ENHANCING STUDENT WELLNESS: SIMPLE TIPS FOR INSTRUCTORS

**CREATING CONNECTIONS**
Social connections and support are critical for wellness; here are tips for creating connections and decreasing isolation:

**MEETING NEW PEOPLE**
Use breakout rooms to randomly assign pairs of students to engage in a 5-minute conversation with a guiding question.

The conversation should be social in nature (e.g., meeting someone for the first time), so steer clear of COVID-19 related questions.

**EXAMPLES**
- What activities do you like to do in winter?
- How many classes are you taking? Which is your favourite and why?
- Are you a pet person? If yes, what kind of pets and why?

**WHO ARE WE?**
Using quizzes or surveys on myCourses, or live polling resources, create a class poll asking students questions related to the class as a community.

**POSITIVE SHARE**
Invite students to share a picture of something that makes them feel good.

Make sure to provide students with an example that is humorous - we do not want to encourage competitive wellness.

**EXAMPLES**
- Picture of your bed, pet, favourite food, the view from your window, a favourite piece of clothing.
- Video clip from a TV show or movie.

**INCREASING WELLNESS (RIGHT HERE, RIGHT NOW)**
It only takes a moment to experience a little bit of wellness; here are some tips for bringing wellness into your class for both you and your students:

**SHARING RESOURCES**
McGill offers many wellness resources and you can help make students aware of them; here are some links to resources you can share with your students:

[Healthier McGill Instagram account](#), brought to you by the Student Wellness Hub!

Stay up-to-date on health and wellness services, virtual and in-person programming, live interactive wellness sessions, and healthier living tips!

**WELLNESS GROUPS AND WORKSHOPS**
These groups and workshops will give your students tools to support their well-being and connect to their peers, no matter where they are during the semester.

Using quizzes or surveys on myCourses, or live polling resources, create a class poll asking students questions related to the class as a community.

Stay up-to-date on health and wellness services, virtual and in-person programming, live interactive wellness sessions, and healthier living tips!
A collaboration between the Faculty of Education, the Student Wellness Hub and Teaching and Learning Services.

For more information, please contact Dr. Nancy Heath at nancy.heath@mcgill.ca or click here for additional teaching strategies.