

# A SUPPORTIVE CLIMATE

As instructors we can support student well-being by creating & maintaining a positive climate and modeling interest in their personal well-being.

## Suggestions:

1. Check in with your students on a regular basis to see how they are doing in terms of their stress levels, so you can anticipate the need for a shift in activities when necessary.
2. Relevant to the learning material, share a personal anecdote, story or example from your life experience. This often has a “connecting” effect, and also holds students’ attention.
3. Comment on the students’ personal insights, opinions and questions. This demonstrates learner-centeredness, and validates their efforts.
4. Anticipate that at times students will be bringing the challenges they have experienced from outside your class, into your classroom. Exercise patience with unexpected personal reactions.
5. Provide alternative forms of instructor contact for the students in addition to office hours – for example: Skype, group office hours, web-conferencing via D2L