Psycho-Social Aspects of Learning During a Pandemic

**TAME IT**
- Start every class with an activity to lower autonomic nervous system responses, which make it more challenging to focus on learning. Involve the senses.
- Ideas: Have students in the virtual environment stand on their non-dominant leg for 30 seconds and talk about balance as a sixth sense; Embed active learning activities or infuse other gaming or social features in the learning plan.

**NAME IT**
- Be careful about creating any kind of “spin” on the impact of COVID-19.
- Honesty and thoughtful dialogue builds trust.
- Demystify the virus with reliable information about potentially stress-inducing words like, shortages, spread, quarantine, and infection.

**CLAIM IT**
- Consider changing the material covered this week. Unprecedented times can create powerful learning anchors.
- Ideas: A look at pandemics over history; how to spot fake news in articles; how pandemics might impact populations differently; social media’s contribution to wellness.

**AIM IT**
- Create safe spaces to talk about concerns or experiences is paramount. Resist telling students to just “push through” the stress they may be feeling.
- Be alert to students who seemed to have disappeared in the move toward social distancing.