

Module 4 (1-hour session)

- Professors will brainstorm with one another how they could incorporate mini lessons about wellbeing into their students' coursework.
- Professors will apply meditation skills by using a Meditation app from the [UNF Counseling Webpage](#).
- Professors will integrate meditation time in their courses via Canvas course modules.
- Professors are encouraged to practice meditation/mindfulness practices at a minimum of ten minutes per day for 5 days/week using Meditation apps.

Module 5 (1-hour session)

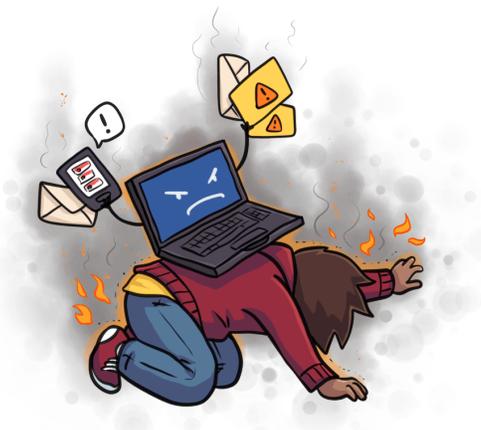
- We will discuss the site provided with the professors and we will have them think ways on how to implement these approaches to their lesson plans:

<https://www.fnu.edu/tips-preventing-student-burnout/>

- Professors will learn the definitions of Accommodation and Modification.

Module 6 (1-hour session)

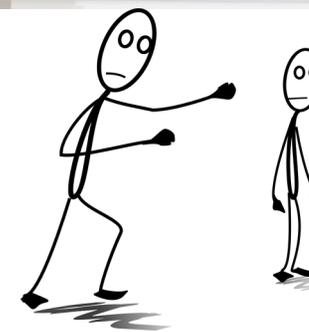
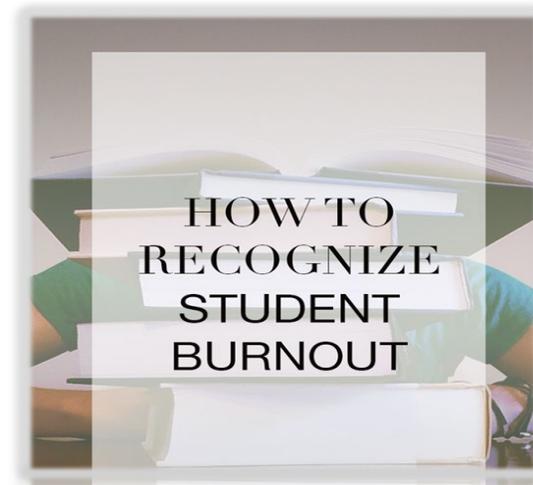
- Professors will collaborate with one another in small groups of 5-6 and share ideas of accommodations and modifications to coursework.
- This last session will end with the professors creating an Action Plan they will use to modify their lesson plans that will be more accessible for their students by using all the knowledge they learned from this workshop. This assessment will be the post-assessment for the workshop.



EME 6601: Instructional Design and Application

By: Tanem Coskun and Jill Tayse

 **BREAK
THRU
BURNOUT**



***TEACHING STUDENTS
WITH MILD COGNITIVE
IMPAIRMENT DUE TO
STRESS AND BURNOUT***

**EME 6601:
Instructional Design and Application**

By: Tanem Coskun and Jill Tayse

Project Title:

Teaching students with mild cognitive impairment due to stress and burnout

Project Description:

The purpose of our project is to train college professors on how to adapt or develop their curriculum on Canvas by implementing strategies that will help them better teach their students who are struggling with mild cognitive impairment due to stress and burnout. Professors are regularly in contact with their students and if students do not receive the help early on in their symptomatic conditions, they might get worse and eventually these conditions could lead to anxiety, depression or more serious health issues. Within this project, it is hopeful that as individuals, professors will understand the strategies that can be applied to avoid burnout and mental health issues as well as learn techniques to create a well-balanced life with wellbeing as the focus. The project engages college professors in helping improve lesson design so that their students who might be struggling with burnout and stress related mental health conditions could still experience university academic success. The professors will learn how to recognize and define stress related symptoms, learn stress management techniques, and understand ways they can apply these strategies to help support their students. By learning methods, the professors learn how to resolve the detrimental effects of stress, they can avoid mental health problems such as depression, anxiety, or other mental disorders as well as teacher burn-out. Overall, the instruction will be conducted in a virtual setting. Additionally, the resources we will be using will be instructors' existing lesson plans so that they can update them and for implementation into their courses.

Goal statement:

University professors will be able to establish successful cognitive understanding of mental health issues from stress and burnout that impact students in an academic, social and emotional context.

Instructional Objectives:

1. Apply knowledge of burnout and depression symptoms and self-identifying to identify burnout issues.
2. Professors will compare and contrast then differentiate burnout and depression symptoms.
3. Professors will practice meditation practices then apply meditation skills to an online advocate.
4. Utilize meditation time in their courses through classroom management.
5. Professors will analyze ways to edit lesson plans to accommodate students.
6. Identify the need for lesson plan changes in situations where burnout or depression is apparent.

Instructional Sequence:**Module 1** (1-hour session)

- Professors will first start with the pre-assessment survey by answering questions from the attached document that is retrieved from this site:

https://www.mindtools.com/pages/article/newTCS_08.htm

- Professors will Take the Burnout Survey to self-identify and apply knowledge of burnout and depression symptoms

<https://notwaitingforsuperman.org/teacher-burnout-assessment/>

Module 2 (1-hour session)

- Professors will watch YouTube video about Burnout and Depression

<https://youtu.be/nKI03ncN374>

- Professors will be given an online template that they will fill out using Microsoft Word documents to type out the differences and similarities between the surveys they've taken and the results of studies taken to determine the burnout levels of students.

Module 3 (1-hour session)

- The start of the session will have the professors listen to audio clips from soundcloud.com of meditation music and they will be encouraged to listen to the audio clips with clear minds or positive thinking for about 5 minutes. [Meditation Music - Audio](#)

- Professors will watch YouTube video about Mindfulness

<https://youtu.be/WGUWt4TjBKE>

- Professors will be in groups of 5-6 use the virtual white board to brainstorm wellbeing activities to create a better work/life balance and healthy thinking habits.