

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.



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:



POSITIVE SHARE

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



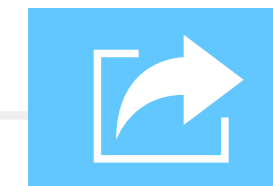
Make sure to provide students with an example that is humorous - we do not want to encourage competitive wellness.

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.*

CURRENT EVENTS

Our students are spending more time online than ever and they are finding amusing and entertaining links. Encourage your students to find amusing stories online and share a link in the chat.



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:



@HEALTHIERMCGILL

Introduce the new [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.



Use multiple choice options; share the poll in your Zoom class; and discuss and comment on the responses.

EXAMPLES

- * Have you taken previous courses on [topic specific to this course]?
- * Why did you decide to take this course? (e.g.. choices: Pre-req/looking for an easy A/always wondered about this topic)
- * How familiar are you with [topic of this class]? (Include a 1-5 Likert-type scale)

GUESS WHO

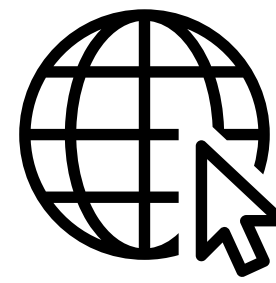
In a large group, call out questions that students can answer using the thumbs up feature.




If you are working with a smaller group, students can guess the answer in the chat and provide a reason for their choice.

EXAMPLES

- * Who plays a musical instrument?
- * Who loves spicy food?
- * Who has never gone to a Zoom class wearing pajama bottoms?
- * Who has never privately chatted with other class members about what the professor is saying?



EXAMPLES


- Fattest bear challenge 
(<https://explore.org/fat-bear-week>)
- Pistachio, the puppy with green fur
(<https://nationalpost.com/news/world/meet-pistachio-the-puppy-born-with-green-fur>)

MOMENT OF RELAXATION

Share one of these video or audio clips for students to experience relaxation in the moment.



EXAMPLES

- * Mini vacation: relaxation through visualization 
[Click here for a sample visualization](#)
- * Mindful moment with listening
[Click here for sample audio](#)



And don't forget to check out our [On-Demand Programming](#), which is pre-recorded and available to watch whenever it suits you!



#BUILDINGAHEALTHIERMCGILL

The Student Wellness Hub can support you in building, enhancing, and achieving resilience, working within the Wellness Hub's focus on awareness, prevention, and early intervention.



A collaboration between the **Faculty of Education**, the **Student Wellness Hub** and **Teaching and Learning Services**.



Faculty of Education



Student Wellness Hub

Pôle bien-être étudiant



Teaching and Learning Services

For more information, please contact Dr. Nancy Heath at nancy.heath@mcgill.ca

→ or [click here](#) for additional teaching strategies