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

**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

**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

**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

**Manage academic stress**
- Adopt effective time management strategies
- Avoid overcommitting; consider taking on fewer courses and obligations

**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.