

BreakMore

rethinking the structure of lectures



We are Team Quintessence and our proposal is a result of a 20-month research project sponsored by the TUM: Junge Akademie scholarship program, in which we set out to improve the attention of students in university lectures. We found, that the current format of lecturing at TUM – a continuous 90-minute lecture – can be significantly enhanced by implementing a lecture break at the halfway mark.

This is where BreakMore comes into play. Recognizing the mental strain and exhaustion students measurably experience after only 15 to 20 minutes, our lecture break format enables a quick recharge which promotes a much higher learning yield in the second half of the lecture. The BreakMore concept combines *two* key ingredients:

Flexibility – Whether the lecture takes place online, or live in the auditorium, the lecturer chooses when exactly the break happens during class, coordinating with the students. That way, the flow of information is never interrupted in an awkward manner and lecturers can adaptively place the interval at an appropriate time.

Individuality – The break can be creatively used for rest and reflection of the lecture content, discussing current issues with the lecturer, or even paired with a short activity program. The latter has already been put into practice at different universities across Germany. Activating circulation allows for an energetic start into the rest of the lecture.

Our proposal thus entails the following recommendations:

1. Conception of guidelines for lecture breaks at TUM in collaboration with all potential major stakeholders, i.e. students, lecturers, faculties, administration, etc.
2. Realization of further small-scale trials for the above-created guidelines
3. Implementation of the guidelines throughout campus

For more information, feel free to contact us: quintessence@ja.tum.de



Active break in Carl von Linde lecture theatre, class of Prof. Dr. S. Weltge