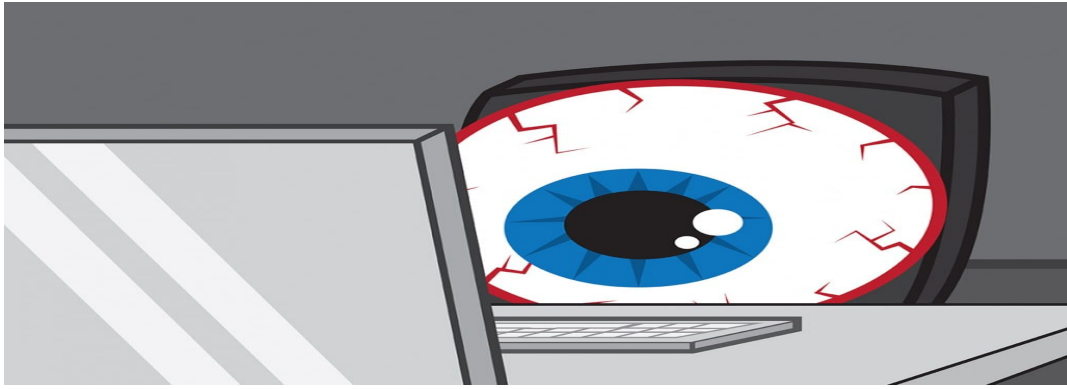


# “Zoomed Out”: The Exhaustion of Teaching Online

Facilitated by Lorie Kramer & Karen Stylianides

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## Session Agenda

Introduction (5 minutes)

Group Discussion (35-40 minutes)

What has been your experience with Zoom fatigue?

What has changed about your teaching perspective due to Zoom fatigue?

What have you personally or professionally done to combat this fatigue?

What changes have you seen in students that may be due to Zoom fatigue?

Wrap Up (5 minutes)

What are the take-aways from this discussion?

What strategies can you use in your personal and professional life to address this new phenomenon?