

Bentley Teaching and Learning Resources

Supporting Student Wellbeing in Remote Environments | Tips and Resources for Faculty

Faculty are the greatest point of contact with our students in both remote and place-based environments and can play a key role in promoting and supporting student well-being. With our new learning environments, students are reporting feelings of **decreased motivation**, **disconnection**, and **increased stress and anxiety** as we all adjust to this pandemic. Students' academic and social identities have been challenged and this can impact learning success.

Below are simple suggestions, resources that you can share with students and a summary of well-being support measures in place during remote learning.

Direct ways you can support well-being:

1. Show care and be available for students.
 - a. Send emails to students to see how they are doing.
 - b. Communicate that office hours can be "listening hours" so students know they can talk with you or ask questions about non-academic concerns.
2. Provide a space for students to talk and connect in class.
 - a. Take 5 minutes of class once a week to ask how everyone is doing & what concerns they have, or pose a poll for students to connect on a common topic (e.g. what TV shows are you watching?).
 - b. Provide learning activities that require collaboration, discussion and points of social connection for students to combat feelings of isolation and increase remote engagement.
3. Promote or provide space to reduce stress and increase focus in class. A 1-minute breathing or mindfulness exercise is easy to implement. Email Wellness & Health's thrive@bentley.edu if you would like some examples.
4. Promote resilience. A simple Zoom chat with students about what they have gained from being remote can promote optimism in this time of uncertainty. What is happening in an online class they would like to continue in future in-person classes?
5. Be understanding and flexible. Students may be taking your class in a completely different time zone. They may share living spaces and learning spaces or be in a stressful environment. They may be in quarantine, fall ill or have family members who become ill.
6. Reinforce the importance of balance and self-care while remote. The "Keep Learning@Bentley" workgroup surveyed over 300 Bentley students. Time management, stress management, and social connectedness were in the top five concerns of students working remotely. Encourage them to take advantage of resources at Keep Learning@Bentley (link to <https://www.bentley.edu/coronavirus/keeplearning>).

Resources you can promote to your students:

The following can be posted to your BlackBoard sites, MS Teams sites, or shared with students via email.

1. Keep Learning@Bentley (link to <https://www.bentley.edu/coronavirus/keeplearning>) hosts resources for students including handouts for managing stress, mindfulness, self-care, sleep, time management and more.

2. [Bentley Health/Wellness Resources](#) (link to hosts a stress and anxiety workshop, apps to promote wellbeing and websites to support a range of mental and physical health needs.
3. CALM (link to [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times_nonsubs_031720)) and Greater Good in Action ([link to https://ggia.berkeley.edu/](https://ggia.berkeley.edu/)) both have websites with free science- based mindfulness resources

Services, People & Programs available for remote assistance:

Contact these departments with any concerns.

Counseling Center (link to www.bentley.edu/counseling)

Health Center (link to www.bentley.edu/health)

Wellness & Health Promotion (link to www.bentley.edu/wellness)

CARE Team and CARE Reports (link to <https://www.bentley.edu/offices/student-affairs/bentley-cares>)

Academic Services (link to <https://www.bentley.edu/offices/academic-services>)

Bentley NEST Program (link to <https://www.bentley.edu/university-life/nest-program>)