



How do I Avoid Zoom Fatigue in Students?

Zoom course meetings allow us to connect with our students in the absence of face to face classes. Despite our best intentions, many are finding that long or back-to-back Zoom meetings can be quite exhausting! This guide proposes some ideas to avoid burnout when using synchronous meetings.

Ideas

Breaking up the Zoom format

Breakout rooms

- Use breakout rooms to give students a chance to discuss with a small group of their peers. Provide them an assignment they can work on while they are in the breakout rooms together.
- Have multiple breakout rooms per session to break up the lecture format.

Share the stage

- You don't have to be the only one bearing the burden of presenting. Invite a colleague, PhD student, TA, or student to present to the class.
- Post the prompts in advance to allow students to research and prepare their answers. Encourage them to share with the class.

Supplement with Asynchronous

Canvas Content

- Arizona Board of Regents (ABOR) requires 45 hours of coursework per credit for college-level courses. As long as you are meeting this requirement you can shift learning activities to online asynchronous.
 - End the scheduled class time early and supplement with videos, articles, assignments, quizzes, and studying time.
 - “Flip” your classroom so that students can learn from Canvas modules as well as synchronous Zoom class meetings.
-

Related Topics

[How Can I Support Students' Transition to Remote Learning](#)

[Synchronous and asynchronous - making decisions about content and delivery](#)

[Making the most out of Remote Teaching](#)



This work is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](#)

Created by Arizona State University, 2020: provost.asu.edu/remote

ASU and the ASU “sunburst logo” are registered trademarks and service marks of the Arizona Board of Regents, for and on behalf of Arizona State University and are not subject to this Creative Commons license and may not be used or reproduced without permission from ASU