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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.
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