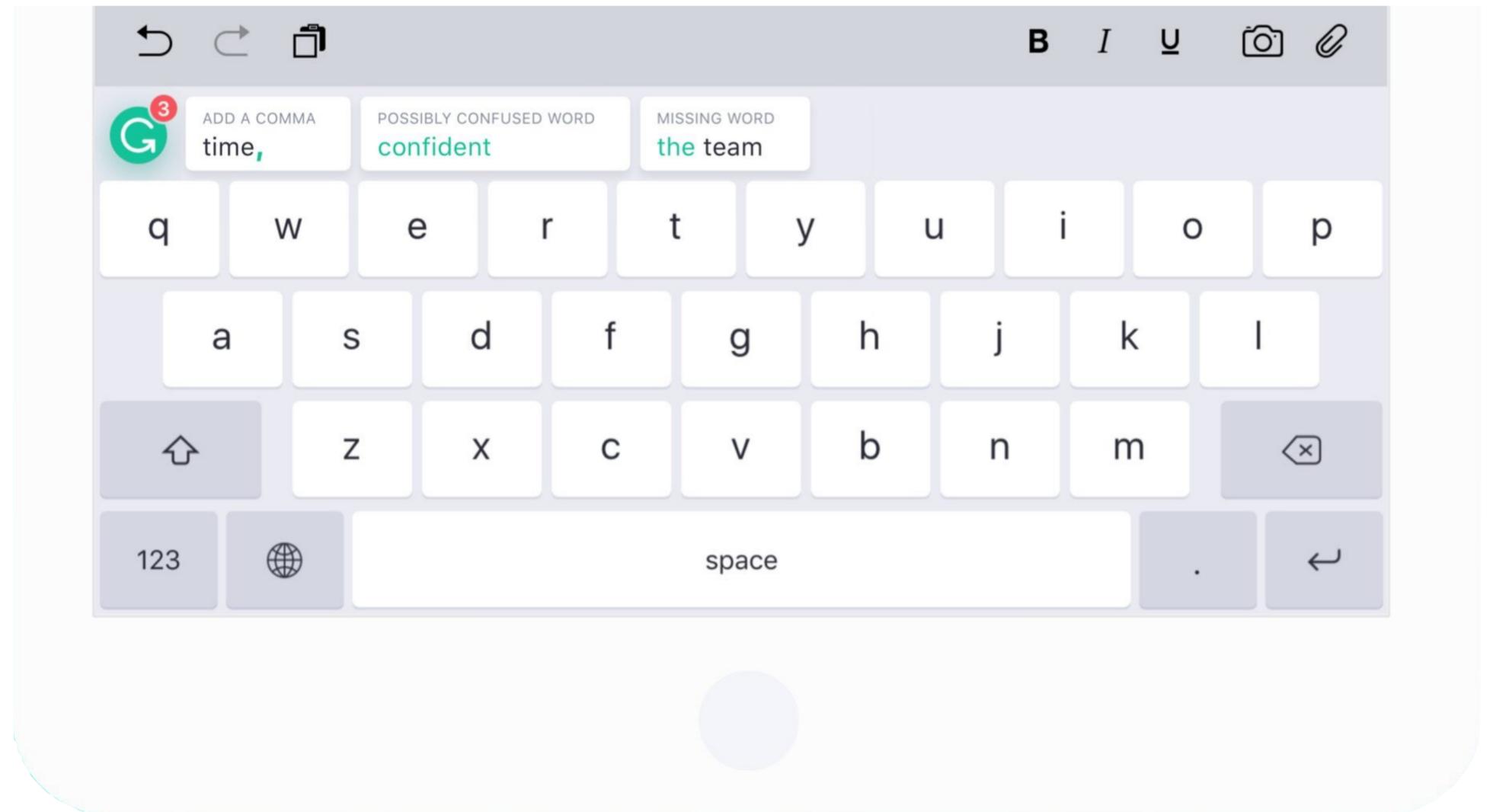
HOMEWORK APPS

- iStudiez Pro
- myHomework Student Planner
- iHomework 2
- Class TimeTable



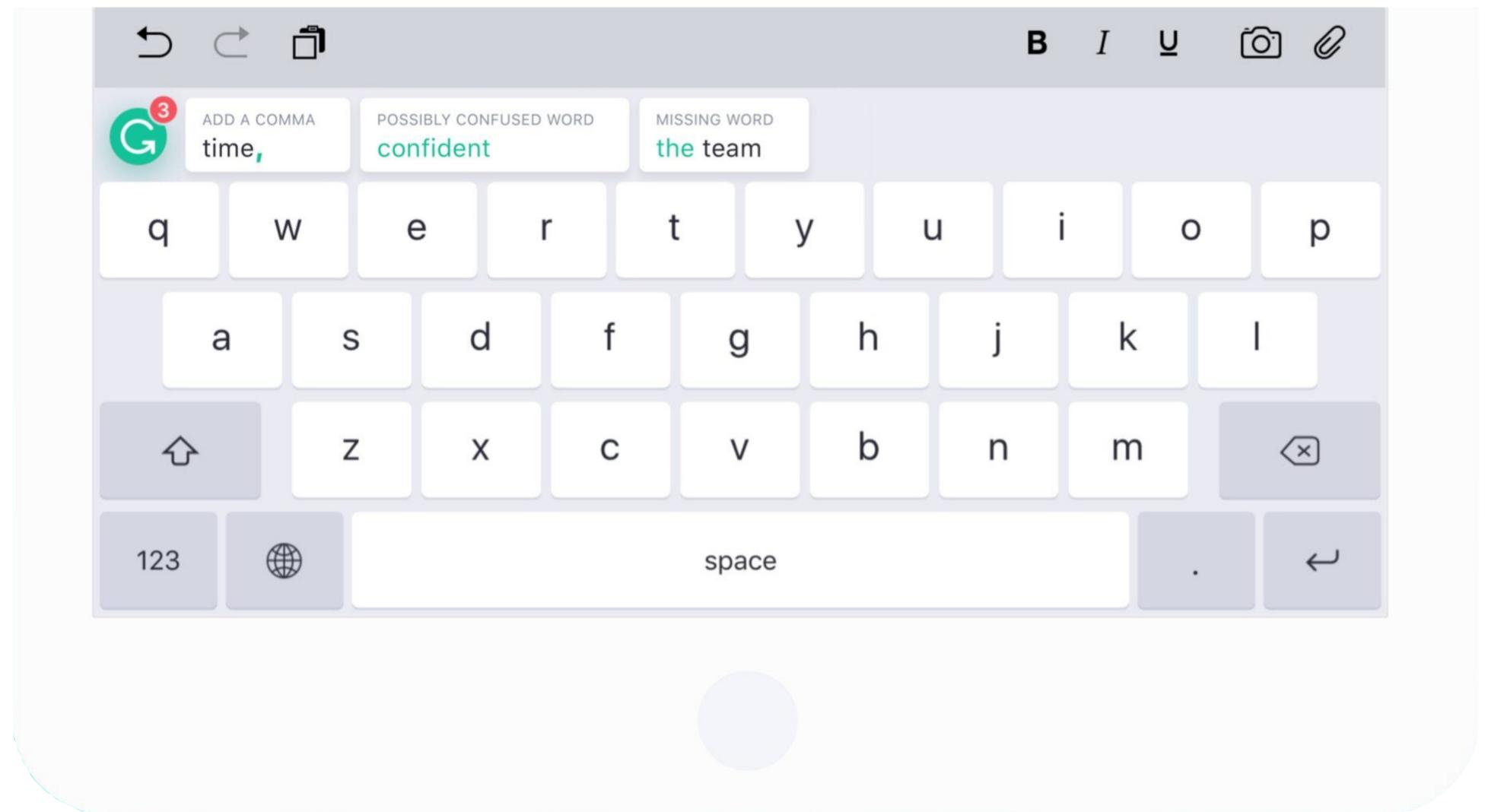
GRAMMAR APP FEATURES

- Spelling and Grammar Check
- Contextual Spelling Correction
- Phonetic Spelling Correction
- Explanation



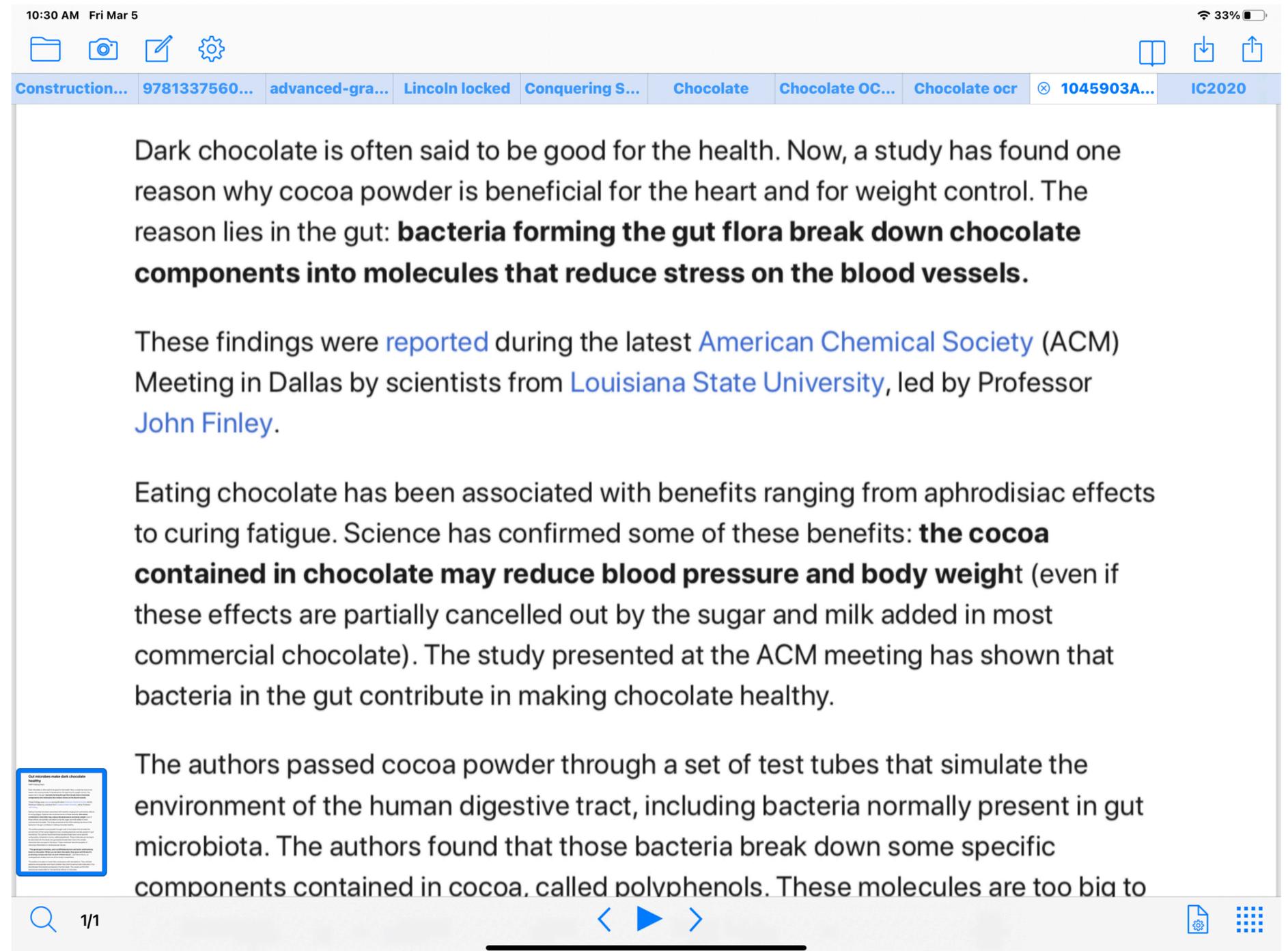
GRAMMAR APPS

- Grammarly
- Ginger Grammar Spellchecker
- Grammatica Grammar & Spelling



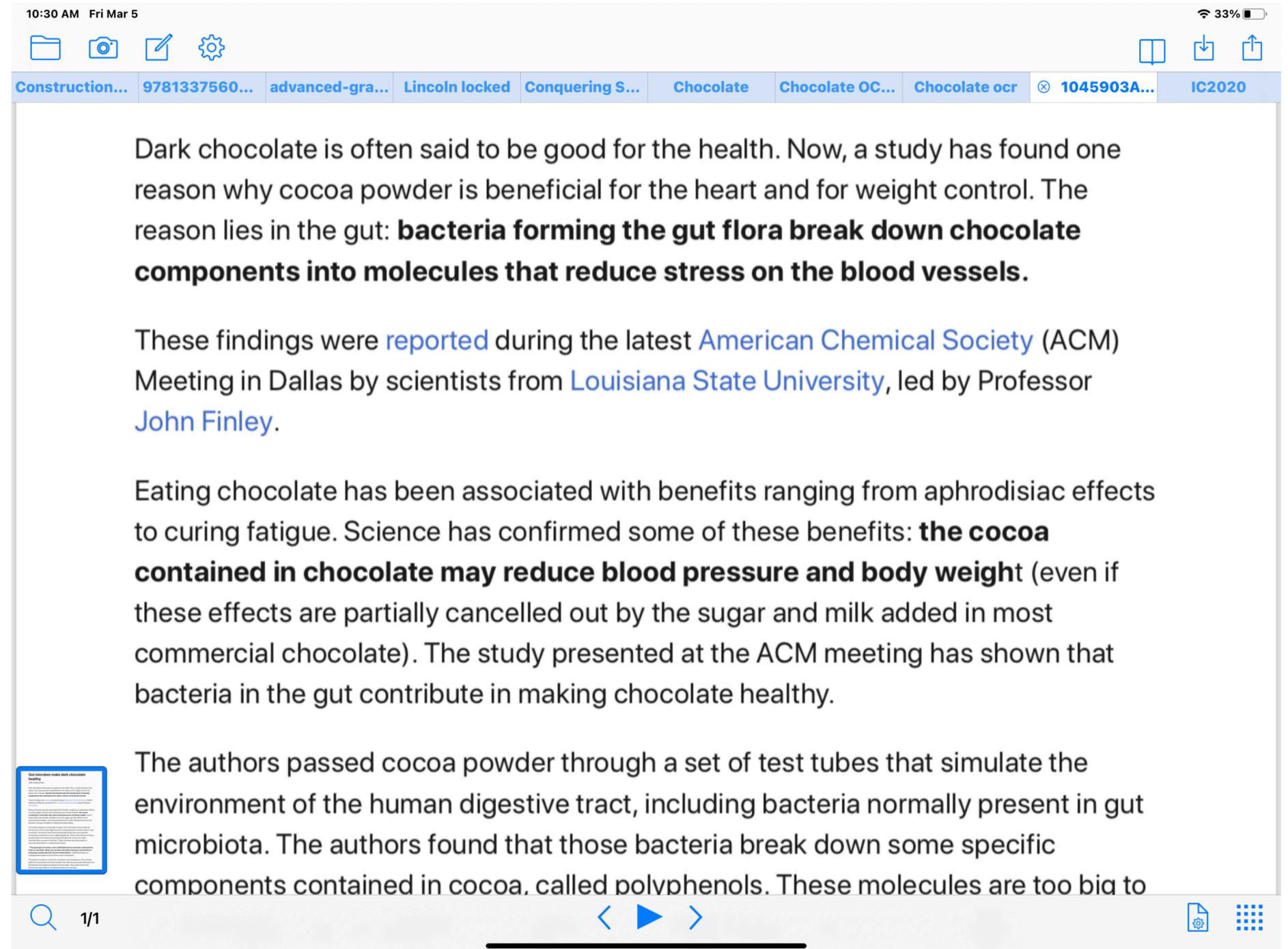
ANNOTATION APP FEATURES

- Rearrange Pages
- OCR
- Full Editing Features
- Audio or Video Annotations



ANNOTATION APPS

- ClaroPDF Pro
- PDF Expert
- iAnnotate 4
- PDFPen 6



FLASHCARD APPS

- Quizlet
- SmartCards+
- Chegg
- Brainscape
- StudyBlue

◀ Search 10:39 AM Fri Mar 5

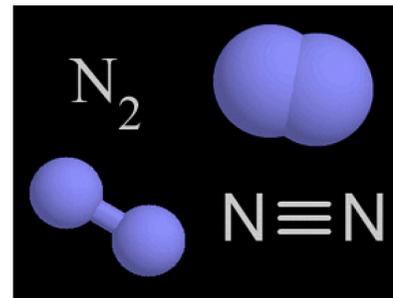
32%

×

14 → 0 → 0

≡

Triple bond between atoms needs lots of energy to break



Reason nitrogen is inert

Uses of nitrogen

Properties of nitrogen

Making fertilisers

MIND MAPPING APPS

- MindNode
- iThoughts
- Coggle
- MindManager
- MindMeister

◀ Search 10:39 AM Fri Mar 5

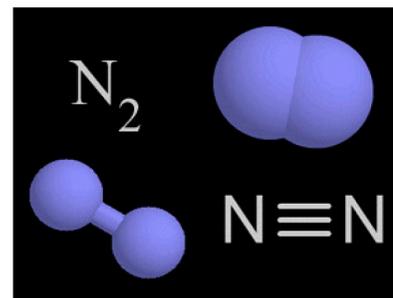
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14 → 0 → 0

☰

Triple bond between atoms needs lots of energy to break



Reason nitrogen is inert

Uses of nitrogen

Properties of nitrogen

Making fertilisers

MATH SUPPORT APPS

- PhotoMath
- MathWay: Math Problem Solver
- MathPad
- Math Keyboard

◀ Search 10:47 AM Fri Mar 5 31%

Solving Steps

$\int \frac{-28}{x^2} dx$

Use properties of integrals

$-28 \times \int \frac{1}{x^2} dx$

Evaluate the integral

$-28 \times \left(-\frac{1}{x}\right)$

Simplify

$\frac{28}{x}$

Add $C \in \mathbb{R}$

Solution

$\frac{28}{x} + C, C \in \mathbb{R}$

Explain Steps →

HEARING APPS

- AVA
- OtterAI
- Live Caption
- Microsoft Translator

The screenshot displays the Otter.ai mobile application interface. At the top, there is a search bar with the text "Search transcript" and a back arrow on the left. The status bar at the very top shows "Search 10:52 AM Fri Mar 5" and a battery level of 30%. Below the search bar, the word "Note" is prominently displayed. Underneath, the date and time "Tue, 11/3/2020 · 1:52 PM" and a duration of "0:43" are shown. A section titled "SUMMARY KEYWORDS" contains a series of tags: "transcription", "ai", "version", "call", "microphone", "zoom", "run", "export", "recognition", "pretty darn good", "conference", "pick", "student", and "minutes". Below this, the "SPEAKERS" section identifies "Speaker 1". A list item for "Speaker 1" at "0:00" is shown, followed by a paragraph of text: "And now it's doing live transcriptions, and you can see on the top. It's actually doing a pretty good job. So the student could actually run a microphone in the classroom or they could actually sit, apparently close to the teacher, or they could be listening to a zoom conference call, and it's going to pick that up. And you can see it's actually doing pretty darn good recognition. When they're done with this they can actually export this out as a transcription. So it's really really nice so this is called otter AI. The free version gives you 600 minutes a month. If you do the paid version which runs about \$10, it's going to give you 6000 minutes. The other thing is." Below the text is a "Rate transcript quality" section with five yellow stars. At the bottom, a video player interface is visible, showing a progress bar at 0:15, a "1x" speed indicator, and playback controls (rewind, play, and fast forward) on a light blue background.

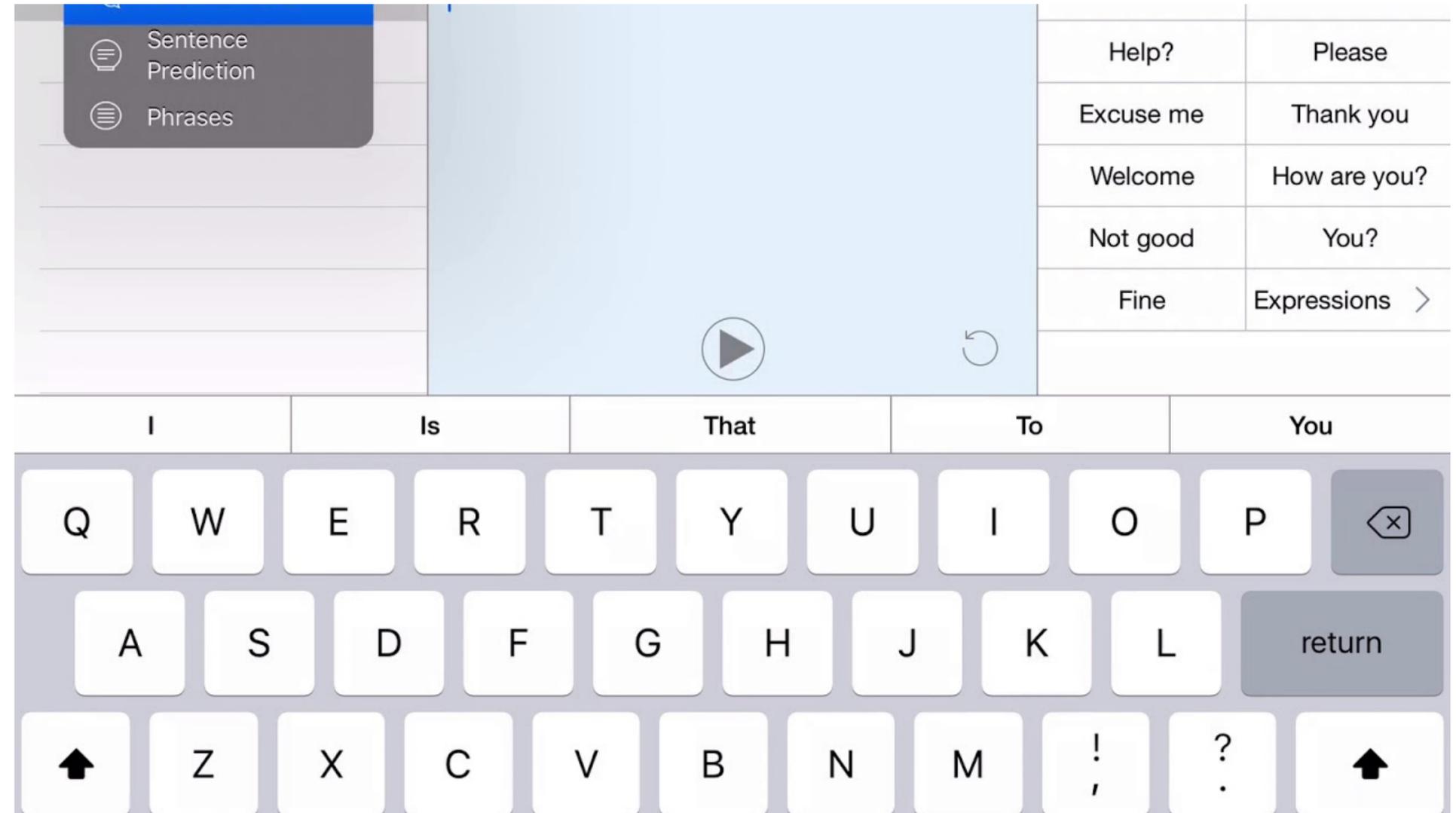
VISION APPS

- KNFB Reader
- Read2Go
- Talking Calculator
- Talking Scientific Calculator



COMMUNICATION APPS

- Proloquo4Text
- Predictable
- Verbally
- Speech Assistant AAC



STRESS MANAGEMENT APPS

- Moodistory
- MoodFit
- Mood Mission
- Self-help for Anxiety Management
- CBT Thought Diary



APPLE WATCH ACCESSIBILITY

- Extra-Large Watch Face
- Mono Audio
- Voice Dictation
- Scribble



APPLE WATCH ACCESSIBILITY

- VoiceOver
- Taptic Feedback
- Font Size
- Zoom
- Grayscale



APPLE WATCH



Moodistory



iStudiez Pro



Just Press Record



Focus



Smart Cards+



myHomework



Proloquo4Text



Todoist



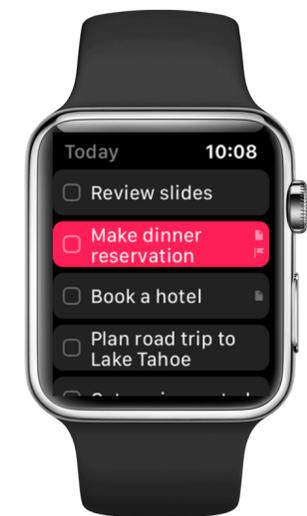
Merriam-Webster
Dictionary



Flashcards
by NKO



Mind Mapping
- MindMeister



Things 3