

How to mitigate & combat **ZOOM FATIGUE** in the online classroom



HAVE A PLAN AND STICK TO IT

- » Plan lessons ahead of time
- » Make it easy for learners to follow along – display agenda on a slide
- » Use chat feature strategically to maximize engagement and minimize distraction from other communication modalities



EVALUATE VIDEO OPTIONS

- » Consider whether video is necessary
- » Ask students to turn camera off and only use it when speaking to minimize visual overload
- » Hide your own video if it is distracting. **Here's how.**
- » Switch to speaker view rather than gallery to conserve visual energy
- » Place a sticky near your web camera as a reminder to connect with learners, not your desktop screen.



MULTITASK, BUT STAY FOCUSED

- » Remain committed to the learners and content being delivered
- » Use dual monitors with care; to maximize your ability to talk into the camera, share your screen, and observe learners
- » Avoid the temptation to check email and phone; turn off visual and audio alerts on your phone and computer



INCORPORATE TRANSPARENT TRANSITIONS

- » Lead into questions with ample elaboration to allow learners time to process information and formulate answers
- » Strategically prepare questions to use “reaction” icons for quick polls to engage learners
- » Build in “brain breaks” to allow learners time to digest content
- » End sessions 5-10 minutes early. Take a walk, get a drink of water, or use the restroom



CHECK-IN WITH LEARNERS

- » Reach out on a human level to improve wellbeing and build trust while reducing fatigue and concern
- » Gather data on what is working in the virtual learning environment; learner needs will likely vary from course to course
- » Offer one-on-one help to those students you feel are falling behind or not adjusting well

Sources:

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Sklar, J. (2020, April 24). *'Zoom fatigue' is taxing the brain. Here's why that happens.* National Geographic. <https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

Supiano, B. (2020, April 23). *Why is Zoom so exhausting?* *The Chronicle of Higher Education.* <https://www.chronicle.com/article/Why-Is-Zoom-So-Exhausting-/248619>