

Baby animals are
definitely good for
mental health!



Mental Health in Online Tutoring

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Topics

- Screen fatigue
- Technical difficulties
- Connecting with students and colleagues
- Stress and mindfulness

Screen Fatigue

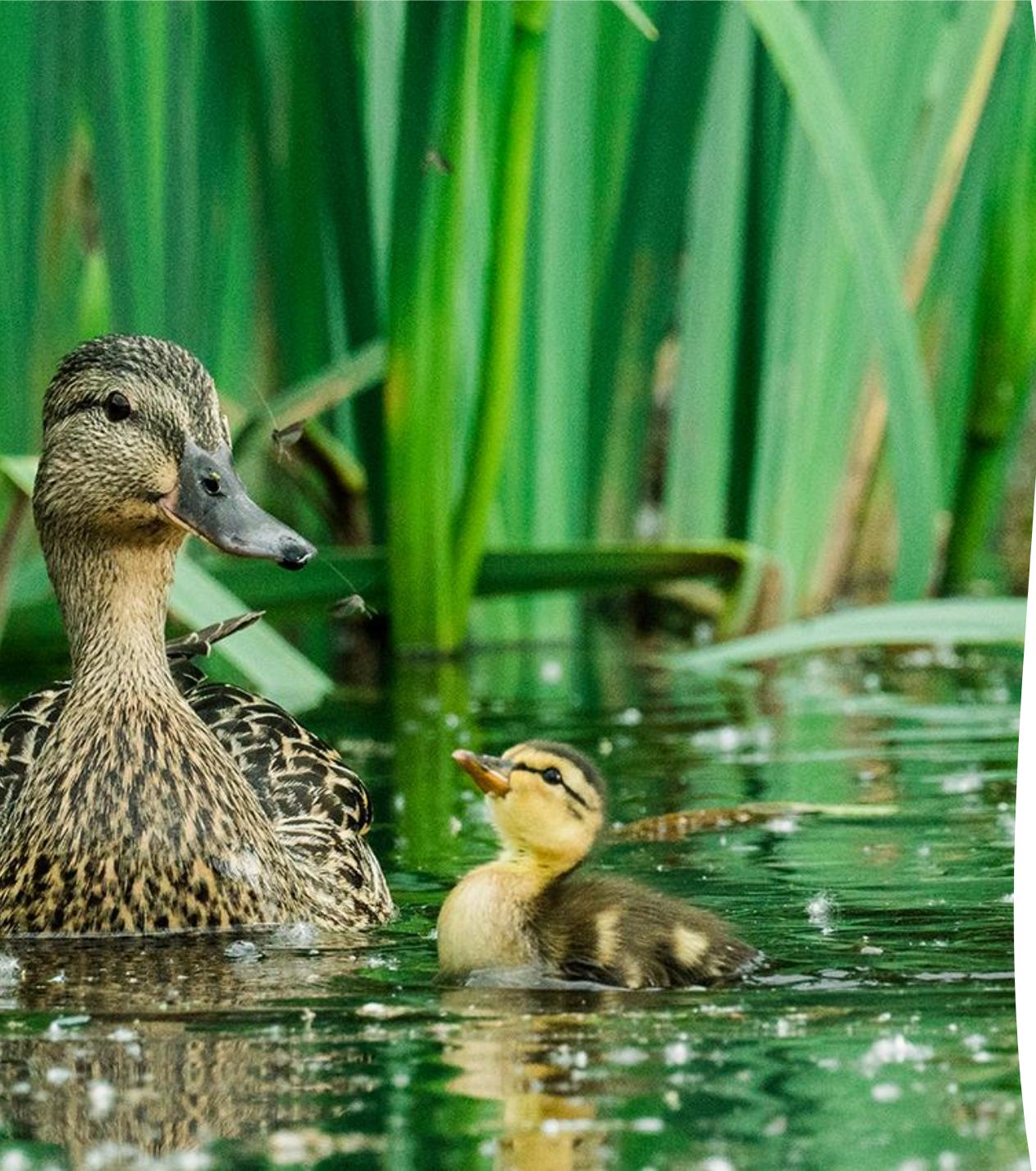
- Take walks outside or even sit outside to tutor, if possible
- Look at things that are further away for 2 minutes every 15 minutes
- Prescription glasses for computer use





Technical Difficulties

- Empathize with students— explain that you understand their issue and have a positive attitude.
- Stay calm when YOU have a tech issue—students will understand. Have your phone available for a back up if needed.
- Don't worry if you don't know how to address all tech issues but try to find the answer and then refer the student if needed.
- Be flexible with how the student shares their work with you— know the possible options.



Connecting with Students and Colleagues

- Students
 - Genuinely ask how a student is doing
 - Age doesn't always indicate degree of online comfort
 - Use the computer as a tool– find websites, use the whiteboard function
 - Be aware of you own boundaries
- Colleagues
 - Check in and talk in chats or leave your desk between appointments
 - Attend conferences online or in person

Stress and Mindfulness

- Avoid eating nothing but snack food
- Get a standing desk or a yoga ball, or something similar, to let you move while you work
- Be aware of work/life balance-- especially if working from home
- Have a routine for yourself and set boundaries



Support from Administrators

- Provide clear guidelines of what is and isn't allowed
- Provide tutor training as well as tech training
- Help create rapport and safe space amongst tutors
- Be clear in advertising to students how online tutoring works





In Summary

- Don't feel like you have to know everything about technology
- Build rapport with students and colleagues
- Take screen breaks
- Use strategies to cope with stress
- Administrators need to help create a healthy environment

“Sometimes, we should learn to protest instead of meditate.”

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