



Advancing Social and Economic Justice Through Innovation

Online student wellness: Technology-enhanced activities, programs, and services that enhance wellbeing

Matthea Marquart and Murali Nair

Wednesday, April 11, 2018, from 2:15-3:00 PM

Online students may be at risk of feeling a loss of community or a loss of support around holistic wellness, but there are options for online programs to address this by offering technology-enhanced activities, programs, and services. Members of the field of online social work education have already developed innovative wellness initiatives for their students. This interactive session will give educators and administrators the opportunity to discuss examples of these practices, as well as experience brief wellness activities that can be done online.



Please feel free to Tweet throughout this session:

[#SWDE2018](#)

AGENDA

- | | |
|---|---|
| 1 | Welcome, agenda, introductions, objectives |
| 2 | Context: What is wellness? |
| 3 | Discussion: Wellness needs of online students and examples of potential technology-enhanced activities, programs, and services: <ul style="list-style-type: none">• Institutional level• Program level• Classroom level |
| 4 | Demonstration: Brief wellness activities that can be done online |
| 5 | Pair-share discussion: What's applicable to you? |
| 6 | Wrap up and Q&A |

Intro to your presenters



Matthea Marquart, MSSW
Director of Administration, Online
Campus



Murali Nair, PhD
Clinical Professor of Social Work
Department of Social Change &
Innovation

Special thanks



THE NETWORK FOR
SOCIAL WORK MANAGEMENT

<https://socialworkmanager.org/programs/nswm-policy-fellows/2017-2018-policy-fellows/>

<https://socialworkmanager.org/programs/nswm-policy-fellows/>

Intro to this session

Abstract:

Online students may be at risk of feeling a loss of community or a loss of support around holistic wellness, but there are options for online programs to address this by offering technology-enhanced activities, programs, and services. Members of the field of online social work education have already developed innovative wellness initiatives for their students. This interactive session will give educators and administrators the opportunity to discuss examples of these practices, as well as experience brief wellness activities that can be done online.

Session objectives

Create an opportunity for dialogue around the wellness needs of online students and potential supports for online students that can be offered at the classroom level, program level, or institutional level

Share examples of technology-enhanced activities, programs, and services that can be offered to online students to promote wellness

Demonstrate brief wellness activities that can be done online

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Dimensional Model of Wellness

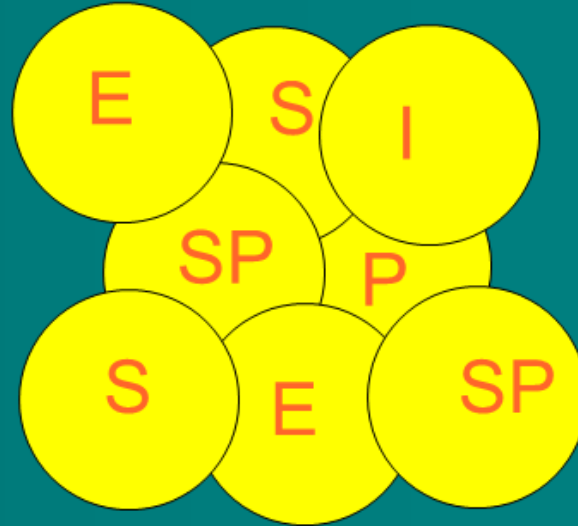


Wellness is . . . an active process of becoming aware of and making choices toward a more successful existence.

— National Wellness Institute

Integration of Wellness Dimensions

P = Physical
S = Social
I = Intellectual
E = Emotional
SP = Spiritual



Wellness at Columbia



WHAT'S OPEN NOW

Alice! Health Promotion

No Offices Currently Open

Counseling and Psychological Services

Support is available by calling
212-854-2878

Disability Services

No Offices Currently Open

Gay Health Advocacy Project

No Offices Currently Open

Insurance Office

No Offices Currently Open

Medical Services

Support is available by calling
212-854-7426

Sexual Violence Response

Support is available by calling
212-854-HELP (4357)

<https://health.columbia.edu/>

Wellness at USC

Be Well USC

Wellness Begins with U at SC



Nutrition & Exercise

Alcohol & Drug Awareness

Sexual Health & Wellness

Mental Health

Campus Safety

Campus Resources

UPCOMING

Apr 11 - May 2

**Kundalini Yoga with Susan - Happy Hour
with OWHP**

Join us for yoga to relieve the stress of your
day!

Location: Engemann Student Health Center (ESH)

Apr 11 - May 2

**Vinyasa Flow Yoga with Katarina - Happy
Hour with OWHP**

Enjoy a break with yoga.

Location: Engemann Student Health Center (ESH)

Apr 12 - Apr 26

Pause for Paws - Happy Hour with OWHP



All members of USC's campus community are encouraged to Be Well at USC. USC encourages students to stay healthy and Be Well by maintaining a balance between academics and their social life. Continuing to exercise, eating healthy, getting enough sleep, maintaining healthy relationships, and getting involved in social activities all add up to healthy and successful outcomes. Health and wellness of college students increases their academic success!

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Institutional level	School, department, or program level	Classroom level
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Wellness Concerns for Adult Online Learners

As noted by Quintiliani *et al.* (2012), adult learners are less healthy than younger students. Adult online learners are susceptible to specific health issues.

The following wellness concerns for adult online learners can be identified, including:

- Too many commitments, “multiple responsibilities” (Müller, 2008)
- Too much stress (Edwards-Hart & Chester)
- Other emotional hurdles, like isolation, being overwhelmed or anxious (Müller, 2008)
- Diet, nutrition, and exercise (Ryan et al., 2010)
- Ergonomics and posture (Harvard Repetitive Strain Injury Action, 2003)
- Prolonged sitting
- Unseen factors

Example: Institutional level

Stress and Anxiety Apps

It's finals week! During this home stretch, it is important to remember to keep calm and take care of your mental and physical health. Sometimes it's difficult to remember to slow down and take time for yourself when you feel like you have so many finals to study for, but keep in mind that dealing with stress in a healthy manner can actually improve cognitive function and focus.

Below is a list of apps that can help with anxiety and stress. As students, we are always on our phones – why not use them as tools to help with mental health? (Bonus: all are free!)

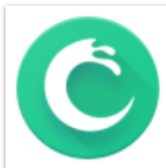
Cups

- Connects you one-on-one to a listener or online therapist anonymously
- Has daily goals for your personal pathway
- Can help if you have stress, anxiety, depression, or other mental health problems



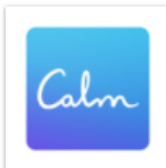
Pacifica

- Gives you tools based on Cognitive Behavioral Therapy, relaxation, and wellness
- Attempts to break the cycle of anxiety using tools that target each component of anxiety



Calm

- The #1 app for mindfulness and meditation to bring more clarity, joy, and peace to your daily life





Charity Miles/Virtual Community Service



November 6 - 10

Join Berkeley College in Celebrating 20 Years of Online Learning by getting fit with the Online Campus. Together, our goal is to walk 20,000,000 steps and help out the charity of your choice! All you have to do to participate is download the Charity Miles app on your phone, join the Berkeley College Online Charity Miles Team, select a charity that you care about, and get walking! You can chose to walk or run inside or outdoors, or you can cycle outside. Starting during National Distance Learning Week 2017, and running throughout the year, your workouts will be counted toward our goal of 20,000,000 steps. If all 7,100 Berkeley College students choose to participate, each student would only need to walk 2,817 steps! So lace up your shoes, and help us help others! Additional information can be found at <http://www.charitymiles.org/>.

**Example:
Institutional level**

<http://berkeleycollege.edu/ndlw2017.htm>

Example: School level

Self-Care Day started a little more 10 years ago, after I and the then Assistant Dean of Enrollment & Student Services, David Yam, noticed a trend of students 'hitting a wall' between weeks 6 and 10 of the term. This is when field education ramps up, midterm exams and papers are due, and the weather starts to shift to getting colder, which impacts all of our students.

After having conversations with various students constituencies, it became clear that they would benefit from a day dedicated to self-care. We try to organize programming that not only offers an opportunity for students to relax and reset, but also to learn techniques such as meditation, journaling, yoga, aromatherapy, etc., that will assist students throughout the year.

For online students, we have live streamed workshops, as well as have solicited some online only workshops.

The 2017 Self-Care Day had a theme of narrative social work, and we live streamed the morning performance with Benaifer Bhada, as well as the panel discussion that followed. We also livestreamed the Mindfulness Meditation, Poetry Reading, and Does it Matter how We Sleep sessions. One of our full-time faculty who teaches residentially and online also hosted an online only workshop entitled "Let Me Read to You: Listening for Pleasure, Relaxation and Restoration."

This year, **we also had an online PAC Leader (orientation leader that works with students throughout the year)** and we created a Zoom Pro account for her to host regular group check-in meetings. This gave new online students an opportunity to vent to a peer, solicit advice about classes and to solicit tips about navigating and managing the demands of the program. This PAC Leader would share with us any concerns that we would need to follow-up on as administrators, but it was clear from our check-ins with her, that the new students enjoyed having a point person and regular contact with a continuing student.

We plan to again have OLC PAC Leaders next year, and hope to improve and offer additional administrative support to them.

-- **Karma Lowe**, Director, Offices of Enrollment, Student Services & Financial Aid, CSSW



Example: School level

04.10.18

The USC Suzanne Dworak-Peck School of Social Work's
Departments of Adult Mental Health and Wellness and
Nursing , Mind and Body Interest Group and Wellness
Committee present a

**Attend a
Session and
Enter a
Drawing to
Win a Prize!**

Virtual **Wellness Fair**

Promoting Mental and Physical Health and
Wellness to our USC Community

When

Tuesday, April 10, 2018
Virtual: 11:30 AM - 2:00 PM PST

Where

Video Link:
<https://mswatusc.adobeconnect.com/r15vjmcdf8c/>

Phone: 888.512.3146
Participant code: 01962820

Cost:
Free

For more information
Laura Cardinal
lcardina@usc.edu

Schedule:

Session 1: 11:40 AM - 12:00 PM
MyStory Personal Health Inventory (PHI): Setting Goals
in the 8 Components of our Health and Wellbeing
Session 2: 12:10 AM - 12:30 PM
First Steps to a Balanced Metabolism
Session 3: 12:40 AM - 1:00 PM
Yoga: It's Not About Being a Pretzel
Session 4: 1:10 AM - 1:30 PM
Complimentary alternative medicine approaches to
treating common illnesses
Session 5: 1:40 AM - 2:00 PM
Mindfulness in the Middle of it All

Raffle Prizes:

Session 1: Wireless earbuds + water bottle
Session 2: NutriBullet
Session 3: Yoga mat
Session 4: Bamboo essential oil diffuser + set of natural oils
Session 5: Portable speaker + meditation cushion
Grand Prize: FitBit

Example: Classroom level

- **Deep Breathing** -- Breathe in slowly through your nose. Hold for 2 seconds, then exhale through your mouth. Repeat several times.
- **Head & Neck Relief** -- Turn your head slowly from one side to the other, and look over each shoulder. Hold each turn for the count of three. Repeat 5 to 10 times.
- **Shoulder Roll** -- Roll your shoulders forward 5 times using a wide circular motion. Then roll your shoulders backward. Repeat 5 to 10 times.
- **Lower Back Heaven** -- While sitting, slowly bend your upper body between your knees. Hold for a few seconds, then sit up and relax.
- **Wrist Relief** -- Hold your arms straight out in front of your body. Raise and lower your hands -- bending at the wrist, to stretch the muscles in your forearm. Repeat several times.
- **Hand and Finger Help** -- Make a tight fist with your hands. Hold for a second. Then spread your fingers as far apart as you can. Hold for five seconds. Repeat.

Example: Classroom level



RELAX AND BREATHE: Do Nothing for 10 Minutes

<https://www.youtube.com/watch?v=aXItOY0sLRY>

**Example:
Classroom
level**

Wrap-up

- Poll: Key takeaway
- Chat: What's something you're going to do for self-care after class?



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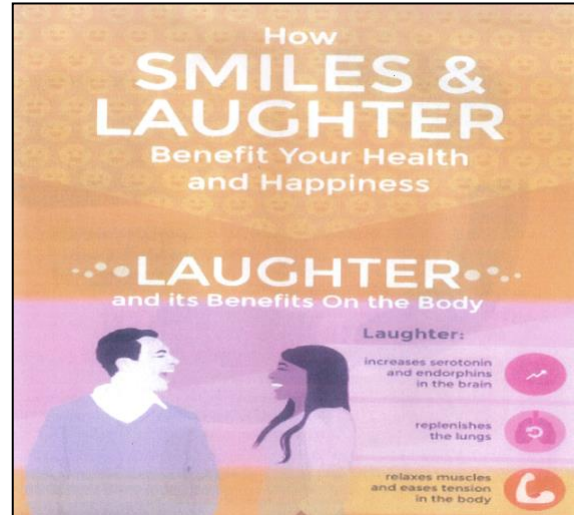
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Demonstration: 30-second mindfulness (Prof Nair)

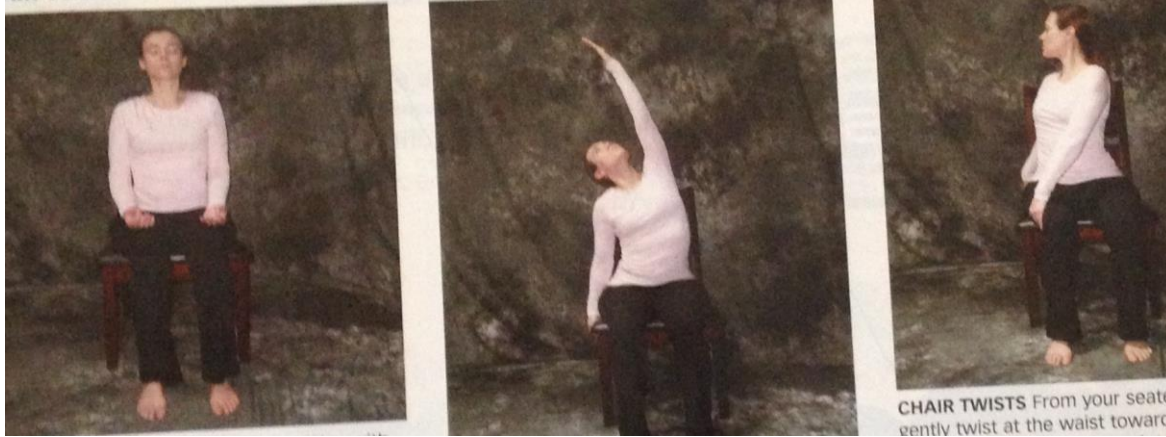


Demonstration: Evidence-based laughter (Prof Nair)

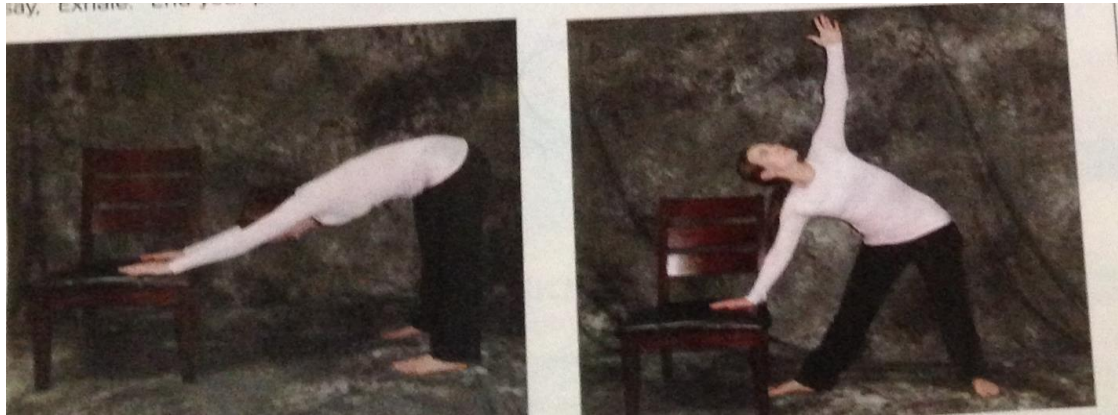
Superbrain yoga



Demonstration: Chair yoga (Prof Nair)



CHAIR TWISTS From your seated position, gently twist at the waist toward



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Pair-share discussion

- What are your key takeaways from today's discussion?
- How might you need to adapt ideas to fit your institution's unique circumstances?
- Is there one level that you're more able to influence, and if so, how? (Institutional, School/department/program, or classroom)

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Let's continue the discussion

If you're willing to share more about your experiences with online student wellness, please email Matthea at msm2002@columbia.edu or via Twitter at @MattheaMarquart