How to mitigate & combat

ZOOM FATIGUE

in the online classroom

HAVE A PLAN AND STICK TO IT
» Plan lessons ahead of time
» Make it easy for learners to follow along – display agenda on a slide
» Use chat feature strategically to maximize engagement and minimize distraction from other communication modalities

EVALUATE VIDEO OPTIONS
» Consider whether video is necessary
» Ask students to turn camera off and only use it when speaking to minimize visual overload
» Hide your own video if it is distracting. Here’s how.
» Switch to speaker view rather than gallery to conserve visual energy
» Place a sticky near your web camera as a reminder to connect with learners, not your desktop screen.

MULTITASK, BUT STAY FOCUSED
» Remain committed to the learners and content being delivered
» Use dual monitors with care; to maximize your ability to talk into the camera, share your screen, and observe learners
» Avoid the temptation to check email and phone; turn off visual and audio alerts on your phone and computer

INCORPORATE TRANSPARENT TRANSITIONS
» Lead into questions with ample elaboration to allow learners time to process information and formulate answers
» Strategically prepare questions to use “reaction” icons for quick polls to engage learners
» Build in “brain breaks” to allow learners time to digest content
» End sessions 5-10 minutes early. Take a walk, get a drink of water, or use the restroom

CHECK-IN WITH LEARNERS
» Reach out on a human level to improve wellbeing and build trust while reducing fatigue and concern
» Gather data on what is working in the virtual learning environment; learner needs will likely vary from course to course
» Offer one-on-one help to those students you feel are falling behind or not adjusting well

Sources:

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