

**FACILITATING RESILIENCE IN
ONLINE TEACHING:**

STOP THE ZOOM FATIGUE, PLEASE!

Faculty Development Day - Spring 2021

Center for Teaching & Learning Excellence

FACILITATORS

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ZOOMERS:

Exhausted?

Fatigued?

Emotionally and Physically Drained?

Just plain worn out?

You Are Not Alone!!



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MEETINGS, MEETING, AND MORE MEETINGS!

➤ **Are you experiencing?**

- Staying focused one Zoom meeting after another?
- Keeping students engaged when they have so many outside distractions?
- Technological frustrations?



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TO COMBAT MENTAL FATIGUE



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- Give your eyes a break. Get away from the computer screen
- Get up and move around
- If you are the facilitator, consider keeping meetings between 25 - 50 minutes (cutting out the chit-chat and starting on time)
- Does everyone need to be there or just specific personnel?
- Cut the Stimuli: Backgrounds can be distracting, consider a standard plain background OR If a group; considering turning off video unless you are talking
- Invest in comfortable furniture. Adjust the chair and screen position to hold a comfortable posture. Consider a quality orthopedic chair, or a standing desk.
- After 4:00? Consider switching to email or telephone conversations instead and eliminating the Zoom

ZOOM FATIGUE IN THE CLASSROOM

- Actively engage your audience:
 - Posture, eye contact, speech and body movements
 - Encourage participation through asking questions and calling on students
- Have students write questions in the chat or answer questions within the chat
- Position the camera to minimize glare and provide the best advantage for students
- Ask students to minimize their background and mute to avoid distractions



OTHER EFFECTIVE WAYS TO MINIMIZE ZOOM FATIGUE:

- Shut down Apps and browser tabs so that you're not tempted to multitask.
- Set up your camera so that it shows more than just your face, and ask other to do the same to gain interpersonal signals.
- Switch to audio periodically, and allow students to do the same as needed.
- Make yourself a “Zoomie”, an avatar that looks like you and tracks your face and eye movements during meetings so that other people in the meeting or class feel like they're interacting with a human being, but allows you to turn your camera off to take a break. Again, you can encourage your students to do the same.



YOUTUBE: CREATING A “ZOOMIE” FOR ONLINE CLASS INSTRUCTION (5 MINUTES)



HOW TO MAKE A ZOOMIE FOR YOUR COMPUTER STEP BY STEP (SEE HANDOUT)

- Click to open the **Zoom** app on your Mac or PC...
- Click "Sign In." ...
- Click "Sign Up Free." ...
- This will automatically open the **Zoom** website on your default browser.
- Enter your email.
- Click the blue "Sign Up" button.



STOP THE ZOOM MADNESS

- [Always Have an Agenda](#)
- [Schedule Breaks](#)
- [Make Meetings Shorter \(Yes, All of Them\)](#)
- [Turn Off Your Camera Entirely](#)
- [Avoid Multitasking](#)
- [Schedule Screen-Free Time](#)
- [Reduce Calls By Using Text-Based Communications](#)

ZOOM HUMOR



RESEARCH SHOWS

- 2 trillion minutes were spent on Zoom calls in April 2020
- 5 million employees work from home, half of the time, and the number is growing
- Video-calling interfaces (Zoom, Skype, FaceTime, Google Hangout) are overtaxing our brains



ZOOM FATIGUE AFFECTS

- Your feedback loop where you are seeing yourself as you communicate, which leads to stress and anxiety
- Your ability 'unplug' from work is difficult when Zoom is 24/7
- You exert more energy to process non-verbal cues
- If you are an introvert, increased social anxiety
- If you are an extrovert, craving for personal connection

ACTIVITY

Break into groups and share

Ideas on addressing Zoom fatigue in the classroom

Tips for coping with Zoom fatigue

WHO'S ZOOMIN' WHO?

ARETHA FRANKLIN

RESOURCES

- Harvard Business Review - How to combat zoom fatigue

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

- Zoom fatigue is real. Here's how to address it.

<https://www.youtube.com/watch?v=eZNzpPNz4-w>