



Welcome to CTLT's Fireside Chat

A Fireside Chat: Keeping Ourselves Well While Teaching and Learning Online

TODAY'S PANELISTS:
Carolyn McEwen,
Department of Kinesiology,
UBC-V



Sally Willis-Stewart, School of Health and Exercise Sciences, UBC-O



Martha Essak,
Sauder School of Business,
UBC-V



Land Acknowledgement



Overlooking the city of Vancouver, stand the twin **mountain** peaks of The **Two Sisters**.

The legend tells of **two sisters** who brought together warring nations for a feast, creating a lasting peace among the coast Salish people.

www.legendsofvancouver.net › two-sisters-vancouver-bc



Wellness Check-in

In General



EMOTIONAL WELLNESS



PHYSICAL WELLNESS



OCCUPATIONAL WELLNESS



Keeping Ourselves Well While Teaching and Learning Online

Part 1: Panelist Question/ Answer period: (35 minutes)

Each panelist will be given 2 minutes to respond to each question. If you wish to comment, or ask a question please do so in the chat.

Your questions will be read to the panelists during part 2 😊

Part 2: Large Group Chat: (25 minutes)

Informal discussion based on the discussion questions and more strategies and innovations shared. Stories told, examples given, marshmallows roasted.

Please mute your microphone unless you are speaking.

Panelist Questions:

1. Can you provide an example of an aspect of wellness that you think has been challenged, and what opportunities have been created by the transition to online teaching in your specific context? How have you adapted your teaching practice to address this challenge?
2. Can you tell us one thing that you noticed when you were teaching that was unexpectedly related to wellness and self-care, and what you did to respond to it?
3. What did you learn from teaching this term and what might we change about our practice in January so that faculty, TAs and students are positively impacted.

What specific effects have you noticed that teaching and learning online has had on the mental, emotional or physical health of you, your TAs and your students?



Please join us for the next session if you can:

Faculty Wellbeing: Towards Building a Healthier Community

Those who attend will have the opportunity to develop a personal wellness plan, and be informed of resources that support faculty members.

LINK to session: Zoom Link:

<https://ubc.zoom.us/j/64060289153?pwd=WmImd0NPeXl0Z0NlN0t2bWlSY01Udz09>

Zoom ID: 640 6028 9153

Passcode: 390784