Online Presentation & Self-Care Tips for Teaching Online

Alexia Hudson-Ward
Azariah Smith Root Director of Libraries
Oberlin College & Conservatory
My Experience in Remote Working & Distance Education

• I began working from a remote location during my time with The Coca Cola Company as a Customer Marketing Manager in 2000 and served as a regional team lead on a DSL pilot program in 2001

• Earned a Master in Library and Information Science online from the University of Pittsburgh

• Supported distance education programs at Penn State and was a faculty awardee for a Provost Innovation grant to explore “Second Life” as a distance education platform

• Doctoral candidate at Simmons University in a program that was primarily taught as a distance education program
Tips for Online Presentation
“Coming Into Work” Each Day When Teaching Online

• Try to be forgiving of yourself and the technology when things do not work as smoothly as planned.

• Getting dressed to teach online is a signal to your brain and a visual cue to those that live with you, that you are in “work mode”.

• Disable all devices that are not in use and that automatically connect to your home WiFi to free up bandwidth for Zoom.
Using A Combination of Natural Light and “Stage” Lighting

- Log on early to give yourself some time to adjust your lighting

- Small adjustable ring lights with multiple light setting give you options in terms of colored lighting based on your skin tone

- Lamps placed behind you and/or on the floor next to you will help to illuminate you on screen
If Possible, Use an External Webcam with Speakers and Earphones with a Headset

- A mini tripod allows you to move the camera around based on lighting

- Some webcams clip onto the top of your desktop and laptop

- Many standard earphones have a mini-speaker setting to allow for clearer audio

- Podcasting microphones and some clip-on microphone lanyards offer the most optimal sound
In Lieu of External Equipment, a Few Tips to Help Improve Sound and Visual Presentation

- Laptop stands that are angled
- Setting your laptop on a stack of books facing you
- Using an umbrella on the floor near where you are seated, helps with noise reduction and echoing
Set Up Distraction-free Backgrounds If Possible

• Ideally have your back to a window with nature if possible

• A plain door or wall with minimal objects and items displayed

• If art and other objects are in your background, adjust your camera to zoom into your face closer

• Place personal photos and documents in a folder when you are screen sharing
Housemates
Management Strategies

• Help everyone understand when you are at work and when you are available to talk/play/etc. with them by posting a sign or some other indicator.

• Be patient with pets as they are adjusting too -- which means that you may have to create a new routine for them and with them when you are teaching.
Tips for Self-Care
Your Body Needs Regularly Scheduled Breaks and Care While Teaching Online

- Set your phone or clock to chime at certain time for a stretch and walking break of no less than 10 minutes

- A warm or cool compress on your/around eyes every few hours helps to alleviate tensions

- Regular nasal irrigations/saline spray may help with nasal passage drying

- Consider increasing your pure water intake

- Schedule time to do some breathing exercises
Provide Your Legs and Feet Regular Stimulation

- Therapeutic back pillows help with posture and your spine

- Regular bedroom pillows and couch decorative pillows will work as well

- Foot circulators are proven to help relieve stress and tension in the feet, legs and lower backs

- You can also use tennis balls or baseballs under your feet while sitting and gently roll if back and forth
Maintain Social Connections While We All Apart from Each Other