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Is This Really Normal? Pandemic Teaching is Not Online Teaching

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Is this really normal? Pandemic Teaching is Not Online Teaching

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September 16, 2020

*Supported by the De La Salle
Institute for Advanced Teaching and Learning*





Principles of a Lasallian School

- Faith in the Presence of God
- Respect for All Persons
- Inclusive Community
- Quality Education
- Concern for the Poor and Social Justice

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



*Based on a survey of U.S. adults aged ≥ 18 years during June 24-30, 2020

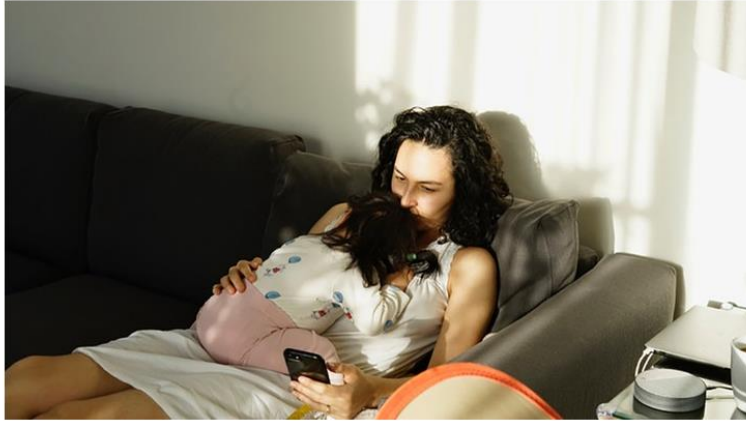
†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

This Isn't Sustainable for Working Parents

The pandemic has already taken a toll on the careers of those with young children—particularly mothers.

JOE PINSKER JULY 9, 2020



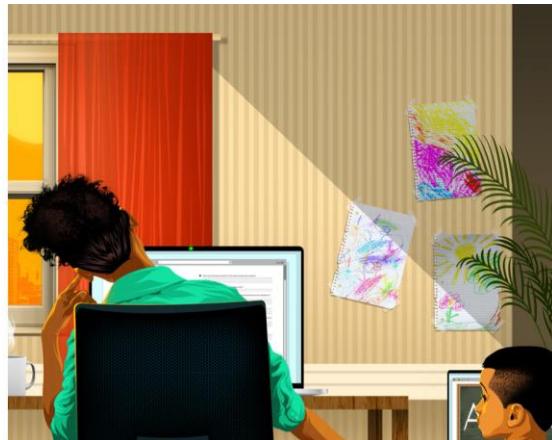
MOISES SAMAN / MAGNUM

Child care is the immovable object around which so much else in family life orbits, and when the usual child-care options disappear, something else has to give. During the pandemic, with schools and day-care centers closed or operating at reduced capacity, many parents' careers—particularly mothers' careers—are getting deprioritized.

The New York Times

In the Covid-19 Economy, You Can Have a Kid or a Job. You Can't Have Both.

Our struggle is not an emotional concern. We are not burned out. We are being crushed by an economy that has bafflingly declared working parents inessential.



PERSONAL FINANCE

On campus but under lockdown — a day in the life of a college student during Covid-19

PUBLISHED THU, AUG 6 2020 11:17 AM EDT | UPDATED THU, AUG 6 2020 11:52 AM EDT

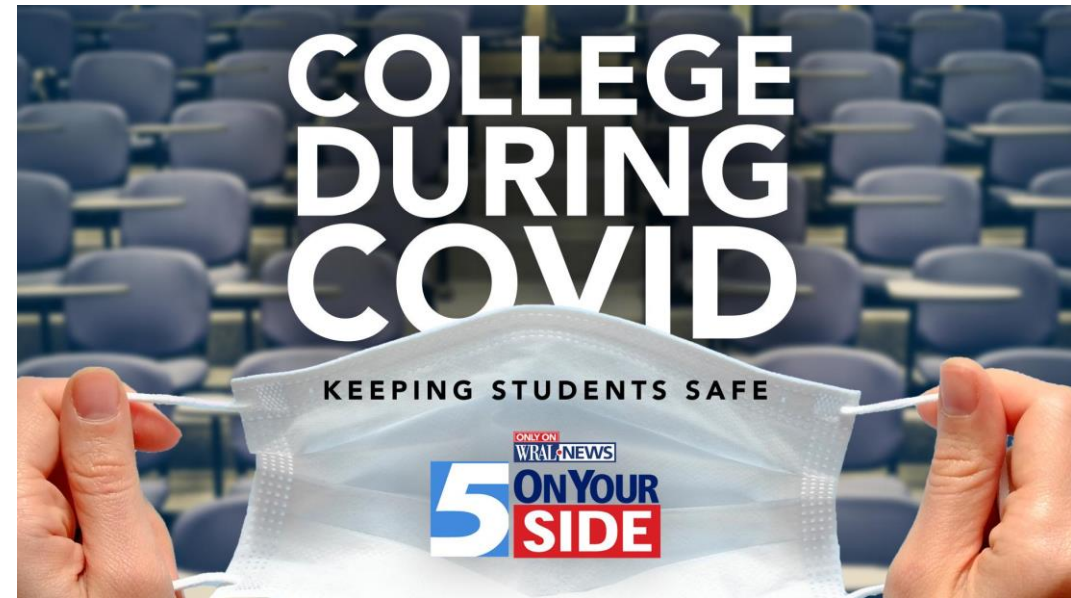
Jessica Dickler @JDICKLER

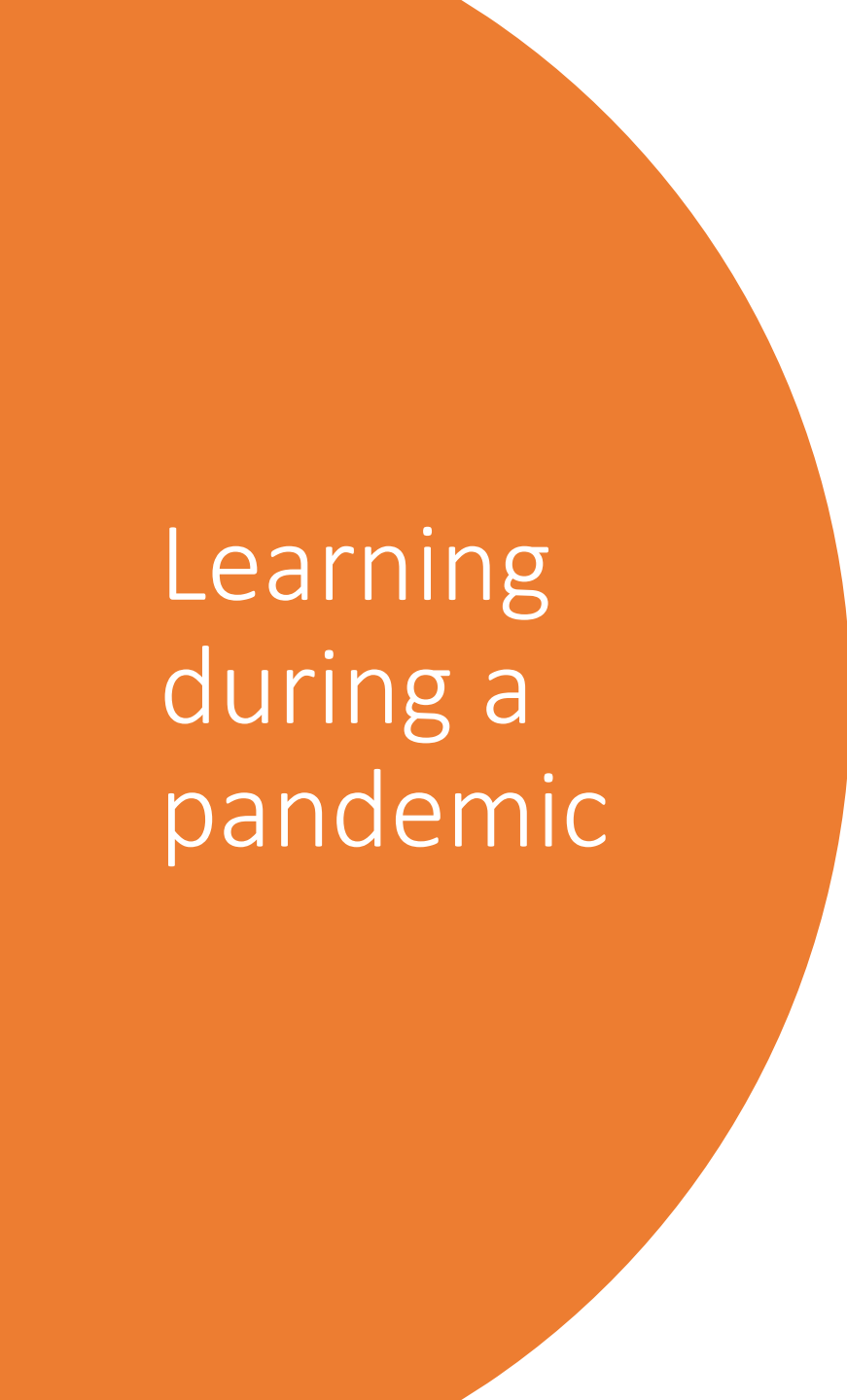
WORK TRANSFORMED

Working parents are hitting a wall. Employers don't want to lose them

By Jeanne Sahadi, CNN Business Updated 11:15 AM ET, Tue June 16, 2020

SHARE f t in ✉



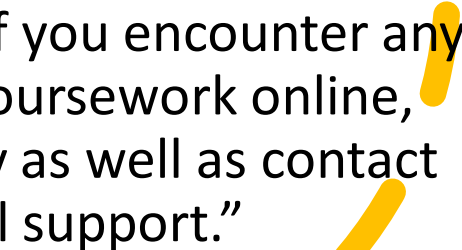
A large orange circle is positioned on the left side of the slide, partially overlapping the text.

Learning during a pandemic

From La Salle's Online Syllabus Template

“Student Responsibility Statement”

“Academic standards and rigor in online and hybrid courses are equivalent to those for traditional courses offered at La Salle. **Student success in an online or hybrid course is dependent on the individual student's intrinsic motivation, ability to be a self-regulated learner, and technology skills. Online and hybrid courses require you to take initiative to complete coursework on your own and in groups without the direct supervision of the professor.** You will be expected to study and complete assignments independently as well as logging into the Canvas course on a daily basis to participate in online discussions, group work, and synchronous meetings regularly. If you encounter any technical difficulties when trying to access coursework online, you should notify the instructor immediately as well as contact the La Salle University Helpdesk for technical support.”

A decorative graphic consisting of several thick, yellow, brushstroke-like lines is located in the bottom right corner of the slide.

What new challenges/stressors/
obstacles do you think students are
facing during the pandemic?

Type your answers in the chat, and we will discuss.



What new challenges/stressors/
obstacles do think faculty are facing
during the pandemic?

Type your answers in the chat, and we will discuss.





Break Out Discussions

- You will be randomly grouped with five other people
- You will discuss for about ten minutes
- Please discuss the prompt
- The prompt and announcements will occur in the chat as well as a banner
- Select someone to report out your conversation

Discussion

Students: 1) Think of adjustments to courses that could be helpful to you. 2) Remember that online courses also require a lot of student initiative and independence. Think about what you can do to better organize, prepare, engage, and keep up in your courses. 3) What resources can you connect to on campus and how?

Faculty: 1) Think about adjustments you can make to help students. 2) Are there ways to make online teaching more manageable during this challenging time?

Staff: 1) How can we help connect students and faculty to all of the amazing services on campus?

Coping with stress during the **COVID-19** outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



Be aware that not everything you hear about the virus may be true.

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.



If you must stay at home, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



Deal with any emotions you may have in a healthy manner.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Manage your stress

Be kind to others

Ask for help

Help someone else



Explorers are Never Lost

Managing your online learning

COURSE TITLE:

Course days/times:

Where to find zoom link: (in zoom tab on Canvas? email from professor? same recurring link every class?)

Instructor policy on missing “live” classes: (email her/him? recorded lessons on Canvas?)

Module due date notes: (all content due by the end of the week? varying due dates? due dates in syllabus and not on Canvas?)

What instructor likes to be called: (Dr. ___? first name?)

Office hours and how to access: (recurring Zoom link? Schedule via email or Starfish?)

Other:

*Thank you Dr. Caitlin Taylor

Managing your time to manage your stress

1. Use a planner or online calendar
2. Map out your week, what's due, when it's due
3. Map out each day's activities, revisit again during the week
4. Visit the Center for Academic Achievement

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-12 am							
12-1 pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							
11-12 pm							
12-1 am							

La Salle University Center for Academic Achievement, Lawrence 409 (academicsupport.lasalle.edu)

Academic Resources on Campus



- Melissa Hediger Gallagher, Assistant Director, Center for Academic Achievement and First-Year Advising Coordinator
215.951.5115
Center for Academic Achievement, Lawrence 409
hediger@lasalle.edu
- Jake Alspaugh, Writing Specialist and Coordinator of Tutoring Services
215.951.1167
Center for Academic Achievement, Lawrence 409
alspaugh@lasalle.edu
- Jonice Arthur, Tutoring Support Specialist
215.951.1101
Center for Academic Achievement, Lawrence 409
mondj1@lasalle.edu

Support Services on Campus

Student Counseling Center

- For the Fall 2020 semester appointments are available to full time undergraduate students residing in the state of PA.
 - Request a mental health consultation via Zoom (similar to our walk-in sessions) by calling 215-951-1355 and leaving a message. You can also contact our Intake Coordinator, Joanne Dooley at dooleyj@lasalle.edu.
- The Student Counseling Center voicemail (215-951-1355) will be checked regularly on weekdays.
 - Students who need immediate assistance should call 911 or Public Safety at (215-951-1300)
- The after-hours tele-counseling service is available Monday-Friday from 4:30pm -8:30am and through holidays and weekends. Call 215-951-1355 and select option #2.
- Students are also encouraged to consider using tele-counseling through their insurance provider. Information about how to access behavioral health services through your insurance provider can be found on your insurance card.
- Important contact information:
 - Jessica Brannan: brannan@lasalle.edu
 - Erica Rogers: rogerse@lasalle.edu



Thank you, remember to
practice kindness and
patience

