

A white laptop is open, and its screen displays a green chalkboard with a wooden frame. Two pieces of white chalk are resting on the bottom edge of the chalkboard. The background is a solid light blue color.

Creating an Inclusive Community Online

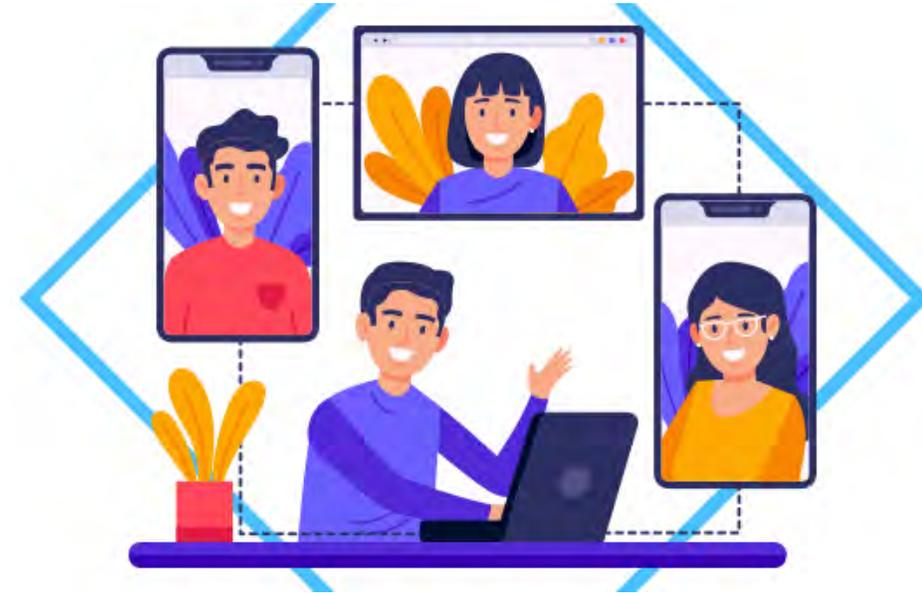
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Why is community important?

- Sense of community associated with perceived learning, course engagement & satisfaction, reduced stress & drop-outs (Rovai, 2001; Liu et al., 2007; Eastmond, 1995; Rovai, 2002; McElrath & McDowell, 2008; Brown, 2001)
- Quality and quantity of two types of interactions facilitate a sense of community online (Rovai, 2001):
 1. Task-driven interactions facilitate the goal of learning
 2. Socioemotional-driven interactions facilitate social well-being of members and help develop friendships
- Most significant difference in students' perception of online and in-person classroom environments was instructors' affective support (Mullen & Tallent-Runnels, 2006)
 - Higher in person, more linked to satisfaction online
- Students identified instructor presence and modeling as most important factor in building online community (instructors ranked it fourth) (Vesely et al., 2007).

Strategies for Building Community

- Course Orientation Video
- Getting to know you survey
- Accountability Groups
- Start-of-semester meetings
- Show and tell
- Music, Check-ins, and Polls at start of Zooms
- Opening Meditations
- Weekly Reminder Emails & Sanity Corner
- Break out room discussions and collaborative activities
- Peer reviews and assessments



Accountability Groups: Student Feedback

- “I really liked having accountability groups where we had consistent people because it allowed me to get closer to some people as well as feel more comfortable in the class.”
- “I really enjoyed the accountability group. Not only did my peers become friends but they helped me learn the material better by talking it over and explaining my difficulties with the material.”
- “The environment was made to be very participative and welcoming it was a really enjoyable learning environment. I think this was my most interesting class and I think having an assigned group really helped because we were able to make friendships and look forward to seeing our group. I definitely wish my other classes had done that as well.”



On a scale of Baby Yoda, how are you feeling today?



On a tent scale of 1-9, how are things today?



Opening Meditations: Student Feedback

- “They were a great help towards a calm and relaxed mind which ultimately helped me focus more especially during busy and tough times.”
- “They helped me relax and clear my mind”
- “I found them useful, they set me into the right space to start learning”

Strategies for Establishing Inclusion & Belongingness

- Up/Down Activity: Exploring Diversity in our Class
- Research on benefits of diversity
- Discussion on why diversity is important in science and in our class
- Videos on implicit prejudice, privilege, microaggressions, stereotype threat, and growth mindset
- Sharing in accountability groups a time that someone said something about some aspect of your identity that you felt was intentionally or unintentionally dismissive, insulting, or demeaning.
- Use our Anonymous Feedback Form throughout the semester to report anything that makes you uncomfortable
- Create collaborative course norms document

Questions or Comments?



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A screenshot of a website page titled "Teaching Resources". The page features a light blue background with a faint map of the United States. It lists several resources under different headings: "Graphic Syllabi Examples" with links to "Introduction to Psychological Science", "Research Methods in Psychology", and "Body & Mind: How our bodies reveal and change emotion and thought"; "Free Guided Meditations"; "Videos for discussing diversity, implicit prejudice, and microaggressions in the classroom"; and "Funny scales to assess how students are feeling". A small black box at the bottom right contains the text "ON A SCALE OF 0-10, HOW ARE YOU FEELING TODAY?".

Teaching Resources

Graphic Syllabi Examples

[Introduction to Psychological Science](#)
[Research Methods in Psychology](#)
[Body & Mind: How our bodies reveal and change emotion and thought](#)

Free Guided Meditations

Videos for discussing diversity, implicit prejudice, and microaggressions in the classroom

Funny scales to assess how students are feeling

ON A SCALE OF 0-10, HOW ARE YOU FEELING TODAY?