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A message from the counselor for international students No.16

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The Space of Online classes

The online classes for spring semester are going to end soon.

What is the difference with face to face classes? What is a lecture hall like for you? Remember the scene when you entered the lecture hall, what feelings and thoughts did you have? If your friends beckon you to sit next to them, we can enter the room with a sense of safety. Those who don't have friends to sit with might worry how they appear to others; sitting alone, feeling uncomfortable about being in the hall.

There might have been students who became embarrassed when they made mistakes in Japanese class and were worried about how others viewed them. Some might become reluctant to attend class, after they had an experience of being laughed at for giving a wrong answer.

We are concerned about how we are perceived by others in face to face classes.

We can attend online classes without expressing ourselves except in small sized webinars. Even if we have just woken up and are wearing pajamas, we can attend the classes. It's like getting the Japanese character Doraemon's special door which leads to anywhere. Chat communication is recommended in the classes from bandwidth usage ensuring a smooth user experience. Some of those who hesitate to comment in front of others can present their opinions by using chat form of communication. The space of the online classes might be a safe place without caring about how others think of us.

How are online classes for university instructors? I feel embarrassed to see my face on the screen and don't know where I should look. I feel disappointed about my appearance. When only one student appears own figure on screen, I can make eye contact with him or her and gauge their

reactions, that makes it easier for me to lecture. For those with network issues it is recommended to record online classes. Due to recording, classes become the place where I care about how my class is perceived by outside individuals. The pressure becomes bigger than it used to be.

In this message, I've thought about what is happening in the space of online classes.

As students are required to stay at home, attend the online classes and to submit reports almost every day, some might be stressed and tired from overworking. In addition to the change of daily life due to COVID-19, students are experiencing stress, both mental and physical. Some might have trouble concentrating, making decisions, thinking clearly. Others might experience disruptions to their sleeping and eating patterns. During this time, you can take care of yourself and feel safe by releasing your tension mentally and physically and learning how to cope with stress.

Please refer to the following resources on coping with stress and releasing your tension.

FACE COVID - How To Respond Effectively To The Corona Crisis

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Coronavirus | Dealing with anxiety & mental health during a pandemic

<https://www.youtube.com/watch?v=xzNMABRELPg>

Tips to Help Teens Cope During COVID-19

Mental Health First Aid USA

<https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>

Relax Through Breathing

PTSD coach online, National center for PTSD

https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm

Relax Through Visualization

PTSD coach online, National center for PTSD

https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm

Relax Your Body

PTSD coach online, National center for PTSD

https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm

Form Good Sleep Habit

PTSD coach online, National center for PTSD

https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm

You can make your first appointment for counseling by email or phone. Please refer to the Health Service Center homepage and email to **hokenkanri-soudan\$ynu.ac.jp** (Please change \$ to @) or call 045-339-3153.