

# ONLINE ART TEACHERS

A newsletter for teaching with & without access to home technology

## Joining the Self-Care Effort: Humanizing and self-care



*By Randy Robart*

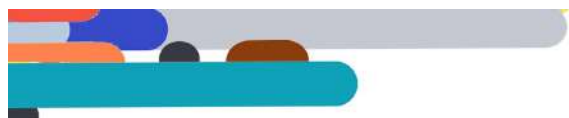
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#OATK12

***“It always seems impossible until it's done” – Nelson Mandela***

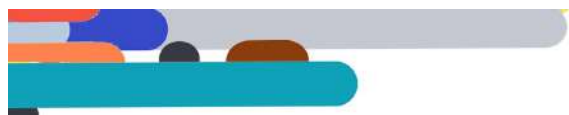
## Introduction



It seems the quote above really helps describe how I felt the moment I was told all be teaching would be online and in hindsight; it was a process - and still is to a degree, but it has been an interesting path that many are on and the comradery has made the journey far more enjoyable than I ever imagined.

The following are the main points of my session, “Humanizing and Self-care.”

## Humanizing



Humanizing, that is recreating human qualities within your online teaching, requires two key elements, each relative to the other, accessibility and community:

- Recognize interaction between teacher/students (accessibility) results in “community”
- Recognize teaching situations/students are different

- Recognize difference in available technology
- Recognize variation of online platforms
- Recognize various instructional options which in sum total builds community

Humanizing requires three specifics, all relative to one another:

**Presence** (How do you interact with your students?)

- Set specific office hours - Recognize variation of student class time. Have specific office hours so that students understand you will be available at those specific times
- Response time to students - Respond to/check-in on student's progress ASAP. Make arrangements with specific students on a one on one basis when necessary
- Be involved - Reach out, let your students know you are there for them. For some, you just may be their life lines

**Awareness**

- Recognize individual student abilities, living situations
- Make adjustments to expectations as necessary

## Empathy

- Recognize student's struggles and or personal life trauma. Reach out to those students every so often for and offer encouragement.

## Self-Care



Self care; How have you been taking care of you? There are two areas of self-care:

**The basics;** those simple things which promote good health

**Making time;** those things which promote your well-being beyond basic health; things requiring you to just “make time”

So let's consider the basics.

**Basics #1. Eating Healthy.** Improve mental capacities, mood, and medical issues.

**Basics #2. Exercise.** Foster better mood and health.

**Basics #3. Getting ready for YOUR day.** Establish a daily schedule and stick with it.

**Basics #4. Get your rest.** Rest promotes mental capacities, and mood. Can help de-stress before sleep-time

So the basics are done, now what? Time to “Make time!” It's time for you to think of you and those little things in life which bring you joy. Following are things for which you just need to make time for:

**Making time #1. Music.** Use music to lift your spirits, set your mood, get yourself moving!

**Making time #2. Get some fresh air!** Outside/inside – you decide what best suits your situation.

**Making time #3. Reading for pleasure.** Destress! Read for yourself or to others, your kids at home or a skype session with grandchildren.

**Making time #4. Plants: Do you have plants in your house?** Plants take in carbon dioxide and give off oxygen and can enhance the air quality of a room. Tending plants to destress! Or to brighten a living space.

**Making time #5. Journaling.** So you are self-isolating and watching the news or reading the same online. Eliminate/work through feelings of worry. Just write them out of your mind...

**Making time #6. Staying connected.**

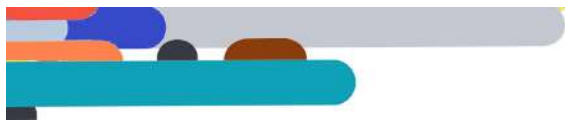
Stay in touch with family/friends.

**Making time #7. Pets.** Your pets offer unconditional love so feed them and feed the love!

**Making time #8. Getting creative.** See what you may have at home to make fun memories!

These are but a few things. Each of you will have your own ideas and that's great! Go for it!

## Closing Thoughts



Just remember...

- Joy reflects – it's a mirror to the world.
- Let your joy shine by making time for you!
- No one else has that control but you.
- Be well my friends.
- Stay safe.
- Do it for your family.
- Do it for your friends.
- Do it for your students and colleagues.
- But truthfully, do it for yourself.
- You are worth it.

## References

- Pacansky-Brock, M. (2020). How to keep the human element in online classes. *EdSurge: Digital Learning in Higher Education*. Retrieved from <https://www.edsurge.com/news/2016-04-27-how-to-keep-the-human-element-in-online-classes>
- Shitia. (2018). Humanizing online learning. *Oregon State University*. Retrieved from <http://blogs.oregonstate.edu/inspire/2018/01/09/humanizing-online-learning>



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