

# COURSE CHECKPOINTS

In my experience as an ESL educator, sometimes students are hesitant to ask questions or seek help. This can be exacerbated in the online environment. To help curb these issues, I have introduced course checkpoints weekly for my students.

Course checkpoints are short and are not designed to be cumbersome or create “more work” for the student (or the instructor!). Instead, these checkpoints allow the instructor to “check-in” individually with students so that he or she may stay apprised of student progress and mental health.

Here is an [example](#) of one of the checkpoints I use for my writing class.