





# TEACHING TIPS FOR SUPPORTING STUDENT WELL-BEING

## Keep the technology simple

Students may not be proficient with all the tools available for learning remotely. Consider limiting the number of tools used and provide students with opportunities for practice, especially if assessment is involved. Don't hesitate to turn features off; for example, disabling Chat in Zoom if it's not serving a specific pedagogical purpose will remove potential distractions.

**Multiple quiz attempts**


**Disable Chat** 


**Enhancing Student Wellness Infographic** 

**Promote community**  
Provide opportunities for students to connect with peers. Since students aren't able to engage in those informal pre- and post-class chats where friendships often begin, consider simple activities that provide "remote" alternatives for making connections.

## Discuss assessment expectations

Mismatches between your expectations and students' expectations can cause both of you frustration and stress. Engage students in a conversation about the characteristics of excellent and poor work, and you may wish to provide copies of assignments that illustrate a range of quality.

**The Learning Value of Exemplars** 


**myCourses Tools for Rapport**  
**Audio Feedback in Practice**  
**Audio recording with myCourses** 

**Build rapport**  
Numerous possibilities exist within myCourses to build rapport with students. One easy strategy is to provide students with audio feedback on some assignments. Hearing you talk about their work may help students connect with the course on a personal level. And audio feedback can also be a time-saver as we usually speak more quickly than we write.

## Post resources to myCourses

Make it easy for students to access resources (and possibly reduce the volume of questions you're asked!) by posting a list to myCourses of common resources and links. You can create a widget in myCourses so that the links appear in a list on the course Home Page.

**Creating Custom Widgets in myCourses** 

- Sample resources to post*
-  [IT Support](#)
  - [Virtual Group Study Kit](#)
  - [Managing Zoom Fatigue](#)
  - [Webinars for Remote Learning](#)

**McGill Athletics One-Minute Stretch Breaks** 

**Promote physical well-being**  
Why not add a stretch break before, during, or after class to get the circulation going and renew students'—and your own!—energy?





# WELLNESS RESOURCES

## Key points on how to listen and support students

Students may approach you prior to seeking help elsewhere; become familiar with the support and resources that students can access

Your role is to make students aware of the support available (not to treat or diagnose)

If you are reaching out to a student in distress, specify the signs you noticed, express your concern, but respect their decision if they do not want the support



### Keep.meSAFE Staff & Faculty Guide

If you need help supporting your students, or want to refer them to keep.meSAFE's 24/7 counselling support, this Program Reference Guide walks you through the types of support available and how best to access them.



Stay up to date on health and wellness services, virtual and in person programming, live interactive wellness sessions, and healthier living tips through [@HealthierMcGill](#) Instagram account

These **Workshops and Groups** will give your students tools to support their well being and connect to their peers, no matter where they are during the semester



### Workshop: McGill Support Resources: Helping You Help Your Students

You can now catch the Student Wellness Hub's new workshop "McGill Support Resources: Helping You Help Your Students" on-demand! The session helps faculty and staff refer their students to resources on and off campus.



Check out our **OnDemand Programming** pre recorded and available to watch whenever it suits you

In addition to our workshops, groups, and wellness outreach, we can help you build upon your strengths and provide you with skills, strategies, and resources to include in your lives to enhance your wellness over time!



### Student Wellness Hub Local Wellness Advisors (LWAs)

LWAs are trained clinicians that work within the faculties available to orient and connect students with appropriate support resources – on-campus or off-campus – for their unique situation.



### Support and Active Listening Resources for Students

Having access to resources beyond the Hub - especially virtual ones - is essential in the climate of COVID-19, where students are studying remotely and often have limited access to in-person offerings. We've created a detailed list of virtual and in-person active listening resources available to the McGill community.

\*Please note that the first page is in French and the second page is in English.



### The Helping Students in Difficulty Folder

This resource, created by The Office of the Dean of Students, is your guide for what to do and who to contact in emergencies, crises, and worrisome or difficult situations.