Keeping Students Engaged in the time of Zoom Fatigue:
Instructional Trends, Tips, and Takeaways

Education Grand Rounds
January 14, 2021

Dr. Anita Vyas
Senior Instructional Designer
Interactive Delivery and Innovative Instruction Core
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?
Never let a crisis go to waste...

- On-demand learning
- RETHINKING... pretty much everything
- Student Engagement... online, hybrid, Zoom, or no Zoom
“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.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 enough little time to prepare for an academic year with millions of students learning from home. Not of those kids are falling through no fault of their own.

by Colleen Flaherty | April 29, 2020

Zoom Boom

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

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

They’re calling it “Zoom Fatigue”

WOLF
ZOOM FATIGUE... URBAN LEGEND OR A REALITY?

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.

https://trends.google.com/trends/explore?q=zoom%20fatigue
https://www.eurozine.com/the-anatomy-of-zoom-fatigue/
https://duqedtech.wordpress.com/2020/06/08/overcoming-zoom-fatigue/
https://theconvivialsociety.substack.com/p/a-theory-of-zoom-fatigue

A Theory of Zoom Fatigue
The Convivial Society: Dispatch No. 5
L. M. Sacasas
Apr 20, 2020

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.

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.

Is Learning on Zoom the Same as In Person? Not to Your Brain
By Stephen Noonoo
Sep 15, 2020

Does anyone have a plausible theory about why Zoom, Skype, and Google Hangout meetings are so draining?
3:13 AM · Apr 20, 2020

Nigel Warburton #RejoinEU @philosophyBites

378 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
• 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.

<table>
<thead>
<tr>
<th>KEEP</th>
<th>DISCARD</th>
<th>RECYCLE</th>
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</thead>
<tbody>
<tr>
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</table>
KEEP

integrate ways to deliver material

synchronous sessions

asynchronous

DISCARD

fatigue, heavy ppt,

the classic lecture

asynch videos need to be interesting

RECYCLE

hour plue lecture

digital materials that w

video fatigue, mentoring, debriefing

make meetings better
TAKEAWAYS

• The future of education
• Blended, online
• Self-paced
• Student-centered
• Rethinking assessments
• Evolving online learning pedagogy
<table>
<thead>
<tr>
<th>Activity</th>
<th>Theory/Strategy</th>
<th>Type of Engagement</th>
<th>Feature</th>
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</thead>
<tbody>
<tr>
<td>1. Introductions, icebreakers</td>
<td>Community Building</td>
<td>Instructor-Learner, Instruct Learner-Learner</td>
<td>Polleverywhere Zoom Chat</td>
</tr>
<tr>
<td>2. Poll questions</td>
<td>Community Building/Participation</td>
<td>Instructor-Learner, Learner-Learner</td>
<td>Zoom Polling</td>
</tr>
<tr>
<td>3. Trends, tips, takeaways</td>
<td>Lecture</td>
<td>Learner - Content</td>
<td>Zoom Screen Sharing</td>
</tr>
<tr>
<td>5. Breakout Discussion – Spring Cleaning</td>
<td>Community Building, Discussions</td>
<td>Learner-Learner, Learner-Content, Instructor-Learner Learner-Technology</td>
<td>Zoom Breakout Rooms and Whiteboard</td>
</tr>
<tr>
<td>6. Behind the Curtain</td>
<td>Scaffolding</td>
<td>Learner-Content, Instructor-Learner</td>
<td></td>
</tr>
</tbody>
</table>
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

Some resources

- [https://www.facultyfocus.com/articles/faculty-development/12-days-of-professional-development-opportunities/](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.edutopia.org/article/7-takeaways-our-experiences-distance-learning)
- [https://www.teachonline.ca/tools-trends/how-teach-online-student-success/new-pedagogy-emerging-and-online-learning-key-contributing-factor](https://www.teachonline.ca/tools-trends/how-teach-online-student-success/new-pedagogy-emerging-and-online-learning-key-contributing-factor)
- [https://silverliningforlearning.org](https://silverliningforlearning.org)
- [https://www.amazon.com/Engaging-Learners-through-Zoom-Disciplines/dp/1119783143](https://www.amazon.com/Engaging-Learners-through-Zoom-Disciplines/dp/1119783143)
ANY QUESTIONS

DO YOU HAVE?
Contact

ANITA VYAS
Senior Instructional Designer
Interactive Delivery and Innovative Instruction Core

Email: anita.vyas@bcm.edu

Education Innovation Core: ed-InnovationCore@bcm.edu

https://www.bcm.edu/education/academic-faculty-affairs/faculty-resources/education-innovation-core

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.

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Course Title</th>
<th>Teaching Modality</th>
<th>Mastery Level</th>
<th>Facilitator(s)</th>
<th>Registration Form</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, January 6, 2021, 10-11 a.m.</td>
<td>Blackboard Basics</td>
<td>Online Live - Instructor Led</td>
<td>Basic</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitbasics">https://www.surveymonkies.com/tilitbasics</a></td>
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<td>Friday, January 8, 2021 10-11 a.m.</td>
<td>Zoom Basics</td>
<td>Online Live - Instructor Led</td>
<td>Basic</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitbasics">https://www.surveymonkies.com/tilitbasics</a></td>
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<td>Voice Thread Basics</td>
<td>Online Live - Instructor Led</td>
<td>Basic</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitbasics">https://www.surveymonkies.com/tilitbasics</a></td>
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<td>Wednesday, February 3, 2021, 10-11 a.m.</td>
<td>Polleverywhere Basics</td>
<td>Online Live - Instructor Led</td>
<td>Basic</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitpoller">https://www.surveymonkies.com/tilitpoller</a></td>
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<tr>
<td>Friday, February 19, 2021, 10-11 a.m.</td>
<td>Engaging Learners Using Zoom</td>
<td>Online Live - Instructor Led</td>
<td>Advanced</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitzoom">https://www.surveymonkies.com/tilitzoom</a>?</td>
</tr>
<tr>
<td>Friday, March 19, 2021, 10-11 a.m.</td>
<td>Creating and Using Rubrics in Your Instruction</td>
<td>Online Live - Instructor Led</td>
<td>Intermediate</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitrubrics">https://www.surveymonkies.com/tilitrubrics</a></td>
</tr>
<tr>
<td>Wednesday, April 7, 2021, 10-11 a.m.</td>
<td>Using the Online Grade Center in Blackboard - Level 1</td>
<td>Online Live - Instructor Led</td>
<td>Basic</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitgradingcenter">https://www.surveymonkies.com/tilitgradingcenter</a></td>
</tr>
<tr>
<td>Friday, April 23, 2021, 10-11 a.m.</td>
<td>Creating Online Assessments Using Blackboard</td>
<td>Online Live - Instructor Led</td>
<td>Advanced</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitassessments">https://www.surveymonkies.com/tilitassessments</a></td>
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<tr>
<td>Wednesday, May 5, 2021, 10-11 a.m.</td>
<td>Voice Thread Advanced</td>
<td>Online Live - Instructor Led</td>
<td>Advanced</td>
<td>Dr. Anita Vyas</td>
<td><a href="https://www.surveymonkies.com/tilitvoicethread">https://www.surveymonkies.com/tilitvoicethread</a></td>
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</tbody>
</table>
We need your Feedback!

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