Integrating Resilience and Wellness into Online Courses: Specific Recommendations for Online Instructors and Programs

✓ Create moments of fun in the classroom.
  • Have students create a meme from the weekly readings.
  • Allow students to watch a funny video that connects to what is being learned.

✓ Use videos and audio files to connect with students.
  • Record a weekly lecture.
  • Offer tips on upcoming assignments or feedback for the class on prior assignments.

✓ Use video or audio files to give students feedback on assignments. Record audio or video while grading the paper, discussing both strengths and weaknesses.
  • Be sure to smile and use language to build up student confidence when giving feedback.
  • Be aware of the stress points in class and prepare to build student confidence; upon completion of that phase of the class, be prepared to cheer the students’ accomplishments.

✓ Use goal setting within the class to give students smaller points to work toward and achieve projects that aren’t grade related.
  • Note when the weekly readings are particularly long or detailed.
  • Set goals for readings and assignments as markers toward completion.
  • Use discussion boards as markers toward a larger assignment. Let students build up to that assignment so they feel they are making progress.

✓ Plan for holidays or events that may distract students outside of the class; look for opportunities to connect classroom assignments to those events.