SPRING 2021

SUPPORTING STUDENT WELL-BEING
IN THE DUAL-MODE CLASSROOM

Student Well-Being
MCDONALD CENTER
The Dual-Mode Classroom

Instructors have the opportunity to regularly impact and support student well-being by facilitating an online, in-person, or dual-mode environment that fosters a sense of connection and community. This guide is designed to provide an introduction to key elements necessary for supporting students, our community, and ourselves in this increasingly important work.
The McDonald Center for Student Well-Being, along with the support of Student Affairs, performs ongoing data collection to uncover the most pressing health and well-being needs of Notre Dame students. Two surveys were developed and administered in the Fall 2020 Semester.

A full report can be viewed here. Over 3,700 students responded to the survey that reported the following data points:

**Top Challenges to Well-Being**
- Staying Connected with Others
- Managing Stress and/or Mood

**Top Covid-19 Related Stressors**
- Feeling Socially Disconnected
- Trouble Focusing
- Uncertain of Unknown

**Experiencing Distress**
- 24% of students are experiencing moderate distress
- 18% of students are experiencing serious distress
CULTIVATING CONNECTION

By building a culture of connection, we're ensuring the success of both individuals and our community, while also addressing the needs identified in survey data.

CONNECT WITH STUDENTS

- Normalize challenges.
- Check-in and really listen.
- Watch for concerning behaviors.
- Embed well-being into courses.

CONNECT STUDENTS WITH CAMPUS

- Create opportunities for connections.
- Highlight and refer students to campus resources.

CONNECT WITH SELF

Care for yourself and role model well-being by:
- Taking a break
- Setting boundaries
- Prioritizing well-being
- Resting and restoring
- Seeking help
CONNECT WITH STUDENTS

NORMALIZE CHALLENGES
- Current circumstances add an extra burden on our bodies, minds, and spirits.
- Acknowledge the wide range of emotions and how these challenges can impact our functioning.

ASK & LISTEN
- Get to know students and share a little about yourself.
- Routinely check in with students.
- Validate students' concerns, questions, and challenges.
- Consider adjusting lesson plans as needed.

WATCH FOR CONCERNING SIGNS
- If a student is displaying worrisome signs, reach out and check in. A kind word can go a long way, and campus resources can support you both if needed.
- Signs a student may be especially struggling include:
  - Missing classes, assignments, or exams.
  - Repeated need for extensions.
  - Lack of responsiveness to outreach.
  - Statements about feeling stressed or overwhelmed.

EMBED WELL-BEING INTO YOUR COURSE
- Normalize well-being and create support for students by:
  - Making expectations clear and certain to provide some stability.
  - Helping students focus and engage by mixing up lecture and activities.
  - Setting deadlines that promote sleep and reduce stress.
  - Assigning self care as homework.
  - Starting class with a breathing, mindfulness, or stretching exercise.
  - Making space for processing world or campus events, or at least acknowledging them and the impact they may have.
  - Offering flexibility as possible.
CREATE CONNECTION

- Create shared guidelines for class discussions.
- Offer structured study groups.
- Invite students to introduce and share with each other.
- Offer regular check-in opportunities.
- Create structured activities with prompts.
- Add write/pair/share activities to class sessions.
- Make time for breaks or breakout sessions so students can connect with each other.

HIGHLIGHT CAMPUS RESOURCES

- Create and verbally mention a syllabus statement that supports well-being. Here's an example.
- Explain and encourage students to use campus resources.
- Campus resources to highlight:
  - Calm.com & Calm App
  - Smith Center for Recreational Sports
  - Campus Ministry
  - Fighting Irish Care
  - University Counseling Center
  - Center for Student Support & Care
  - University Health Services
  - McDonald Center for Student Well-Being
CONNECT WITH SELF: MODEL SELF CARE

TAKE A BREAK
Take a break for yourself. Set technology aside. Move your body. Take a deep breath.

SET BOUNDARIES
Set boundaries around when and how you work or spend time off. Communicate those boundaries to others.

PRIORITIZE WELL-BEING
Make time for activities that support your health and well-being. Care for your body, mind, and spirit.

REST & RESTORE
Rest and restoration are crucial for our individual well-being. Make time to disconnect, rest, and recharge. Cultivate a restorative niche.

SEEK HELP
Reach out to professionals, family, friends, or clergy on or off campus for help and support.

MODEL SELF CARE
If you're comfortable, share some of your own self-care strategies with students to role model and normalize the importance of well-being.
ADDITIONAL RESOURCES

NOTRE DAME RESOURCES
- Notre Dame Learning Kaneb Center
- Teaching Resilience Playbook (Notre Dame)
- McDonald Center for Student Well-Being Virtual Resources

SUPPORTING & COMMUNICATING WITH STUDENTS
- Creating a Culture of Caring-Faculty Resource
- Supporting & Promoting Emotional Well-Being in Conversations
- Supporting Students in Times of Crisis
- Communicating in Times of Uncertainty
- Fostering Better Student Mental Health Through Mindfulness

LEARNING ENvironments & WELL-Being
- Creating Conditions for Well-Being in Learning Environments
- 10 Ways to Embed Well-Being into Remote Learning Environments
- Teaching Practices that Promote Student Well-Being

SELF CARE & WELL-BEING EXERCISES
- Your Surge Capacity is Depleted - It's Why You Feel Awful
- Breathe Better With These Nine Exercises
- How to Be Happy - Well Guides
- How to Destress: Find a 'Restorative Niche'
- The Importance of Rest for a Balanced Life
- Laurie Santos on Keeping Covid-19 Self-Care From Being Selfish
- Sleep Better in the New Year - The New York Times
- Basic Stretching - Healthy Campus Community
- 3 Simple Ways to Create More Tech-Life Balance Today
- Chronic Stress? Three Steps To Complete The Stress Response Cycle And Increase Health And Wellness