

STRATEGIES FOR FACULTY:



How can we support our autistic students and students who face anxiety during these uncertain times?

Created by the MSU Denver Faculty Learning Community on Supporting Learning in Students with Autism

1 BE THERE

The best thing you can do for your students is to be there for them - available via email/phone/virtual meetings.



2 ENCOURAGEMENT

Use words of praise and encouragement, and applaud them for how well they are coping with this transition.



3 SHARE

Share your experiences - both challenging and happy ones. What challenges are you facing with the transition? How have you been coping? Provide examples.



4 HUMOR

Use humor when you can in class activities or class meetings. You can share jokes or create fun activities/games during class while reviewing concepts.



5 REASSURANCE

Provide reassurance and hope for your students - let your students know that "This too shall pass".



6 INSTRUCTIONS

Provide both video models and verbal instructions on how to use technology related to online learning.



7 CHECK IN

Check in regularly - set yourself a check in routine and stick to it. It would also be helpful to check in on individual students who might need additional support.

8 BE THE CALM

Maintain a positive and composed demeanor. Even if you are anxious or frustrated, balance it well with uplifting thoughts.

9 SELF-CARE

Finally, practice self-care. When we model positive self-care behaviors, we encourage our students to do the same.

