



Newsletter

May 15, 2020

HELLO MUSTANG FACULTY,

During this COVID-19 break in our traditional classroom environments, Norco Online offers weekly newsletters designed to quickly highlight the news, resources and tips for you in this online transition.

BREAKING NEWS!

- **Exercise is medicine!** Because our online schedules can be challenging, below is a video from **Ruben Aguilar, Associate Faculty, Kinesiology** that encourages short exercise breaks to keep us at our best! [Please click on the logo below to view the video.](#)



- Because our minds may be on technology overload, below is a video from **Bev Wimer, Associate Professor, Kinesiology** that she uses in her classes. With this short video, you will be practicing the First Foundation of Mindfulness – Mindfulness of the Breath. Allow your attention to rest upon the breath, and when your mind wanders, gently bring your attention back to the breath. All aspects of practice should be performed with loving-kindness (Metta) and compassion (Karuna). [7 Minute Guided Breathing Meditation - quick and easy technique for a relaxed and quiet mind](#)

TOOLS, TIPS, OR LINKS TO KNOW:

- **Writing Tutors and Faculty Available – Info Provided by Nicole Capps**

We have writing tutors and faculty available to help your students with their reading and writing assignments via Zoom. We are available at the same days and times the WRC was open - Monday through Thursday from 10am-5pm and Friday and Saturday from 10am to 2pm. There are currently NINE writing tutors available at these times, and five ILA800 instructors who are available at the same time for drop-in tutoring. If you plan on suggesting tutoring to students, forward **Nicole Capps** your prompts and expectations, and she will share it with the tutors!

Share the ZOOM link below with your students, and let them know they can drop in during any of the hours above!

<https://cccconfer.zoom.us/j/502455690>

They will be greeted by an LRC clerk, who will ask them what their needs are and hook them up with a peer tutor or ILA800 instructor. **Please let Prof. Capps know if you have any questions!**

- **From Accessibility to Universal Design for Learning – Info Provided by Michael Bobo**

As most OER are online, accessibility has been a consistent focus of the OERI. The OERI is striving to integrate accessibility into all the professional development it provides and has identified basic accessibility components that all faculty should know. These were highlighted in our recent accessibility webinars ([Creating Accessible OER Archived Webinar](#)) and are outlined in the companion [PowerPoint presentation](#). We're also looking forward to talking more about moving past accessibility to focusing on Universal Design for Learning (UDL). UDL is about good course design and creating a learning environment designed to facilitate the learning of all students. [Read about the UDL Guidelines](#) and learn more at our May 21 webinar – “[UDL 101](#).”

Thursday, May 21, 1:00PM – 2:00PM UDL 101

What is Universal Design for Learning (UDL)? Join us for an overview of UDL principles and how UDL can positively impact teaching and learning.

[Register for UDL 101](#)

ABC'S IN ONLINE EDUCATION:

In an ongoing effort to enhance and expand best practices in online education, below is this week's installment in our alphabetical series – the **VWX's of online education**.

- **V - Vitality** – Project **vitality** in online lectures, comments, and feedback to students. Our students will hear the motivational attitude loudly in our voices and, in turn, will enthusiastically embrace the message.
- **W - Wow Factor!** – Create the “**wow factor**” in online courses to grab our student's attention. As we get more comfortable with the online teaching environment, we may want to add different approaches to our pedagogical practices. For example, please see [The Survival Guide to Online Teaching](#) from USC Rossier School of Education.
- **X - Xenial** – Initiate a friendly and hospitable (**xenial**) online learning environment created expressly for our students to thrive. In addition to the helpful information in our [Norco College Distance Education Handbook](#), please see the following handy printable pdf; [Best Practices for Teaching Online from Arizona State University](#).

Norco Online Education Newsletter

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