

# Instructions for Recording Field Trip Reflections with a Phone (with GabCast)

**WHY RECORD REFLECTIONS?** Part of the recommended curriculum for students visiting the Gaylord-Pickens Museum and Oklahoma Heritage Association in Oklahoma City is writing and recording reflections about field trip experiences and specifically the characteristics exemplified by Oklahomans in our museum. By recording as well as writing reflections, students are challenged to “show what they know” and understand about the people and concepts presented during their field trip.

**HOW LONG SHOULD REFLECTIONS BE?** There is not a minimum or maximum length requirement, but a general guideline is 30 seconds to 2 minutes long. (Recordings can technically be up to sixty minutes long on GabCast.)

**WHAT IS GABCAST?** GabCast ([www.gabcast.com](http://www.gabcast.com)) is a website empowering people to use a telephone to record and share voice recordings directly on the Internet. Since many computers in classrooms and at home do not currently have microphones connected and configured which can be used to directly record audio reflections online, GabCast permits larger numbers of students to share audio reflections after their field trip.

**SAFETY:** Recordings published to GabCast can currently be played by anyone visiting our GabCast channel website, so remember to not disclose personally identifying information when you record. Please DO identify your school, the city where you live, and (if you know it) the date of your field trip when you call and record your reflection.

## **HOW TO MAKE A GABCAST RECORDING:**

1. Call the following U.S. toll-free number from a cell phone or regular land-line phone:

**1-888-887-3127**

2. Enter our channel number followed by the pound sign: **24167#**

3. Enter our channel password followed by the pound sign: **1400#**

4. Press the number “1” to record a new episode.

5. When finished, press “1” to listen to it, press “2” to publish it, or press “7” to delete it and try again. When you finish and are satisfied with your recording, make sure you choose “2” so it will be published and others can listen to it.

Recorded reflections will be screened, downloaded, and added to our VoiceThread digital stories on [www.oklahomaheritage.com](http://www.oklahomaheritage.com) throughout the year. Students can directly record messages on our VoiceThread digital stories, or use GabCast to share recordings which will be downloaded and added to the VoiceThread digital stories by museum educational staff.



OKLAHOMA HERITAGE Association  
GAYLORD-PICKENS Museum