

# LiDA Colloquium Series

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## Dealing with remote work/learning “burn out”

Tuesday, March 15, 3:30-4:30 pm EST

### TO REGISTER go to:

[https://rochester.zoom.us/meeting/register/tjApcu6srTlrGNx\\_n5QuFZRnQYORqtkV8Us](https://rochester.zoom.us/meeting/register/tjApcu6srTlrGNx_n5QuFZRnQYORqtkV8Us)

Two years into the pandemic, students, teachers, and staff alike are experiencing “Zoom fatigue” and other signs of “burn out” - as some online instruction is needed in both K-12 schools and colleges (at least for those students and teachers who may be quarantined), and in addition many meetings and other events are now held virtually. In this session we will hear about “Zoom fatigue” experiences and coping strategies of people in various roles within education, to try to figure out ways to deal with this situation.

This event will include brief presentations (no more than 5 minutes each) from a few “conversation starters” who will share their perspectives/lessons learned on the topic, followed by facilitated breakout room discussions where all participants can share their thoughts in the topic. The session will conclude with reporting back by breakout room facilitators.

#### “Conversation starters”:

- A. **An elementary teacher’s perspective** (*Marie Rice, Rochester City School District*)
- B. **A K-12 school leader’s perspective** (*Derek DeMass, Wayne Central School District*)
- C. **A parent and higher education faculty’s perspective** (*Kristen Love, Warner School of Education, University of Rochester*)
- D. **A medical center faculty’s perspective** (*Kyan Lynch, University of Rochester Medical Center*)
- E. **A counseling expert’s perspective** (*Scott McGuinness, Warner School of Education, University of Rochester*)

Please join us in this public and free event, so we can all learn from each other’s experiences and insights

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