

**Teaching During Covid-19
Trauma
Part 2- Students**

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Reactions to the “New Normal” of Covid-19

Since transitioning to remote learning because of the Covid 19 shelter in place mandates...



Students have been:

- A. Having trouble completing assignments on time
- B. Not “showing up” for class
- C. Reaching out for more support
- D. Less attentive
- E. Taking longer to grasp concepts
- F. I have seen no real changes

Reactions to the “New Normal” of Covid-19

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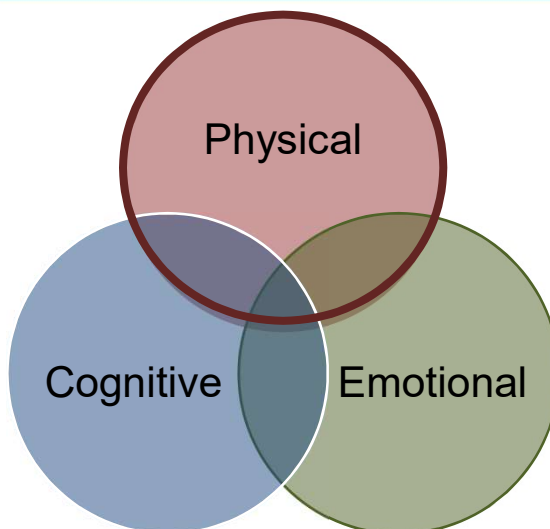


Students are struggling the most with:

- A. Technology issues
- B. Balancing home responsibilities with attending class
- C. Anxiety over the uncertainty of the future
- D. Children’s school being cancelled
- E. Students have not expressed what they are struggling with



Common Reactions to Stress and Trauma



Sleep disruptions

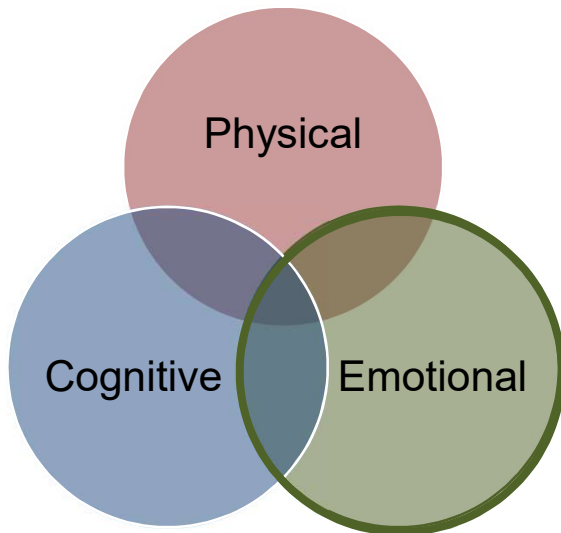
Fatigue or tiredness

Digestive problems, headache, increased heart rate, muscle twitches

Trouble relaxing



Common Reactions to Stress and Trauma



Feeling overwhelmed

Anxiety, worry or fear

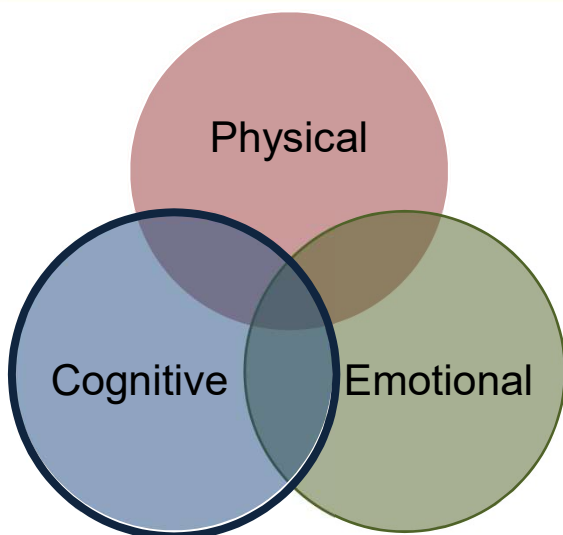
Sadness, tearfulness, loss of interest in usual enjoyable activities

Difficulty regulating emotions

Restlessness or agitation



Common Reactions to Stress and Trauma



Racing thoughts or difficulty concentrating

Issues with decision making

Apprehension

Memory or concentration impairment

Nightmares



Additional Sources of Stress for Students



Technology issues



Changes to home situations



Work stress



Competing priorities

Supporting Students Through Covid 19

How are you providing support to students during this challenging time?



Support Students



Help students understand what to expect

Prioritize students' voices, choices and empowerment

Check-in



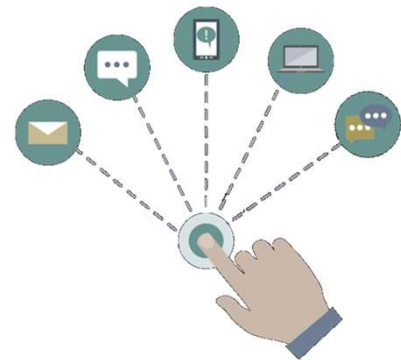
Create a Productive Learning Environment

Secure learning environment

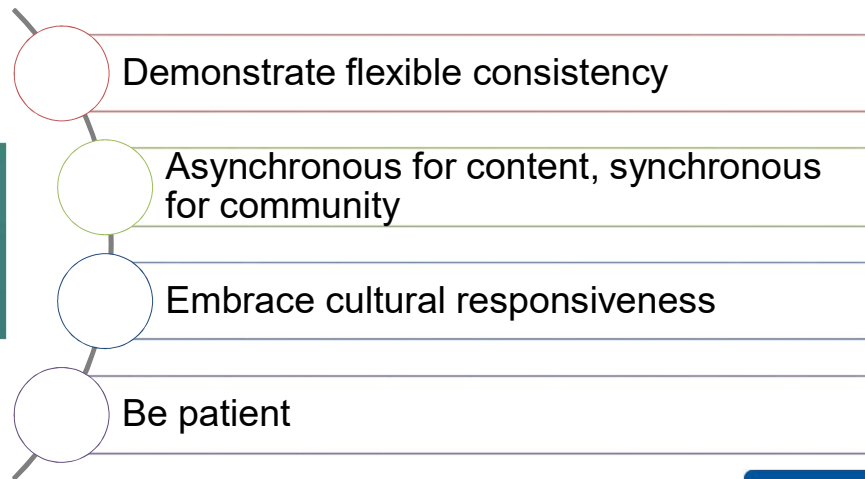
Embrace active learning & "content curation"

Use technology to enhance lessons

Consider lesson content and pacing



Providing Flexibility Within a Stable Environment



Resources

Covid- 19 and Adult Education:

- ✓ **Zoom Fatigue-** https://www.inquirer.com/health/coronavirus/zoom-fatigue-science-brain-how-to-combat-20200520.html?fbclid=IwAR3CRgGmoW7xM3Ce98mM2RN_EdILBDtXcfOBry8WGg-jJy0wVLAazvzF98
- ✓ **Leading Adult Learning During Covid-19-** <https://www.gettingsmart.com/2020/04/leading-adult-learning-during-covid-19/>
- ✓ **Covid-19 Resources for Adult Education** -<https://portal.ct.gov/SDE/Adult-Education/COVID-19-Resources-for-Adult-Education>
- ✓ **Education is a Human Thing- but Covid-19 will Push it Online-** <https://www.wired.com/story/education-is-human-thing-covid-19-will-push-online/>
- ✓ **Adult Education Resources During Covid-19 (COABE)-** <https://coabe.org/covid-19-resources/>
- ✓ **Covid-19 Support for Adult Educators (LINCS)-** <https://lincs.ed.gov/state-resources/federal-initiatives/covid-19-support>

Michigan Specific Resources

- ✓ **Michigan Coronavirus Resources-** <https://www.michigan.gov/coronavirus/0,9753,7-406-98178---,00.html>
- ✓ **Michigan Mental Health Resources-** https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html
- ✓ **Headspace app (free meditation resource for Michigan residents)** <https://www.headspace.com/mi>
- ✓ **NEMSCA Resources-** <https://www.nemcsa.org/get-involved/covid-19/covid-19-resources-page.html>



Thank You for Your Attention and Participation!

Support Students

Create a
Productive
Learning
Environment

Provide Flexibility
Within a Stable
Environment

Questions? Feedback?

Thanks again- Shana McCarron
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Stay safe. Stay home. Wear a mask.

