



HUMANIZING THE DIGITAL ENVIRONMENT FOR FACULTY AND STUDENTS

FLEX DAY FALL 2020 LAS POSITAS COLLEGE

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Things to keep in mind.

- What does rigor mean in our current context?
- Be gentle with yourself.
- Striking the balance between student and instructor needs.
- (I'll harp on this) Ritual vs Routine

The Structure for Today

A Class in Four Acts

Act One: Starting the Class/Setting the Tone

Act Two: Breaks/Mindfulness

Act Three: Student Camaraderie/Community Building

Act Four: Ending the Class/Student Takeaways



Act One: Starting the Class/Setting the Tone

Ways to Begin The Class

- A Song (how to play via Zoom: <https://support.movegb.com/how-to-play-music-over-your-live-stream-on-zoom>)
- A Quote Related to the material being discussed
- An Image

After the second or third week, you could invite students to share their song, quote, or image. Make sure to set rules/parameters for what is and isn't acceptable.

- Ritual vs. Routine

Act Two: Breaks/Mindfulness

Make Mindful Breaks an Intentional Part of Your Class

- Students should be informed of the length of the break (start and stop times) and also given some explicit instructions (take a deep breath every ten seconds for one minute).
- 20-20-20 Rule
- When the break is over, formally restart the class with something physical (a shake out, a stretch, deep breath with forceful exhalation).

*Instructions on how to create and embed a Countdown Timer in [Keynote](#) or [PowerPoint](#)

Act Three: Student Camaraderie/Community Building

Intentionally Provide Opportunities for Student Interaction and Agency

- Use Breakout Rooms for students to discuss topics and have them report back**
- If students are willing, have them link with an in-class accountability partner for mutual accountability and motivation. (Video showing how to set up a Google Voice account: [Here](#))**
- Dedicate a portion of the class for students to present on what they are finding interesting/relevant**

Act Four: Ending the Class/Student Takeaways

Make the Ending of Class Just as Intentional As the Beginning

- Ritual vs. Routine (again)
- Develop a signature sign off designed to see the class as a cohesive unit, e.g.: 'Goodbye Scholars,' 'We did it, didn't we?'
- Ease into the ending of class. Don't end class abruptly. Build in some adjustment time.
- End with a quote or an image or a song appropriate to the subject matter under review.

Fin.

- What resonated with you?
- What were your takeaways.
- Would you like to discuss this further?