

Digital Media Checklist

Evaluator name:	Maria Jacobs
Date:	Apr 6, 2025
Resource Title:	Module 4: Setting realistic boundaries between work and your personal life
Resource URL:	https://youtu.be/L3WuphqsAZI
Target Audience:	Working adults 30-65 years old

LICENSE:

License	Copyright-protected license with ... ▾
Is the license still valid? Yes ▾	Notes:

ACCESSIBILITY

Is the resource accessible?	Yes ▾
What accessibility features are there?	<ul style="list-style-type: none"><input checked="" type="checkbox"/> Content Structure<input checked="" type="checkbox"/> Text Enlargement<input checked="" type="checkbox"/> Images<input checked="" type="checkbox"/> Captions and Transcripts<input type="checkbox"/> Audio Descriptions<input checked="" type="checkbox"/> Color and Contrast
Additional Notes:	The video contains clear visuals through the use of videos and also has closed captions as well as a transcript that follows along with the content presented.

COURSE CONTENT CONNECTION

Does the OER connect to a course learning outcome? Yes ▾	Which course learning outcome does it tie to? CLO 4: Set realistic boundaries b...:
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RELIABILITY

- ☒ ~~Is the publisher credible?~~
- ☒ ~~The information presented is factual.~~
- ☐ Are credible sources cited?
- ☐ Is only one perspective presented?

Additional Notes:

The video gives an overview of what will be discussed in module 4 through the use of a video.

Quality:

- ☒ ~~Is clear language used to ensure clear understanding of content?~~
- ☒ ~~Concise and clear structure of information.~~
- ☒ ~~High-quality visuals used.~~
- ☒ ~~Layout is organized and not cluttered.~~

Additional Notes: The video has high quality images and audio that allow for anyone, not just people taking the minicourse to understand the purpose and relate to it in a personal way.

Summary/Notes: Overall the video does a wonderful job of highlighting what most working adults may experience when it comes to not having boundaries set between their work and personal lives. It tells a story and also contains some humor to keep the audience entertained and focused while giving information about what module 4 will entail, what the learner can look forward to being able to accomplish by the end of the module.