



Keeping Students Engaged in the time of Zoom Fatigue:

Instructional Trends, Tips, and Takeaways

Education Grand Rounds

January 14, 2021

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Session Objectives

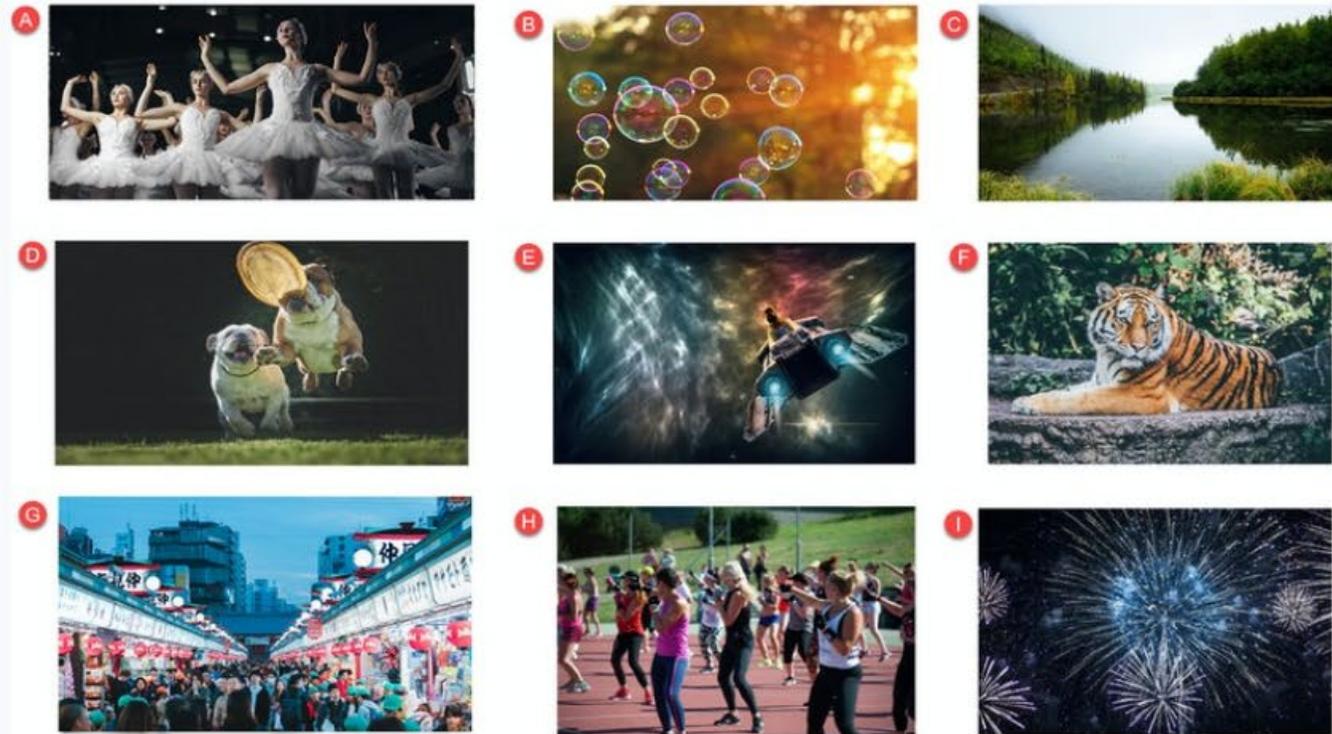


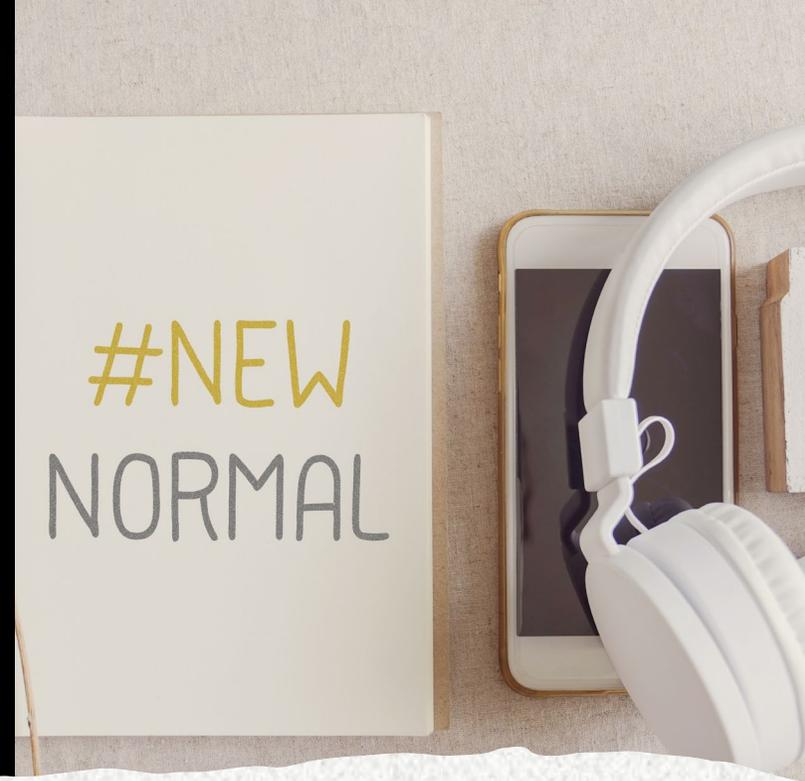
By the end of the session, participants will be able to:

- Discuss lessons learned and key takeaways that impact online teaching and student engagement.
- Identify expected post-Covid-19 instructional trends that will define the online teaching climate.
- Explore strategies to combat Zoom fatigue and promote student engagement online.



Click the image that describes you in your current situation (personal, academic, professional) and give a reason in the chat window.





20/20 Vision

A Disruptive Ecology or a New Normal?



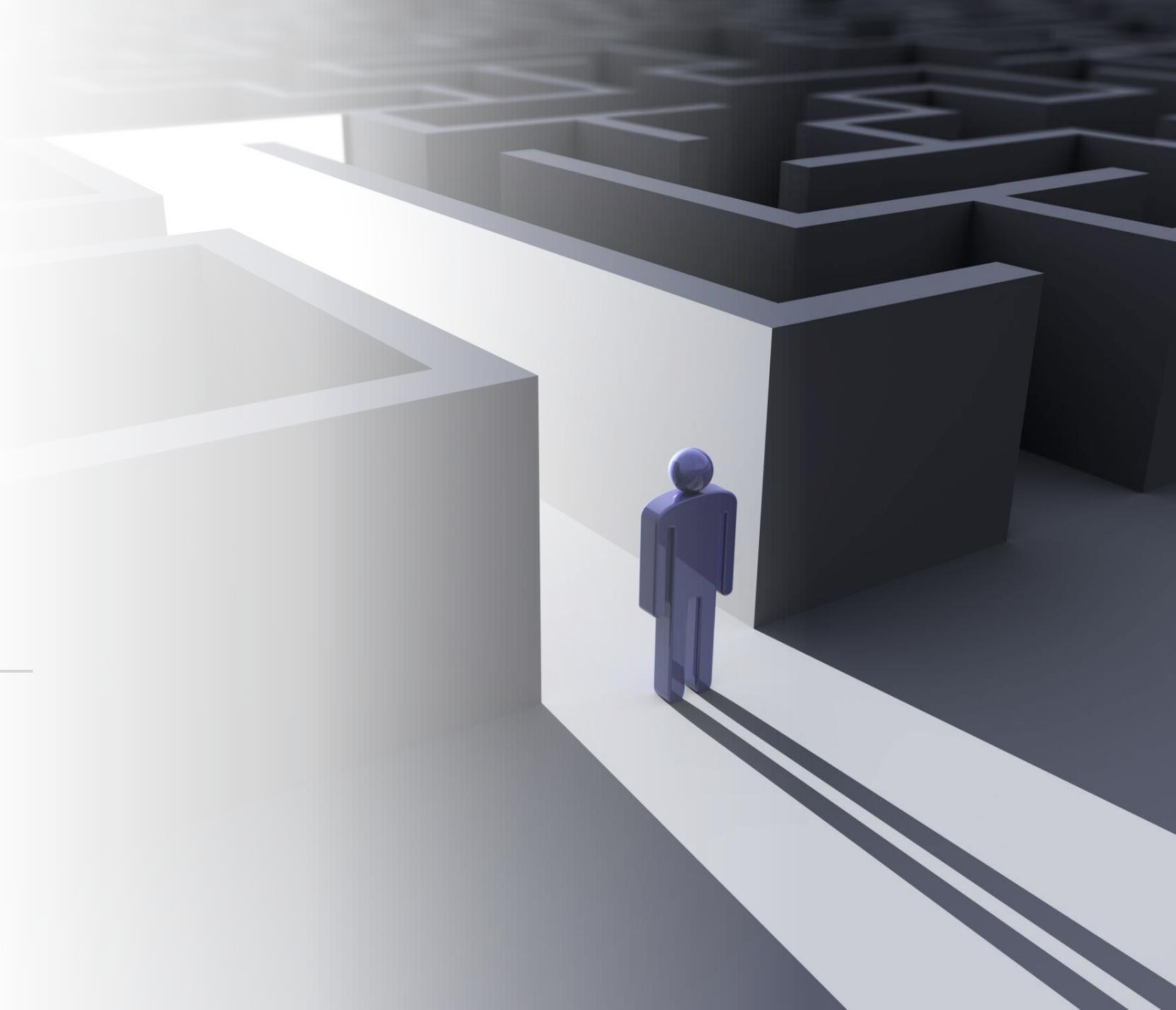
- On-demand learning
- RETHINKING... pretty much everything
- Student Engagement... online, hybrid, Zoom, or no Zoom

**Never let a crisis
go to waste...**



*“The person doing
the talking is often
the person doing
the learning.”*

~ Jen York-Barr



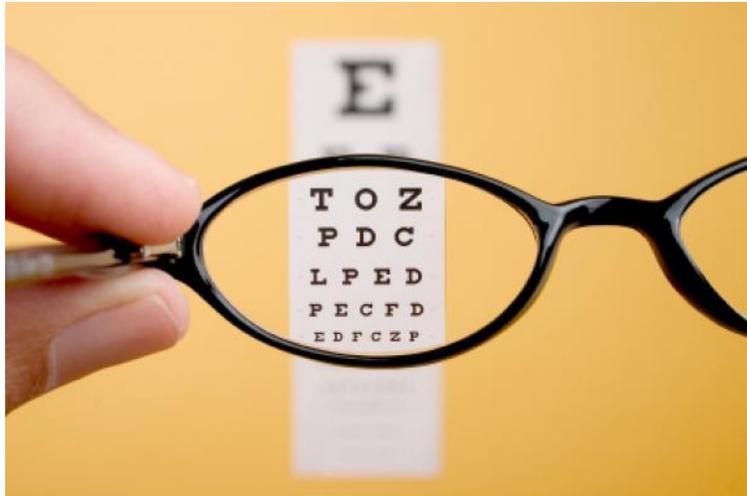
Poll

Have you ever taught a blended course (face-to-face and online)?

Have you ever taught a fully online course?



The Flip side of the 20/20 Vision



- <https://www.insidehighered.com/news/2020/04/29/synchronous-instruction-hot-right-now-it-sustainable>
- <https://www.cnbc.com/2020/08/12/impact-of-covid-19-on-schools-will-worsen-racial-inequity-experts-say.html>
- <https://www.texastribune.org/2020/11/20/texas-schools-remote-learning/>

Many Texas families say remote learning isn't working and they want it fixed

A summer of delay and inconsistency from state political and education leaders left Texas schools with little time to prepare for an academic year with millions of students learning from home. Now, many of those kids are failing through no fault of their own.

BY ALIYYA SWABY NOV. 20, 2020 5 AM

f t e COPY LINK REPUB



Zoom Boom

Synchronous instruction is trending, but experts say a more intentional mix of live and asynchronous classwork is necessary for future remote terms.

By Colleen Flaherty // April 29, 2020



Coronavirus has upended school plans. It will also worsen racial and economic inequalities, experts warn

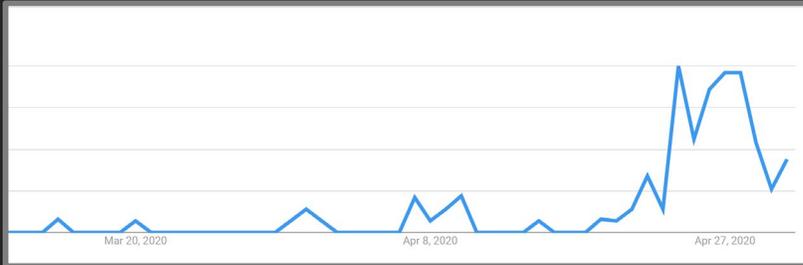
PUBLISHED WED, AUG 12 2020-11:00 AM EDT | UPDATED WED, AUG 12 2020-12:28 PM EDT

Michelle Fox @MFOXCNBC

SHARE f t



ZOOM FATIGUE... URBAN LEGEND OR A REALITY?



- <https://trends.google.com/trends/explore?q=zoom%20fatigue>
- <https://www.eurozine.com/the-anatomy-of-zoom-fatigue/>
- <https://www.edsurge.com/news/2020-09-15-is-learning-on-zoom-the-same-as-in-person-not-to-your-brain>
- <https://duqedtech.wordpress.com/2020/06/08/overcoming-zoom-fatigue/>
- <https://theconvivalsociety.substack.com/p/a-theory-of-zoom-fatigue>

The anatomy of Zoom fatigue

Geert Lovink
2 November 2020

Covid has flooded our lives with online encounters and interactions. We work, minding our image on screen, or struggle to socialise in a hall of mirrors. Geert Lovink considers what we have lost and how we can reclaim our bodies, relationships and shared physical spaces.

A Theory of Zoom Fatigue

The Convivial Society: Dispatch No. 5
L. M. Sacasas Apr 20, 2020 55 29

Why is video-conferencing so exhausting?

The question is worth asking because it is helpful to understand what's involved in an activity many of us cannot now avoid. It's also worth asking because it helps us understand how human communication works under ordinary circumstances.

The body has been drained of its sedimented meanings through the sheer and ceased to or connotations

OVERCOMING ZOOM FATIGUE

JUNE 8, 2020 | MARK PRESTOPNIK

At a recent Engagement Webinar, the question was posed, "How Do I Combat Zoom Fatigue". The facilitators and participants brought forth a number of compelling ideas. We've developed these suggestions and present them to you as recommendations that will help increase engagement in your teaching when using Zoom.



EDSURGE PODCAST

Is Learning on Zoom the Same as In Person? Not to Your Brain

By Stephen Noonoo Sep 15, 2020



Nigel Warburton #RejoinEU
@philosophybites

Does anyone have a plausible theory about why Zoom, Skype, and Google Hangout meetings are so draining?

3:13 AM · Apr 20, 2020

378 221 people are Tweeting about this

Poll

Choose a statement that most closely describes your experience with Zoom fatigue.





What is student engagement?

EFFORT

INVOLVEMENT

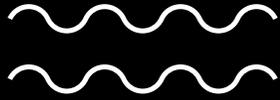
INVESTMENT IN LEARNING

ENERGY

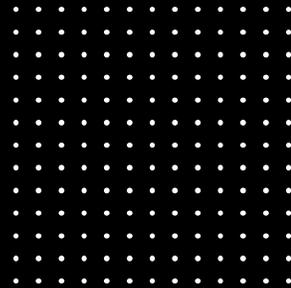
PRODUCTIVE PARTICIPATION

POSITIVE OUTCOMES





ENGAGING TIPS TO COMBAT ZOOM FATIGUE



- Acknowledge it
- Avoid multitasking
- To mute or not to mute... that is the question
- Use diffuse learning breaks

A decade of data reveals that heavy multitaskers have reduced memory, Stanford psychologist says

People who frequently engage with multiple types of media at once performed worse on simple memory tasks, according to the last decade of research. However, it's still too soon to determine cause and effect, says psychology Professor Anthony Wagner.



- Get up from your chair.
- Close your eyes.
- Take 3 very deep breaths.
- Rotate your neck right to left and vice verse twice.
- Rotate your arms or your shoulders back and forth twice.
- Open your eyes.

So.... Let's take a mini break.

- 
- **ALWAYS** consider the objectives
 - Plan and Organize
 - Communicate, connect, repeat
 - Beware of the Synchronous vs Asynchronous trap

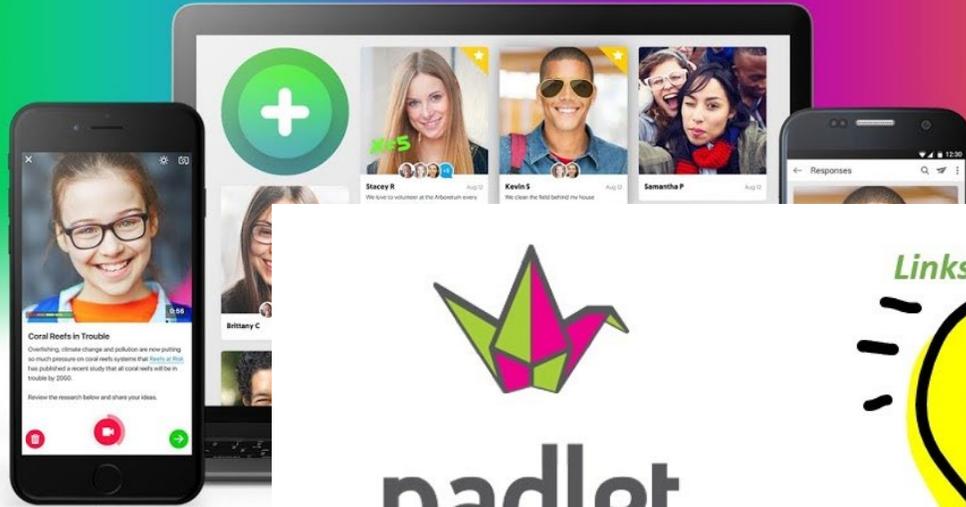
“If you fail to plan, you are planning to fail!”

~ Benjamin Franklin



Better together.

Learning loves community.



padlet

A Blank Wall to Post....



sound + images =
VOICETHREAD



- Master the technology
- Use active learning strategies
 - Breakout rooms
 - Mash it up
 - Current events
 - Guest speakers
 - Multimedia
 - OER
- Include the learners

SHARE YOUR SPRING CLEANING STORY

In your breakout rooms, share your story! Which teaching strategy, experience, tool would you like to retain this year, which would you discard, and which would you tweak, upgrade and recycle.



KEEP	DISCARD	RECYCLE

KEEP

integrate ways to deliver material

synchronous sessions

presenting materials

polls

DISCARD

fatigue, heavy ppt,

the classic lecture

asynchronou

RECYCLE

hour plue lecture

digital materials that
w

video fatigue, mentoring, debriefing

asynch videos need to be interesting

make meetings better

TAKEAWAYS

- The future of education
- Blended, online
- Self-paced
- Student-centered
- Rethinking assessments
- Evolving online learning pedagogy

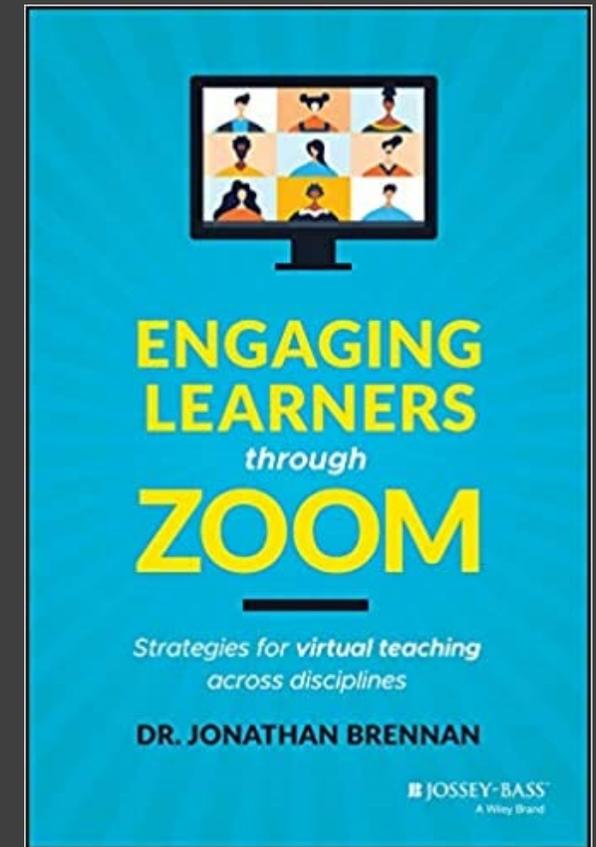


Behind the Scenes – Teaching Plan

Activity	Theory/Strategy	Type of Engagement	Feature
1. Introductions, icebreakers	Community Building	Instructor-Learner, Instruct Learner-Learner	Polleverywhere Zoom Chat
2. Poll questions	Community Building/Participation	Instructor-Learner Learner-Learner	Zoom Polling
3. Trends, tips, takeaways	Lecture	Learner - Content	Zoom Screen Sharing
5. Breakout Discussion – Spring Cleaning	Community Building, Discussions	Learner-Learner Learner-Content Instructor-Learner Learner-Technology	Zoom Breakout Rooms and Whiteboard
6. Behind the Curtain	Scaffolding	Learner-Content Instructor-Learner	

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.

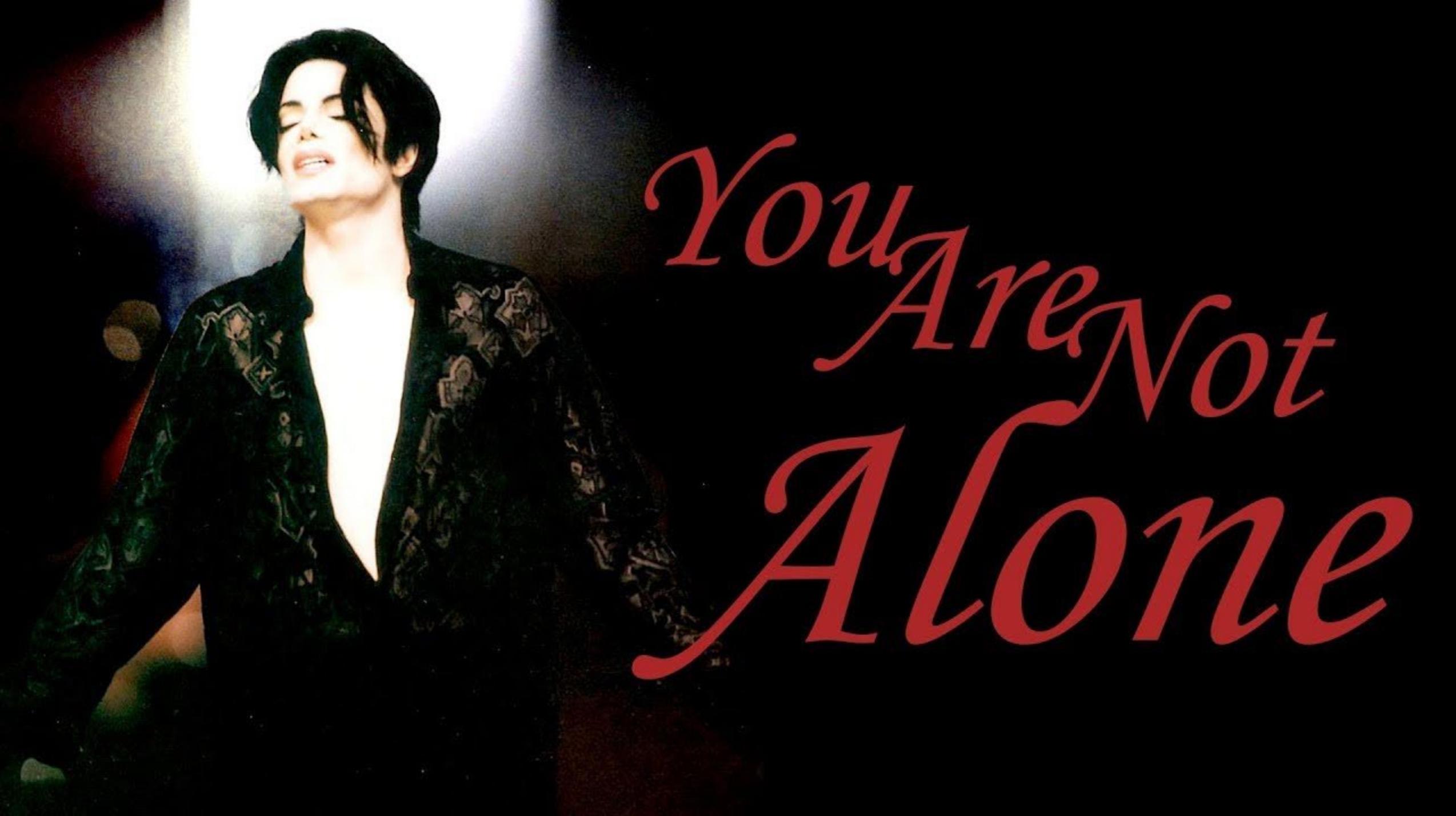
Charles Dickens



<https://www.amazon.com/Engaging-Learners-through-Zoom-Disciplines/dp/1119783143>

Some resources

- <https://www.chronicle.com/article/Turns-Out-You-Can-Build/249038>
- <https://www.edsurge.com/news/2020-09-10-today-s-awkward-zoom-classes-could-bring-a-new-era-of-higher-education>
- <https://www.facultyfocus.com/articles/faculty-development/12-days-of-professional-development-opportunities/>
- <https://www.edutopia.org/article/7-takeaways-our-experiences-distance-learning>
- <https://www.teachingchannel.org/blog/2016/07/29/starbucks-your-classroom/>
- <https://teachonline.ca/tools-trends/how-teach-online-student-success/new-pedagogy-emerging-and-online-learning-key-contributing-factor>
- <https://www.insidehighered.com/advice/2020/11/25/three-ideas-more-effective-online-teaching-opinion>
- <https://silverliningforlearning.org>



*You Are Not
Alone*

Contact

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[https://www.bcm.edu/education/academic-faculty-
affairs/faculty-resources/education-innovation-core](https://www.bcm.edu/education/academic-faculty-affairs/faculty-resources/education-innovation-core)



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INTERACTIVE
DELIVERY
AND INNOVATIVE
INSTRUCTION

T.I.L.T.
Teaching with
Innovative Learning
Technologies

UPCOMING TRAININGS

SPRING 2021

The Office of the Provost, [Interactive Delivery and Innovative Instruction core](#) is pleased to offer [T.I.L.T.: Teaching with Innovative Learning Technologies](#), a series of intermediate and advanced level courses. Each workshop includes both pedagogical and hands-on components. These optional courses are designed to meet immediate instructor needs across a broad range of technological areas.

Date and Time	Course Title	Teaching Modality	Mastery Level	Facilitator(s)	Registration Form Link
Wednesday, January 6, 2021, 10-11 a.m.	Blackboard Basics	Online Live - Instructor Led	Basic	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21bb1
Friday, January 8, 2021 10-11 a.m.	Zoom Basics	Online Live - Instructor Led	Basic	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21zoom1
Wednesday, January 13, 2021, 10-11 a.m.	VoiceThread Basics	Online Live - Instructor Led	Basic	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21vtbasic
Wednesday, February 3, 2021, 10-11 a.m.	PollEverywhere Basics	Online Live - Instructor Led	Basic	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21pollev
Friday, February 19, 2021, 10-11 a.m.	Engaging Learners Using Zoom	Online Live - Instructor Led	Advanced	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21zoom2
Wednesday, March 3, 2021, 10 - 11 a.m.	Collaborate Ultra: An Academic Tech Alternative to Zoom	Online Live - Instructor Led	Basic	Mr. William McKinney	https://www.surveymonkey.com/r/tilt21bbcollab
Friday, March 19, 2021, 10-11 a.m.	Creating and Using Rubrics in Your Instruction	Online Live - Instructor Led	Intermediate	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21rubrics
Wednesday, April 7, 2021, 10-11 a.m.	Using the Online Grade Center in Blackboard - Level 1	Online Live - Instructor Led	Basic	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21gradecenter
Friday, April 23, 2021, 10-11 a.m.	Creating Online Assessments Using Blackboard	Online Live - Instructor Led	Advanced	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21assess
Wednesday, May 5, 2021, 10-11 a.m.	VoiceThread Advanced	Online Live - Instructor Led	Advanced	Dr. Anita Vyas	https://www.surveymonkey.com/r/tilt21vtadv

If you have any questions, please contact please contact Dr. Sherita Love, Executive Director, Interactive Delivery, and Innovative Instruction at ed-innovationcore@bcm.edu.



**We need
your
Feedback!**

<https://www.surveymonkey.com/r/QZ2CMYW>



THE PRIVILEGED POOR

How Elite Colleges Are Failing
Disadvantaged Students

ANTHONY ABRAHAM JACK

Baylor Education Research Network (BERNe) Book Club

January 27th, 2021

5-6 pm

<https://bcm.zoom.us/j/95204814369>

- An NPR Favorite Book of the Year
- Winner of the Critics' Choice Book Award, American Educational Studies Association
- Winner of the Mirra Komarovsky Book Award
- Winner of the CEP–Mildred García Award for Exemplary Scholarship
- Winner of the Thomas J. Wilson Memorial Prize
- Getting in is only half the battle. *The Privileged Poor* reveals how—and why—disadvantaged students struggle at elite colleges, and explains what schools can do differently if these students are to thrive.

Open to all...even if you didn't read it!

Contact Aimee.Gardner@bcm.edu for more info.