**Soutenir une transition transformatrice vers l'apprentissage à distance et en ligne**

*Scaffolding a Transformative Transition to Distance and Online Learning*

Symposium Virtuel | Virtual Symposium

Résumé du Google Doc collaboratif : **Soutenir le bien-être des étudiants**
Summary of the Collaborative Google Doc: **Supporting Student Wellness**

Questions de discussion | Prompt Discussion Questions:

1. **Quels moyens utilisez-vous pour vérifier le bien-être de vos étudiants?**

   *What ways do you use to check-in on the well-being of your students?*

   - I have used polls in Zoom to get another view of how students are doing one a scale of 1 to 10.
   - Weekly polls to gauge overall well-being of the class.
   - Having one on one meetings virtually to check in.
   - Students appreciate having profs checking in with them, even at the beginning or end of classes.
   - Having 10 min office hours with each student to check in.
   - Some sessions might be more of a discussion on how things are really going.
   - Give them opportunities to talk about how they are doing.
   - Anonymous and moderated discussions on Brightspace.
   - During my class of ~40 students I broke them into 5 small groups using Zoom breakouts. At the beginning of the semester I started this at the beginning of class, but noticed it wasn't working, there wasn't enough time. I moved it to the last 15 minutes of class, added an instructor or TA to moderate/help, and then allowed them to stay as long as they wanted as a group to talk. Some weeks it was 10 minutes, other weeks it lasted for 40 minutes. The students appreciated this consistent model.
   - Trying to be a bit more flexible with students in terms of deadlines etc.
   - Using music at the beginning of class.
   - Signing in to the class early and staying later to chat to a few students.
   - Ask the students to write a bio about some basic things like their interests, if they are working, or not, if they are living alone or with people etc.
   - Do a Graduation ceremony for the class and have someone give a talk :)
   - Send emails to students who you think may be struggling and send along resources.
   - Making a list of available support resources, and posting this on Brightspace, or including it in your syllabus for the course.
2. Quels sont les défis que vivent les étudiants qui affectent leur réussite dans vos cours?

*What challenges are students living that are affecting their success in your courses?*

- Overload and stress about online exams. Do we need to have final exams (alternatives might be better)?
  - Zoom fatigue
  - Lack of flexibility and strict deadlines.
- Social isolation
  - Less of a connection with peers, who you may normally reach out to.
- Technology - unstable internet.
- Home related stress (loss of job, illnesses).
  - Hard to focus at home.
  - Balancing childcare with studying from home.
- Challenges in terms of learning - COVID Fog, difficulties in concentrating.
- Depression/anxiety.
- Managing work as well as school.

3. Autres réflexions :

*Other reflections:*

- We need some thinking about including some broader messages in our teaching about wellness and how to encourage students during this period. Pointing them to broader resources available on campus to enhance their lives.

Helpful resources: