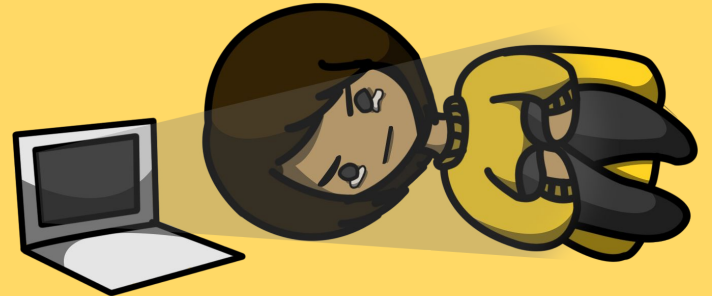


Student Wellness

Current State of Students

- Overwhelmed by number of deliverables
- Overwhelmed by quantity of reminders from so many platforms
- Inconsistent internet & resources
- Inability to maintain a schedule
- Too many hours in front of the computer; no breaks; no food; no activity



Things instructors can do to mitigate

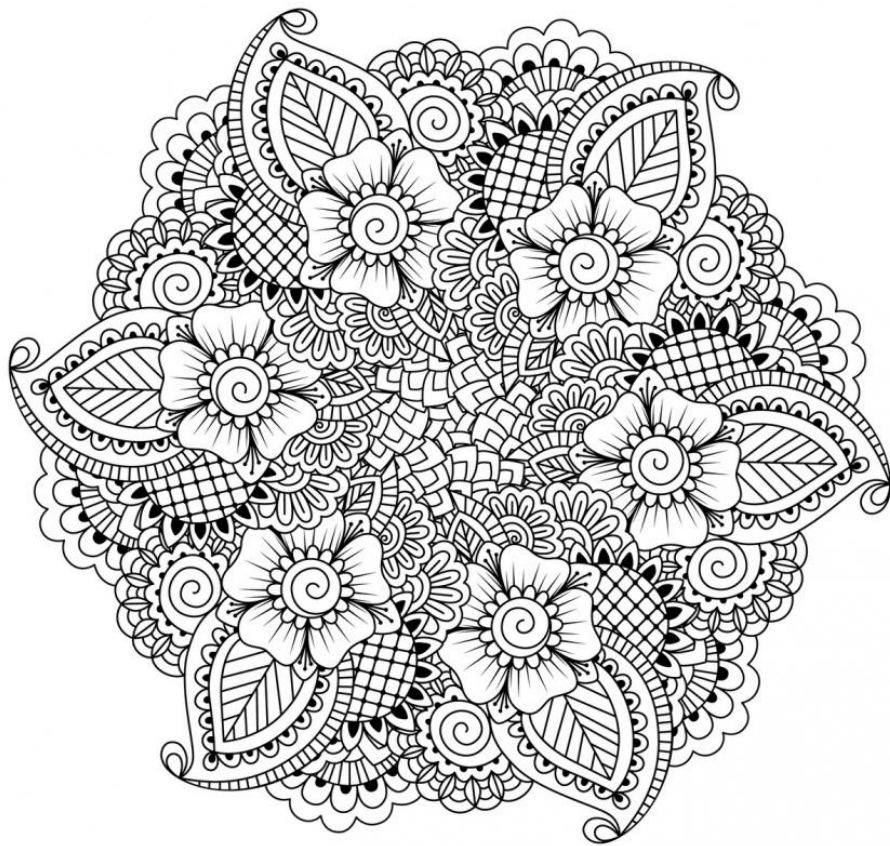
- Mental Health & Stress Reduction
- Scheduling
- Content and Knowledge Dissemination
- Practice Activities
- Assessment Activities
- Teaching Assistants Are Students Too

Mental Health & Stress Reduction

- Create a class playlist; play music at the start of class
- Check-ins (anonymous “how are you doing” likert surveys)
- Self assessments / Mindfulness activities
- Encourage students to get outside (take breaks)
- Encourage attendance at 10 am daily (Zoom) stand-up
- Share your own anxieties and concerns
 - let the students know that we’re all in this together

These activities
are also helpful
for instructors





Breathe in

**COLOUR THE IMAGE USING
THE ANNOTATE FEATURE**

The Muppets

K	R	F	L	W	O	R	F	O	O	S	O	C	G
G	F	O	Z	Z	I	E	B	E	A	R	R	L	O
R	O	R	L	E	J	P	E	I	T	P	I	I	B
I	S	E	N	B	F	I	R	E	S	E	Z	F	O
R	W	O	I	F	R	S	M	B	E	P	Z	F	B
M	E	Z	P	O	O	L	O	H	E	E	O	O	Z
R	U	T	R	M	D	M	O	R	E	A	T	R	N
E	M	P	L	K	L	W	M	O	E	N	K	D	O
T	S	E	P	A	A	O	Z	N	O	G	S	E	T
O	O	S	B	E	W	K	E	R	M	I	T	O	R
O	L	B	W	Z	T	S	T	A	T	L	E	R	N
C	E	B	M	F	E	S	T	O	E	T	I	E	S
S	F	M	I	S	S	P	I	G	G	Y	E	Z	S
C	I	O	E	Z	O	U	U	E	T	O	T	O	U

MUPPETS

JIM HENSON

KERMIT

MISS PIGGY

FOZZIE BEAR

GONZO

PEPE

RIZZO

ROWLF

BEAKER

SCOOTER

CLIFFORD

BOBO

WALDORF

STATLER

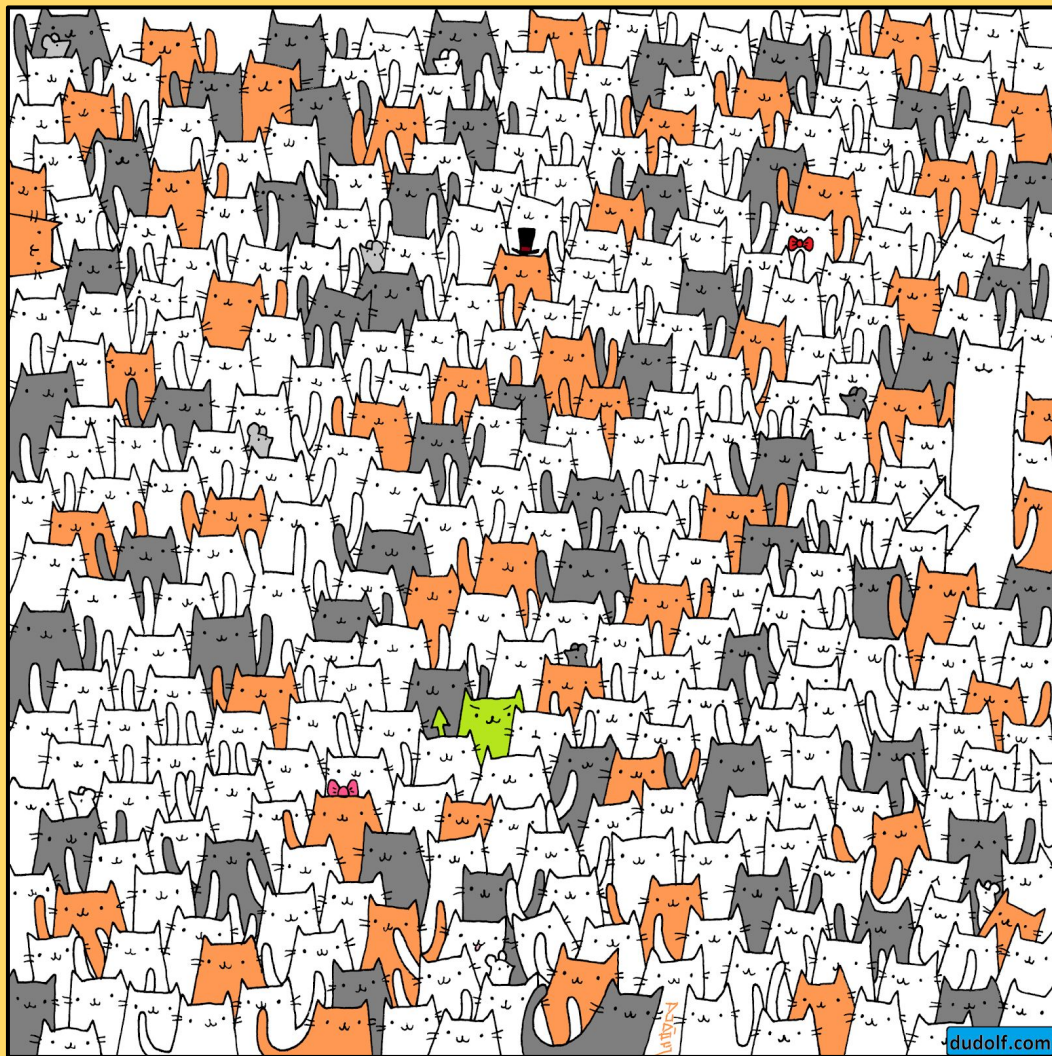
WALTER

ELMO

Breathe in

FIND THE
HIDDEN WORDS

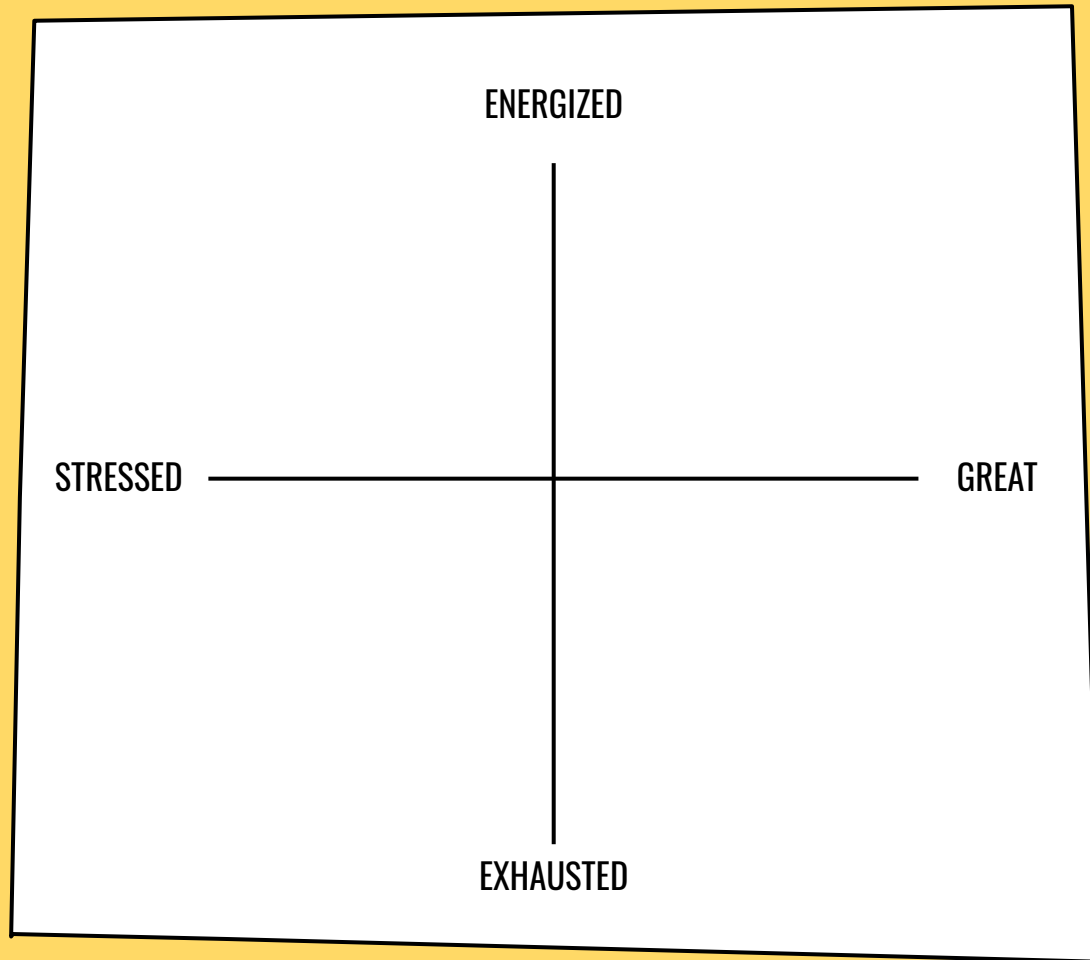
WAKE UP YOUR BRAIN



Breathe in

FIND THE
BUNNY

TIME TO CHECK IN



HOW
ARE YOU
FEELING
TODAY?

Scheduling

- **Be mindful of total time required for your class**
 - Don't exceed lecture time by recording lectures but still having lectures
 - Remember to include time to watch recordings in your time calculations
- **Maintain a consistent schedule**
 - students have tightly scripted schedules to pack everything in
 - if we change lecture time outside the scheduled slots they have a hard time adjusting
- **Have the schedule in multiple places**
 - They are stressed and having trouble remembering where to look for dates and times
- **Stick to what you planned (changes are overwhelming)**
 - Even seemingly helpful things (breaking an assignment into 2 due dates) causes stress

Content & Knowledge Dissemination

- Recordings of lectures and labs
 - including Q/A
- Slides or lecture notes available in advance
- Keep the content to the essentials
 - course might not be identical to other years but can still meet learning outcomes
 - offer extra topics as bonus work or special interest lectures
- Have a TA or senior student read questions from chat during lecture
- Hold Q/A sessions live on zoom

Practice Activities

- Practice activities are things that are worth a small (or no) number of marks
- Relaxed due dates or no due date
- Activities that can be done any time in the semester
- Offer multiple attempts with no penalty
- Group submissions after breakout room discussions
- Do the practice activities together in class

Assessments

- Assessments are the activities that form the bulk of the final grade
- Convert to practice activities if the assessment is small
- Convert to in-class activity
- Make assessment take-home
- Offer chances to redo
- Reduce the overall number of assessments
- Offer best N out of M assessments
- Offer more time than you think they'd need (internet flakiness, family interruptions, etc)
- Make assessments shorter because everything takes longer
- Have penalty-free grace periods

Teaching Assistants are students too

- Lots of reminders to help them stay organized
- Set clear boundaries for expectations of communication
 - our TAs are being bombarded with questions at all hours of the day
 - our TAs are on social media sites with students (i.e. Discord) and some are doing their TA job from there
- Have regular TA meetings

Content is not the same as learning outcomes.

Review official course learning outcomes and slash extras.