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| **Teacher Responsibilities** | **Learner Responsibilities** |
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| Communicating the amount of expected screen time | Managing both academic and personal/work-related screen time |
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| Offering various modes and methods of the following:   * Icon of a computer monitor with an open book on it.content representation, * course participation, * activity and assignment interaction | Taking advantage of strategies provided by teachers such as:   * Checklist iconscheduled breaks, * movement opportunities, * reading printable text, * hand-writing assignments, * live interaction |
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| Icon depicting software applications.Streamlining the use of multiple applications especially in remote and online learning | Icon depcting set-up instructions.Taking time to complete any set-up or how-to instructions/tutorials for using expected applications |
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| * Work-from-home desk iconEstablishing comfortable and varied workspaces * Offering stretch opportunities | * Sitting in an upright position when using an electronic device * Stuent desk iconUsing adequate amounts of lighting and screen brightness * Properly supporting hands/wrists, back, and legs * Alternating workspaces * Stretching regularly |
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| Chat bubble iconAsking for student feedback on how to drive greater interest and engagement | Group brainstorm iconProviding feedback on how to drive greater interest and engagement |
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| Social network iconSpecifying roles for collaborative, digital learning | * Cycle with people iconFulfilling the responsibilities of your group role * Communicating issues with roles or group members to teacher |
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| Watching for signs of digital fatigue:   * Sloth iconreduction in “normal” digital participation or engagement, * minimal and/or generic responses in digital assignments, * decreases in digital, collaborative learning efforts * Warningi conspikes in digital content-related questions due to the lack of reading digital content, * increased complaints about workload or expressed confusion over assignments * Questions iconreduction in virtual class attendance, * increases in late digital assignment submissions, * Crying emoji iconvery delayed or no student responses to emails, * rise in physical, emotional, or mental symptoms: eyestrain, ear tenderness, headaches, boredom, stress, anxiety, exhaustion, and/or depression. | |