

Changes made to document:

1. Section 2 – previous work on VFTs, has been added to address the lack of important references in addition to additional references throughout.
2. Learning outcomes and deliverables have been revised and added to provide further details on how the VFT was designed and run.
3. The course evaluation has clarified the issues of self-reporting and appropriate changes made.
4. The manuscript conclusions have been rewritten for better clarity and focus.