

DEALING WITH ZOOM FATIGUE



TIPS FOR STUDENTS AND PROFESSORS

WHY DOES IT HAPPEN?

- Our brains have to work harder: video calls require more mental processing than face-to-face interactions because you can't read body language
- We're always "on": we become hyper-aware of ourselves
- We are easily distracted
- Technical errors and disruptions make engaging even more difficult
- Zoom and remote working makes it harder to unplug from work, creating a constant feeling of having to be productive



GENERAL TIPS FOR EVERYONE

- Establish 'No Meeting' Time Blocks
- Hide self-view— this can help you to feel less self-conscious and more "in the moment"
- Avoid multitasking
- Put on your work clothes— It will help you de-stress once you put on your "home" outfit
- Exercise daily— it is good for your mental and physical health

TIPS FOR STUDENTS: REDUCE ZOOM FATIGUE IN CLASS

- Listen to classes like a podcast— instead of staring at the screen, listen to your class while writing on your notebook or simply looking out the window.
- Use your 10 minutes between back-to-back classes to move your body, go for a quick jog or simply stretch (instead of idly looking at your phone) . This is similar to walking on campus to your next class.
- When planning classes for next semester: space classes out throughout the day / throughout the week
- Change up your scenery: take classes outside!



TIPS FOR PROFESSORS: HELP YOUR STUDENTS OUT!

- End five minutes early to give students a longer break before their next class/meeting
- Schedule a break during class, especially for classes that are longer than 1 hour
- Pre-record your classes or consider making half the class pre-recorded and then have 20 minutes of class time for questions.



REFERENCES

- <https://www.vidyard.com/blog/zoom-fatigue-tips/>
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