Coaching Collegians Remotely

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Technical Difficulties?

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What we’ll discuss:

• The human stress reaction (that we are all experiencing)
• The five things that will help you and your students get through the day
• Utilizing coaching skills to help where you can
We aren’t going to lead perfectly

• Expect to learn and course correct as you go
• Choose compassion for yourself and your students
• Our basic needs are totally destabilized right now
MASLOW’S PYRAMID
Hierarchical model of human needs
Your frontal lobe is disabled and you will witness certain cognitive activities SLOW down/STOP:

- Problem solving
- Planning
- Concentration
- Control responses
- Cognitive flexibility
- Working memory
What’s stressing you out the most right now?
Stressors of working and studying remote:

- Overwhelm about what to do first
- No accountability and confusion around work
- Isolation and loneliness (no proximity with friends)
- Fear of the unknown—"When will life go back to normal?"

*Humans don’t fear change, they fear uncertainty*
Five things that will help us get through the day:

Outline a schedule
Manage stress and overwhelm
Over-communicate
Socialize and connect
Move our bodies
Outline a Schedule

• What has to be done in the next two months?
  • Backtrack to plan out (with some wiggle room)
  • How much time each assignment will take you?
  • What days of the week/times of day do you feel most alert?

• Chunk your time with like tasks (don’t try to nibble at everything every day)

• Do ONE task at a time (turn off notifications)
# Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 AM</td>
<td>Wake up, move, stretch</td>
</tr>
<tr>
<td>9 AM</td>
<td>Breakfast/coffee/tea</td>
</tr>
<tr>
<td>9-11 AM</td>
<td>Study, work</td>
</tr>
<tr>
<td>11 AM-12 PM</td>
<td>Move, connect, lunch</td>
</tr>
<tr>
<td>12-2 PM</td>
<td>Study, work</td>
</tr>
<tr>
<td>2-3 PM</td>
<td>Move, snack, connect</td>
</tr>
<tr>
<td>3-5 PM</td>
<td>Study</td>
</tr>
<tr>
<td>5-6 PM</td>
<td>Connect</td>
</tr>
</tbody>
</table>

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Five things that will help you get through the day:

Outline Your Schedule
Manage stress and overwhelm
Identify yourself right now and help your students do the same:
If you are feeling overwhelmed:

- Drink a glass of water
- Call a teammate or coworker
- Go on a walk and let your brain settle
- Trust that you’ll figure it out
- Be KIND in your self-talk
- Write a to-do list if your brain feels jumbled

- Ultimately, know that it’s normal to not be confident doing something you’ve never had to do before
How students are feeling:

• Isolated
• Overwhelmed
• Apathetic
• Powerless
• Inadequate
• Isolated
• Hesitant
• Disillusioned
Five things that will help us get through the day:

Outline a schedule
Manage stress and overwhelm
Over-communicate
Overcommunicate

• Help students see and reach out to all the resources they have been offered (you won’t be able to do it alone!)

• What’s been helpful that you’ve been providing?

• Any resources you can share with the group?
What channels and tools are being used by your school and organizations?

- How can you make them easy to access for yourself?

Who do you need to connect with regularly? Create a cadence (if you can!)

- Professors
- Classmates
- Group project members
- Other organizational leaders
- Your fraternity and sorority

For each one of your classes, think of someone you like and ask for a weekly catch up meeting. This will help you feel motivated and give you an idea of if you’re on track.
Overcommunicate

• Remind students of your history, what you’ve been through as an organization
• Share how your values have helped you navigate hardships in the past
• Remind them that they aren’t alone – they belong
Five things that will help us get through the day:

- Outline a schedule
- Manage stress and overwhelm
- Over-communicate
- Socialize and connect
Socialize and Connect

• Make time to FaceTime family, loved ones + friends
• Have “virtual” dinners and lunch dates
• Netflix Party!
• Major focused GroupMe
• Zoom study sessions
• Plan for next semester
• Use left over budget for sending care packages

• Stay off of media that drains you 😊
Five things that will help you get through the day:

Outline your schedule
Create a distraction free environment
Over-communicate
Socialize and connect
Move your body
Move your body

- Women who sat 7+ hours a day and did not have physical activity were 3X as likely to develop depression symptoms as women who sat 4 or less hours a day and met basic exercise guidelines. (150 min/week of moderate physical activity - walking/swimming)

  - Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, Victoria, Australia.

- Low to moderate exercise also lowers cortisol, helping your immune system function at its best. (Cortisol turns off your immune system) Andrew Diamond, chief medical officer of One Medical,
Their top concerns:

• Separation from friends
• That I won’t complete everything I need to do to graduate on time
• My grades, meaning they will decline
• Connecting with others
• Not being able to comprehend online lecture material as well
• Motivation to do homework
• Professors are struggling to figure everything out just as much as we are
• Being unmotivated as I can’t physically go to class
• Internships being cancelled
• Motivation in classes that don’t feel the same anymore
• Stressed about group projects
Where can you be helpful?

- Separation from friends
- That I won’t complete everything I need to do to graduate on time
- My grades, meaning they will decline
- Connecting with others
- Not being able to comprehend online lecture material as well
- Motivation to do homework
- Professors are struggling to figure everything out just as much as we are
- Being unmotivated as I can’t physically go to class
- Internships being cancelled
- Motivation in classes that don’t feel the same anymore
- Stressed about group projects
Using coaching skills

- Acknowledge – the situation
- Validate - the thoughts and emotions
- Asking open ended empower questions
Using coaching skills

1. What’s changed in your world, specifically as you have moved off campus?

2. What’s going through your mind as you make these adjustments?

3. How are you feeling about it all?
“It makes perfect sense that when __________ happened, your mind was thinking __________ and now you are feeling __________.”
“What options do you have moving forward?”
How can I get MYSELF out fight or flight mode?

1. Accept that you’re feeling stuck (this is human and normal!)

2. Shift your perception – change your story and your thoughts:

   *What are three OTHER stories that could also be true?*

3. Change your physiology and your environment
Don’t own what isn’t yours.
Here’s what a student is feeling

- Overwhelm about what to do first
- No accountability and confusion around work
- Isolation and loneliness (no proximity with friends)
- Fear of the unknown- “When will life go back to normal?”
- Powerless over their future (internships and careers)
- Concerned about studying from a distance and comprehending their work
- Stress about managing group projects and campus responsibilities

Here’s how to help

Use these three coaching skills!

1. Acknowledge their situation
2. Validate their thoughts and emotions
3. Ask open ended empowering questions

“It makes perfect sense that you’re feeling overwhelmed by your work without having classes anymore. Who could you connect with from your class that would be helpful?”

- Help students see and reach out to all the resources they have been offered (you won’t be able to do it alone!)

@lindsayboccardo
I want your feedback:

What have you learned today that you’re going to do different?

What would be helpful to talk about next?
Let’s stay connected!

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Questions & Answers