

PARTNER WITH PROFESSORS TO ENHANCE YOUR LEARNING THIS SPRING

As your instructors, we want you to know that we appreciate your feedback and are working to **adapt our teaching** this Spring based on what we heard from you. We recognize that these are unusual and stressful times. Below are actions you can take to partner with us and make this semester a successful learning experience.

Communicate

If you have challenges, reach out sooner rather than later so we can explore solutions together

Speak up about any difficulties seeing, hearing, or accessing course materials

Speak loudly and clearly in in-person classes

Ask us to repeat peer questions or comments if needed

Ask for clarification if you don't understand an assignment

Connect with us and your peers

Drop in to virtual office hours; we want to see you and know how you are doing

Arrive or log in early and say hello to us and each other

Attend your classes in person whenever possible

Use study groups for another opportunity to connect and learn

Manage academic stress

Adopt effective time management strategies

Avoid overcommitting; consider taking on fewer courses and obligations



Engage

Active participation is more important than ever; please join in and speak up

Aim to participate as actively on Zoom as you do in person

Ask clarifying questions if you don't understand the specific task or prompt for activities or breakout rooms

Minimize distraction by closing all applications that aren't needed for class work

Use Resources

Use class recordings if offered; search captions to find specific topics for review

Use advising, tutoring, and other support services; they are there to help you succeed

Use the Calm app to reduce stress and anxiety

Maintain wellbeing to enhance learning

Practice mindfulness meditation, and gratitude

Get enough sleep; it matters to your learning and happiness

Take time each day to relax, do something you enjoy, and be active

Be extra kind to yourself in challenging times

Thanks for working with us

We know this year has been challenging. We are doing our best to adapt to those challenges, and want to work together with you to make your learning experience as positive and successful as possible.