NE533 Edits for future classes

Edits to MOOSE project

* Scrap the transient LHR function. Not needed
  + Require transient solver with steady-state detection
  + Require mesh convergence study
  + Define a VHR instead of LHR
* In part 1, have them do with a meshed gap and without meshing the gap
  + Point towards stitched and combined mesh generators
* In part 3, do both swelling and contact
* *Make part 2/3 a long cladding tube with fuel not extending to ends*
  + *Requires convective BCs on cladding*

Make sure I am asking questions at the beginning of each class.

Make the problem sessions more interactive. Ask questions as I work through. Maybe have students do the problems?