

Supporting Student Wellbeing in an Online Learning Environment

Everyone plays an important role in supporting student mental health and wellbeing. In this session, we will share how student well-being services and resources have shifted to respond to remote delivery, with information on how to connect students to supports they may need during these challenging times. There will also be opportunity to connect with other members of the teaching and learning community and share ideas for embedding strategies that foster well-being in your online course design and delivery.

Please contact wellbeing.learning@ubc.ca with any questions or suggested additions to this resource. If you would like to request a [Wellness Resources presentation](#) for your team, please complete the following [workshop request form](#).

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Student Health and Wellbeing Resources

Key messages: Taking care of yourself during uncertain times

- It's normal to feel worried and overwhelmed
- Everyone will respond differently
- Find ways to take care of yourself that you enjoy
- Think about what has worked in the past – what can that look like now?
- UBC has a wide range of supports to help you when you need it

Adapted from BC Mental Health & Substance Use Services [Tips for Supporting your mental health during the COVID-19 pandemic](#)

Being proactive with your health and wellbeing

The “[Thrive 5](#)” sleep, nutrition, exercise, social connection and helping others are known to help build and maintain physical and mental health, and help students to be more able to manage stress in their lives. These five basics remain important at this time and can go a long way to helping students weather this storm. You can help to share these key messages with students:

Continue to make social connection a priority

You don't have to be face-to-face to check in on a friend or loved one, and keeping up social connection is particularly important during stressful times. Phone calls and social networks are a great stress-busting, mood-boosting way to spend time with the people you love.

Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better. [UBC Rec has launched a new website](#) with many ways to stay active including exercise breaks you can do while studying, exercise videos and more.

Eat a brain-healthy diet to support strong mental health

Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.

Don't skimp on sleep

It matters more than you think. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or computers — in the two hours before bedtime.

Coaching and counselling

For students, asking for help is a good idea if:

- You need help finding resources
- You've tried self-directed resources and still feel stuck
- Your symptoms are worsening
- Your friend needs support
- Your state of mental health is making it hard to manage your daily responsibilities

UBC students have the option to access counselling services from a variety of providers. The below table highlights key differences between the three services.

Service	UBC Counselling Services	Empower Me	Here 2 Talk
How and when to access service	Daytime hours, Mon-Fri Phone/video	24/7 phone/online/app	24/7 phone/online/app
Language(s) of service	English	Multilingual	English/French
Location of student	British Columbia	Anywhere	Anywhere
Life coaching, financial planning, and nutritional counselling	No	Yes	No
Single session counselling	Yes	Yes	Yes
Brief counselling	Yes	Yes	No
Triage and referral to services & resources	Yes	No	No

Available resources and services during the COVID-19 Outbreak

- Up-to-date information about accessing student resources and services during the [COVID-19 Outbreak](#)
- UBC Life Blog:
 - [Self-care in the time of corona](#)
 - [How to get and give support during the COVID-19 Outbreak](#)
- UBC Student Services article: [Your mental health during the COVID 19 Outbreak](#)
- [Early Alert](#) and [Green Folder](#)
- UBC [Sexual Violence Prevention and Response Office](#)
- Share the Wellness Centre: Online with your Students:

- *The UBC Wellness Centre: Online is a Canvas space for students to access up-to-date health education and information. Just like the physical Wellness Centre in the Life Building, here you can learn more about health-related resources on and off campus, access tips and strategies for your wellbeing as a student, and hear from the experiences of your peers. While the physical Wellness Centre is temporarily closed during the COVID-19 outbreak, Wellness Centre: Online is a space for engaging in topics relevant to your wellbeing, wherever you are. The Wellness Centre staff are partnering with campus professionals to offer online social connection, physical activity and mental wellness programs. Students can [self-enroll](#)*
- <https://keeplearning.ubc.ca/> is a key resource for students during this time

Supporting Student Wellbeing in a Remote Teaching Context

Wellbeing in Learning Environments

- [Wellbeing in Teaching and Learning Environments](#) at UBC
- UBC Wellbeing [Teaching & Learning Resources](#) toolkit
- Teaching Practices & Wellbeing Teaching and Learning Enhancement Fund project at the University of British Columbia, including [instructor reflection tool, video and student testimonials](#)
- SFU [Well-being in Learning Environments](#) resources

Remote Teaching

- Journal of Educators Online: Trammell, B.A. & LaForge, C. (2017). Common challenges for instructors in large online courses: Strategies to mitigate student and instructor frustration.
- CTLT's Edubbytes [Effective Online Teaching Practices](#) edition
- [Inclusive Teaching @ UBC](#)
- Collaborative [google document](#) from this workshop
- Faculty Focus: [Mindfulness in the Online Classroom](#)
- [Remote Teaching Institute](#) Resources