

# > TOP 7 THEMES WE HEARD FROM STUDENTS

ACCORDING TO THE COVID STUDENT SURVEY

“Try your best to keep in mind that everyone is trying to navigate this together. The students, instructors, board, deans ... this is something that none of us wanted, but it is how it is and it’s best to make the most of it. Be patient with your teachers; they’re learning how to transition to online teaching and they’re doing the best they can.”

~Lethbridge College student



**This document presents the Top 7 themes that were identified in the Fall 2020 COVID-19 Student Survey. We heard your comments, and we wanted to take this opportunity to share the prominent themes with you.**

We also created a Top 7 themes document for your instructors. The instructor document was designed using feedback and suggestions from the survey. Instructors have heard your comments, concerns, and suggestions, and are also going in to the Winter term with resources and insights to help improve your learning experience this semester.

**> BELOW, YOU WILL FIND THE TOP THEMES, AS WELL AS TIPS AND RESOURCES TO HELP YOU NAVIGATE AREAS THAT YOU INDICATED WERE A CHALLENGE IN THE FALL.**

- 1 Connection/Community
- 2 Distance Learning
- 3 Workload
- 4 Time Management

- 5 Group Work
- 6 Motivation
- 7 Mental Health

# 1 CONNECTION AND COMMUNITY

Many students told us that they do not feel a connection, or are experiencing a lack of interaction with their instructors, fellow students, and LC support services. We understand that it can be difficult to get to know your classmates and instructors, and understand how to access all of the College services, when you are not on campus.



## > HERE ARE SOME TIPS TO HELP YOU FEEL MORE CONNECTED THIS WINTER:

- 1 **Be sure to interact** in “get to know you activities”, such as completing a bio in your Canvas courses, and interact and comment on the bios of your classmates/instructor.
- 2 **Leave your camera on in class.** You help create the environment in the classroom, and if you are represented by a black box there is no one for your classmates or your instructor to interact with.

- 3 **Participate** in Canvas discussion boards in your classes.
- 4 **Familiarize yourself** with the [Services for Students Guide](#). Campus services are still open, and here to help, even if it is not in person.
- 5 **Check out the LCSA** for events and opportunities to engage in your campus community outside of the classroom.

## 2 DISTANCE LEARNING

Students told us how the virtual classroom can be a challenge. Being well versed in zoom and virtual classroom etiquette can help.



**HERE ARE SOME TIPS TO MAXIMIZE YOUR EXPERIENCE IN THE ONLINE CLASSROOM:**



**1 Video:** Please keep your video on, it has a significant impact on creating a positive class environment. If you are more comfortable using a background, [here is how to put one on.](#)

**2 Audio:** During the presentation portion of your class, stay muted. However, feel free to put your hand up and provide input and feedback when called upon. You can still interact the same way that you would in an on campus classroom.

**3 Questions:** If you have a questions use the “hand” feature to raise your hand and indicate to the instructor that you would like to speak. You can also type your questions in the chat box for your instructor to answer when they have a moment to do so.

**4 If you notice** your instructor or classmates struggling to use Zoom, and you know the solution, feel free to message them privately to offer support. This is a transition for everyone, and some people are more computer savvy than others.

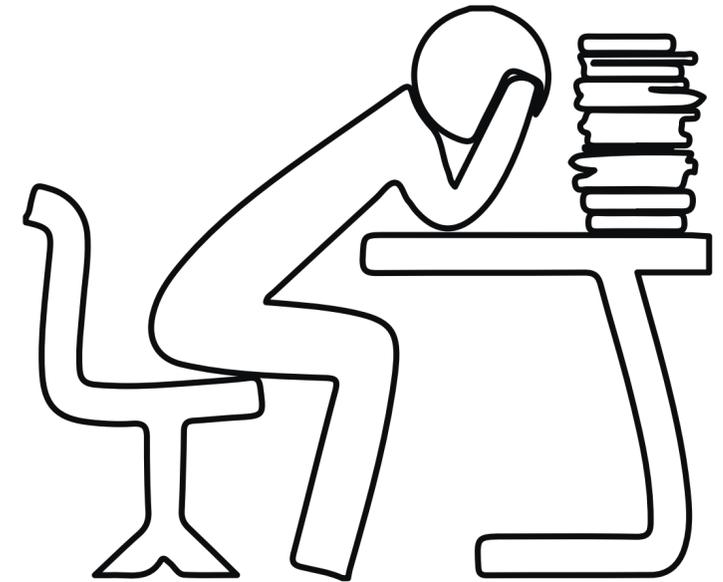
## 3 WORKLOAD

Learning in an online environment can be a challenging adjustment, and a typical workload can seem more difficult to manage than it would in a face to face environment.

### > HERE ARE WAYS TO HELP MANAGE THIS:

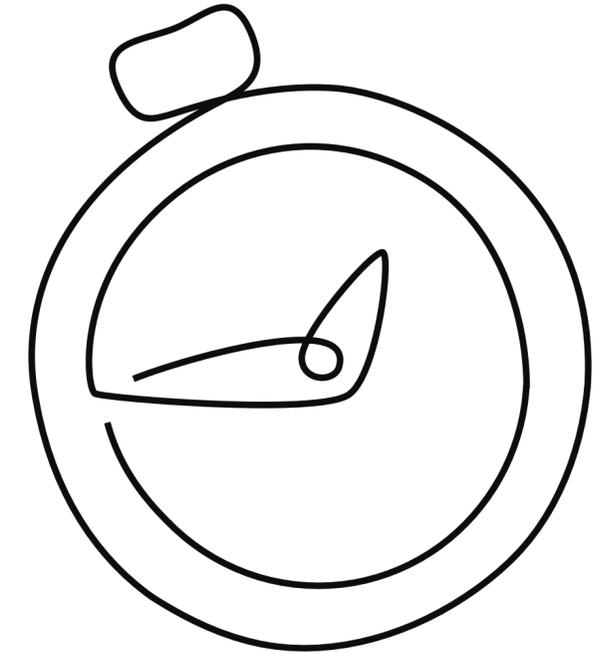
- 1 Have a conversation with your instructor** about the workload expectations in your class. How many hours of study outside of the classroom is expected? Will there be group projects, and if so will class time be dedicated to this?
- 2 Create a semester calendar** with all of your assignment, exams, etc., for the term. This will allow you to see upcoming busy periods of time, and work on assignments accordingly.

- 3 If your current course load is too heavy**, it is possible to drop some classes and still remain a full time student. Talk to an advisor about the possibility of dropping courses and extending your program over a longer period of time.
- 4 Work smarter, not harder.** [Connect with the Learning Café](#) to discuss workshops, tutors, etc., that are available to support your learning.



## 4 TIME MANAGEMENT

Many students told us that they struggle with time management and are having trouble staying on top of all of their coursework and assignments.



> **HERE ARE SOME TIPS TO HELP YOU MANAGE YOUR COURSE WORK:**

- 1 Create a calendar with your course work** - also include personal commitments, ex work, family commitments, etc. Is this a feasible schedule for you? Make sure you also set aside time to do homework, work on projects, and study for exams.
- 2 Set reminders in your phone** for upcoming assignments and when you should start working on them.

**3** [Tips for time management](#)

**4** [eLearning Cafe Time Management resource](#)

## 5 GROUP WORK

We heard from many students who found it difficult to complete group work in the online environment.

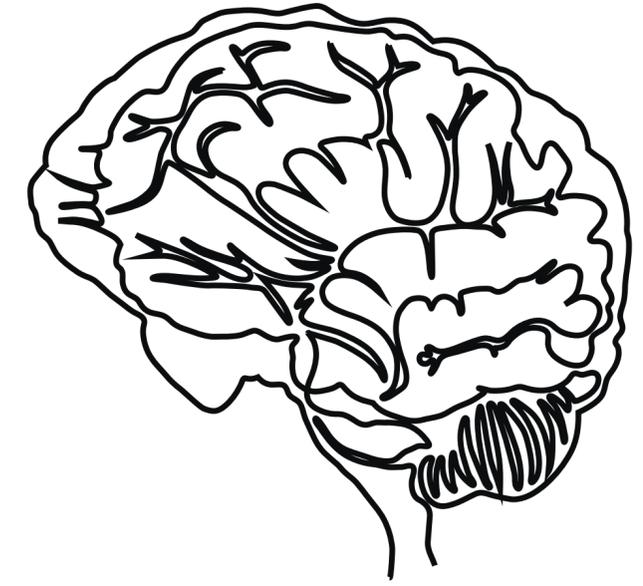


> **HERE ARE SOME RESOURCES TO ENSURE YOU HAVE TOOLS TO WORK EFFECTIVELY IN A GROUP:**

- 1 **Group Work Tips:** [www.birmingham.ac.uk/schools/metallurgy-materials/about/cases/group-work/tips.aspx](http://www.birmingham.ac.uk/schools/metallurgy-materials/about/cases/group-work/tips.aspx)
- 2 **LC Core Competencies course:** [Teamwork & Collaboration Module](#)
- 3 **LC Core Competencies course:** [Communication Module](#)

## 6 MOTIVATION

Many students told us that they found it very hard to stay motivated when they didn't see their instructors and classmates in person every day.



### > DO YOU KNOW HOW TO TELL IF YOU ARE FEELING UNMOTIVATED? KNOWING THE INDICATORS AND WHAT TO DO ABOUT THEM CAN HELP:

- 1 Know how to identify a lack of motivation in yourself.**  
Perhaps you are:
  - Frequently missing class, or zoning out while in class
  - Finding it difficult to complete assignments, exams, or required readings
  - Feeling bored and disengaged from your coursework

- 2 If you are feeling unmotivated,** contact one of your instructors and let them know. Tell them you would like to meet with a Motivation Coach. A Motivation Coach will help you identify your strengths using the Gallup Strengthsfinder assessment. You and your coach will go through the results of your assessment and determine ways to draw upon your strengths to help you succeed in your courses. The best part, this is free to Lethbridge College students!

# 7 MENTAL HEALTH

Many of you told us that you are feeling lonely, isolated, and that this time has been tough on your mental health. We want to ensure that you are feeling supported, and in the best frame of mind to pursue your studies.



## > HERE ARE A FEW TIPS:

**1** **Gain awareness of the [services offered by Wellness Services and Shepell](#).** Shepell's Student Support Program (SSP) offers immediate, confidential assistance 24 hours a day, seven days a week, 365 days a year both online and over the phone.

**2** **Take a five minute break.** Take a walk outside or simply step away from your computer/phone.

**3** **Make time to connect** with family and friends, even remotely.