Coffee Chat - Confessions of Going Virtual Overnight - Key Takeaways

As disruptive a shift as this has been, there is an opportunity to redefine how learning can happen for our students.

Students’ mental health is paramount right now: More than the virtual lessons and activities, they will remember how they felt during this time long after all of this is over.

YouTube video: How to Collaborate Effectively When Your Team is Remote (Harvard Business Review)

YouTube video: How to Teach an Online Lesson w/ Zoom

YouTube video: Teaching Online w/ Loom

Practice

Your students will follow your lead

Don’t forget about you

- Work through, rather than deny, your big feelings
- Increase self-awareness and resist the tendency to compare
- Tend to your physical body
- Tend to your physical space
- Connect as you can

Some ways to set media consumption boundaries

- Take breaks
- Turn off non-essential notifications on your devices
- Set times when you will view the news
- Unfollow accounts that aren’t helping
- Turn off your phone when needed

We’re all in this together!