



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.



## WHAT DO THE SURVEYS SHOW?

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.





## CONNECT STUDENTS WITH EACH OTHER & CAMPUS

### 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

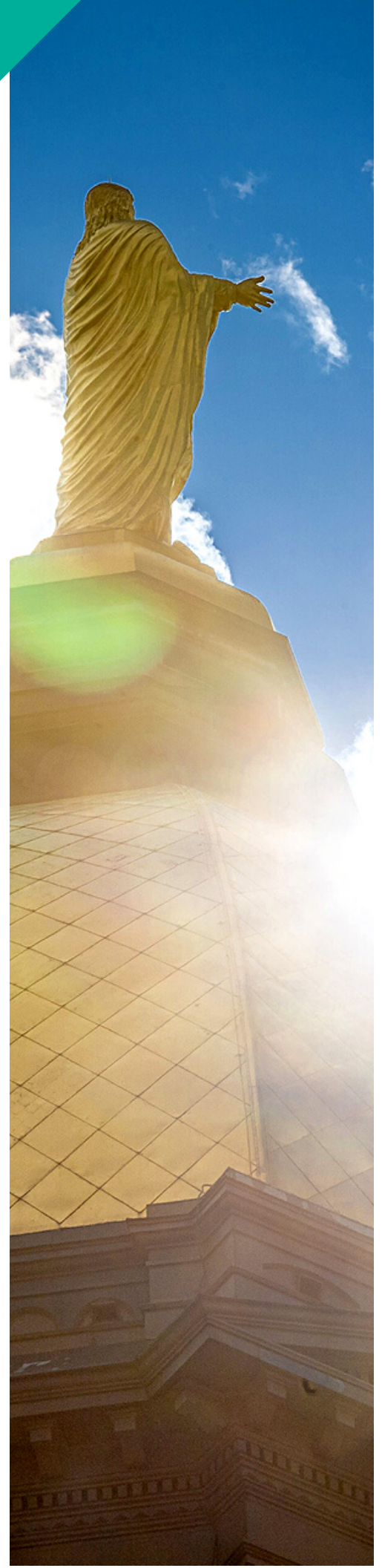
Rest and restoration are crucial for our individual well-being. Make time to disconnect, rest, and recharge. Cultivate a restorative niche.

## 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](#)





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**MCWELL.ND.EDU**

mcwell@nd.edu  
(574) 631 - 7970