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
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.
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?

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

#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.

In addition to our workshops, groups, and wellness outreach activities, we can help you build upon your strengths and provide you with skills, strategies, and resources to include in your lives to enhance your wellness over time!

Click here for more information

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.