

THE EFFECTS OF VIRTUAL LEARNING ON STUDENTS

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Health

DISRUPTION TO THE ROUTINE

- “The removal of face-to-face communication is unnatural for humans and can even result in changes in the brain.” - Northeastern Professor of Psychology Kyle Gobrogge

EFFECTS ON STUDENTS

- Increased anxiety and depression due to social isolation
 - Reported feelings of loneliness and lack of motivation
- “Zoom Fatigue” leads to increased stress and anxiety
- Regular uncertainty of in-person v. remote learning
- Lack of routine at home – more opportunity to procrastinate, distractions around the house

EFFECTS ON STUDENTS

- 7/10 teens reported mental health struggles
- 61% experienced increase in feelings of loneliness
- 43% said they had experienced depression
 - Depression can impact focus and memory, as well as information-processing and decision-making skills
- 55% said they had experienced anxiety

STUDENTS AREN'T THE ONLY PEOPLE AFFECTED

- Parents having to help navigate online learning platforms
 - Helping teach subjects you might not be familiar with
 - Balancing your own job with helping student/managing their time
- Finding childcare at a moment's notice
- Increased pressure on teachers to delivery quality education without face-to-face environment

HOW TO HELP

- Have a designated work/study space if possible
- Encourage healthy habits and setting a routine
- Take breaks!
- Encourage connection with positive peers and adults

HOW TO HELP

- Be patient with your student
- Show interest in things they like
- Validate how they're feeling
 - Use active listening and reflection
 - Listen without judging – couch, rock, or hammer
- Help them get back to baseline before problem solving

REFERENCES

- The Harris Poll, May 2020
- Kentucky Counseling Center