

Tackling Stress And Anxiety Strategies For Resilient Students



Welcome & Introduction (5 minutes)



Hear from a Peer (30 minutes)



**Create an AI-Powered Peer Collaboration Activity
(35 minutes)**



Thank you and conclusion (5 minutes)

Tackling Stress and Anxiety

Go to

join.iClicker.com
EFSS



Share this join link with students

<https://join.iclicker.com/EFSS>

Copy

Say hello!

Using iClicker, please briefly introduce yourself with your name, your institution, and your course area

(short answer)



Hear from a Peer



How do you leverage technology to help students manage stress without increasing your workload?

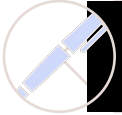
How familiar are you with the term “executive function challenges”?



A. Never heard the term



B. Have heard of it



C. Can write down the meaning

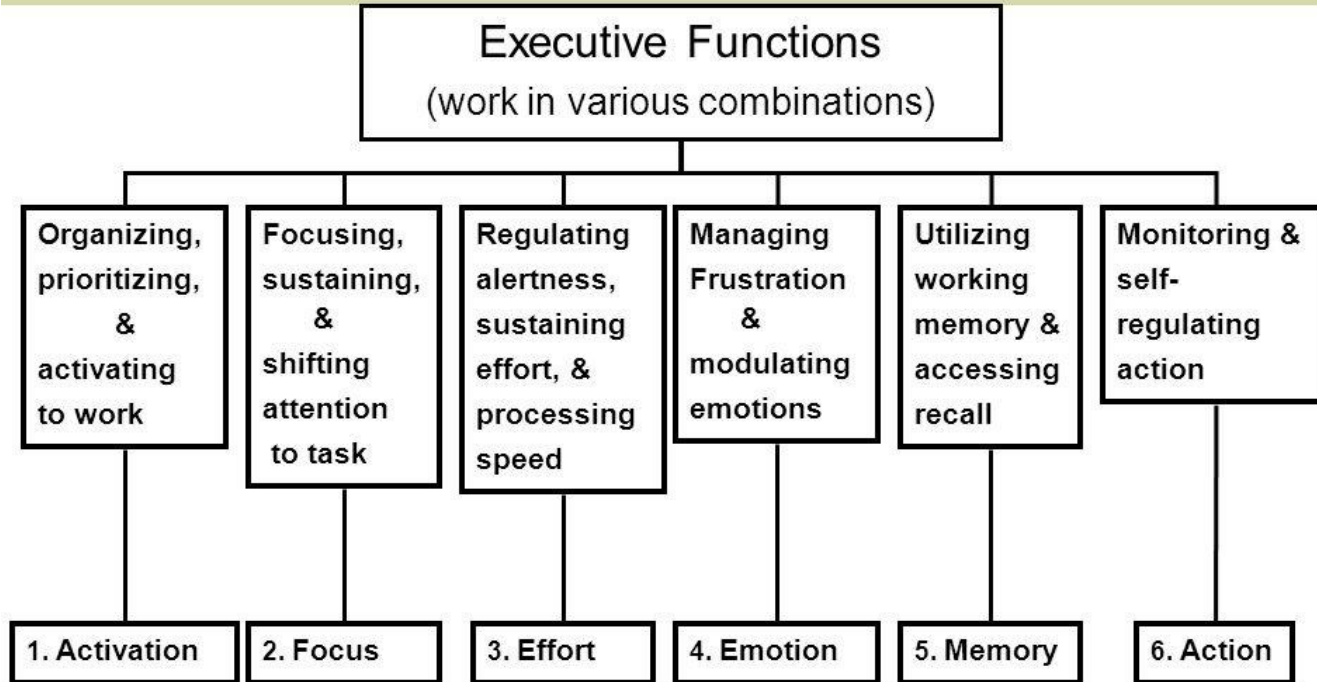


D. Can give examples of the term



E. I'm an expert on this term and can teach someone else

Brown's Model of Executive Function



Brown, T. E. (2001) Manual for Attention Deficit Disorder Scales for Children and Adolescents

What do EF Challenges this look like outside of the classroom?

Process of Making Jewelry



Polishing Stones



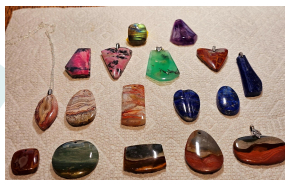
Collecting "rough rocks"



Metal Work

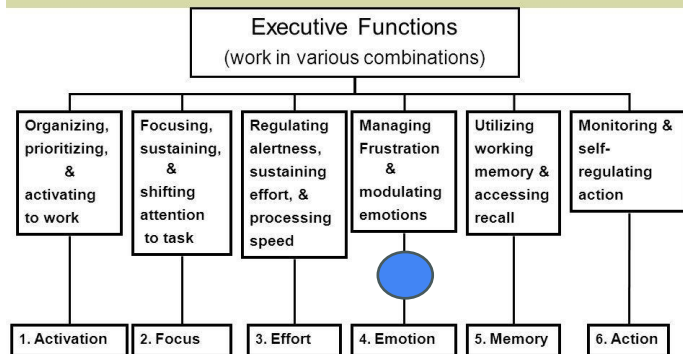


Complete Product



Why is the final product not produced?

Brown's Model of Executive Function



Brown, T. E. (2001) *Manual for Attention Deficit Disorder Scales for Children and Adolescents*

Have you used or considered using AI to help students with tasks like brainstorming, organizing assignments, or studying?

A) Yes, I've used AI for these tasks, and it's been beneficial.

B) Yes, I've considered it but haven't implemented it yet.

C) No, I haven't considered it, but I'm curious.

D) No, and I'm not sure AI would be useful for these tasks.

The Chemistry of Magic

TAUGHT BOTH IN-PERSON FOR 15
WEEKS AND ONLINE FOR 5 WEEKS

GEARED AT NON-SCIENCE MAJORS
WITH NO LAB

INCLUDES A FINAL PROJECT RELATED
TO IDENTIFYING AND EXPLAINING
SCIENTIFIC INACCURACIES IN
POPULAR CULTURE REFERENCES
RELATED TO COURSE CONTENT

Traditional Scaffolding was NOT Enough

MID-SEMESTER
PROJECT PLANNER
FOR THE FINAL
PROJECT WITH
QUESTIONS

END OF SEMESTER
FINAL PROJECT

Suggested AI Prompts

AI Prompts for Identifying Topics in Popular Culture

General Prompts

- Movies and TV Shows:**
 - "What are some popular movies or TV shows that feature significant chemistry-related scenes or concepts?"
 - "List movies or TV shows that depict scientists working in a chemistry lab."
 - "Identify scenes in movies or TV shows where chemical reactions are a key plot point."
- Books and Literature:**
 - "What are some popular novels or books that involve chemistry in their storyline?"
 - "List famous fictional characters who are chemists or use chemistry in their stories."
- Video Games:**
 - "What video games have chemistry-related gameplay or story elements?"
 - "Identify video games where players use chemical compounds or reactions to solve problems or progress."
- General Pop Culture:**
 - "What are some common chemistry-related myths or misconceptions found in popular culture?"
 - "Identify popular songs, comics, or artworks that reference chemistry."

Specific Prompts

- Identifying Chemical Reactions:**
 - "What movies show chemical explosions or dramatic chemical reactions?"
 - "List TV shows where characters use chemical substances to create special effects or outcomes."
- Depictions of Chemical Substances:**
 - "What movies or shows depict the use of dangerous chemicals inaccurately?"
 - "Identify references to fictional chemicals in books or films and their supposed properties."
- Scientific Procedures and Techniques:**
 - "What movies or shows inaccurately portray scientific procedures like titration, distillation, or chromatography?"
 - "Identify scenes where characters mix chemicals in a way that defies real-world chemistry."
- Superhero and Science Fiction:**
 - "What superhero movies involve characters gaining powers through chemical exposure?"
 - "List science fiction movies or shows where chemistry is used to explain futuristic technologies or phenomena."

5. Forensics and Crime Shows:

- "What crime shows depict forensic chemistry techniques? How accurate are these depictions?"
 - "Identify scenes in crime dramas where chemical analysis is a key element in solving a case."
- ### 6. Historical Inaccuracies:
- "What historical films or shows include chemistry-related events or discoveries? Are these accurately depicted?"
 - "List movies or books that reference historical chemists or chemical discoveries."
- ### 7. Environmental and Health Issues:
- "What movies or shows depict chemical spills, pollution, or other environmental issues? Are these depictions accurate?"
 - "Identify references to chemical drugs or poisons in popular culture and assess their accuracy."

Ask Students How they Used AI

Midterm Project Planner

Project Proposal Questions

From the list below choose the course topic that aligns with the video you identified as scientifically inaccurate:

- a. Physical and Chemical Properties
- b. Chemical Reactions
- c. Electromagnetic Spectrum
- d. Water Properties
- e. Nuclear Chemistry
- f. Energy Storage/ Batteries
- g. Polymers
- h. Other (please list:_____

1. What is the popular culture reference you plan to discuss (add link and/or description)?
2. What do you suggest is scientifically inaccurate about this video?
3. Is there a reason why you chose this topic and do you have any prior knowledge about this topic?
4. **Did you use AI to identify this topic? If yes, make sure to provide the AI prompt(s) you used and the AI version.**
5. Perform some preliminary research on your topic and list at least two references (APA format) that could be used to support your project. You are not obligated to use them as part of your final project.
6. In your own words, define the scientific concept(s) you plan to discuss in your presentation. Write or draw a description of the scientific concept.
7. Identify at least one topic that meets the following criteria:
 - a. A useful or fun fact about the trend that is unexpected
 - b. Something you didn't know before starting this project
8. What modifications would be needed to make the video (clip) scientifically accurate? If this is not possible, please describe why.



Achieve

Flexible Deadlines and Automatic Grading for Formative Assessments



Suggested Deadline



2-Week Deadline

“Zero” in Gradebook; Assignment can still be submitted



Mid or End Semester Deadline

Hi-Flex Summative Assessments

Flexibility in Exam Format

- Take home to decrease anxiety
- Structured in-class time to address executive function challenges

Integrity issues

- Lower the stakes and anxiety to minimize cheating
- Write questions to test critical thinking

Resilience in Writing

Julie L. Moore
Eastern University
juliemoore.com

iclicker

- **What do you think resilience is?**
 - A. A characteristic someone has
 - B. A healthy outlook on life
 - C. A dynamic process
 - D. All of the above

Resilience as Dynamic Process

- **The 5-C Model of Academic Resilience**
 - Confidence (self-efficacy); coordination (planning); self-control; composure (low anxiety); commitment (persistence)
 - Focus is on traits
 - Martin AJ, Marsh HW. Academic resilience and its psychological and educational correlates: A construct validity approach. *Psychol Sch.* 2006. February;43(3): 267–81. 10.1002/pits.20149
- **Academic Buoyancy:** “student’s ability to successfully deal with academic setbacks and challenges that are typical of the ordinary course of school life”
 - Martin AJ, Marsh HW. Academic buoyancy: Towards an understanding of students’ everyday academic resilience. *J Sch Psychol.* 2008. February;46(1):53–83. 10.1016/j.jsp.2007.01.002
- **Conceptual Model of Well-Being**
 - “Positive...inputs...replenish” but “negative...inputs... drain...coping reservoir...consisting of personality traits, temperament, and coping style.”
 - **Dynamic process**
 - Fullerton, D.J., Zhang, L.M., and Kleitman, S. An integrative process model of resilience in an academic context: Resilience resources, coping strategies, and positive adaptation. 2021. *Feb 2;16(2):e0246000*. doi: 10.1371/journal.pone.0246000
 - Dunn LB, Iglewicz A, Moutier C. A conceptual model of medical student well-being: promoting resilience and preventing burnout. *Acad Psychiatry.* 2008. Jan-Feb;32(1):44–53. 10.1176/appi.ap.32.1.44

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- When I give a writing assignment, I
 - A. Include it in the syllabus and give a due date
 - B. Write it on a white board and discuss it in class
 - C. Distribute it separately from the syllabus and discuss it in class
 - D. Do everything in C above as well as break it down into manageable steps

Writing Process: Breaking It Down



- **Prewriting Steps**
 - Brainstorming, Freewriting, Mapping
 - Outlining
 - Post-It Notes/Index Cards
 - AI (Claude)
 - Writing Center
- **Writing Steps**
 - Peer Check-ins
 - Achieve's Draft Comparisons
 - Networks of support
 - Writing Center
 - Conferences
- **Rewriting Steps**
 - Peer Review Workshops (Achieve)
 - Writing Center

Praise
Persistence,
Not
Perfection
(or, it hurts to
grow!)



Encourage Students to Practice Gratitude

Wilson, J.R. Brightening the mind: The impact of practicing gratitude on focus and resilience in learning. *Journal of the Scholarship of Teaching and Learning*. 2016. August. pp.1-13. doi: 10.14434/josotl.v16i4.19998

Also accessible as a pdf at <https://files.eric.ed.gov/fulltext/EJ1112485.pdf>

by
SELFMADELADIES.COM

10 POWERFUL WAYS TO PRACTICE GRATITUDE DAILY



1.
Tell Others



2.
Write a Positive Review



3.
Cuddle Your Pet



4.
Give Back



5.
Thank Someone For Changing Your Life



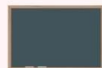
6.
Start a Gratitude Jar



7.
Share Your Gratitude With Your Partner



8.
Start a Gratitude Journal



9.
Create a Gratitude Wall



10.
Be Grateful for the Most Important Person in Your Life

Encourage Students to Pay Attention to the Physical

Graham, Linda. Resilience expert offers three ways to tap into the wisdom of the body. *Mindful*. 2020. April 8. Accessible at <https://www.mindful.org/resilience-expert-offers-three-ways-to-tap-into-the-wisdom-of-the-body/>



*Sufficiently
sleeping

*Supping healthily

*Stretching

*Soothing tight
muscles

*Strolling outside

Arida, F.M., Teixeira-Machado, L. The contribution of physical exercise to brain resilience. *Frontiers in Behavioral Neuroscience*. 2021 Jan 20;14:626769. doi: 10.3389/fnbeh.2020.626769

"I Sing the Body Electric" Walt Whitman

*Was it doubted that those who corrupt their own bodies
conceal themselves?*

*And if those who defile the living are as bad as they who
defile the dead?*

And if the body does not do fully as much as the soul?

And if the body were not the soul, what is the soul?

What are some ways you tackle student stress and anxiety in your course?

(short answer)



AI-Assisted Personalized Feedback for Student Resilience



How Personalized Feedback Reduces Student Stress & Anxiety

- **Builds Confidence** – Affirms effort and progress, helping students feel seen and capable.
- **Reduces Uncertainty** – Clear, specific feedback eliminates confusion about how to improve.
- **Encourages a Growth Mindset** – Frames learning as a process, increasing resilience.
- **Provides Emotional Support** – Reinforces that mistakes are part of learning, easing fear of failure.
- **Enhances Engagement** – Personalized feedback increases investment and motivation.



Criteria for Feedback That Reduces Stress and Supports Growth

- ✓ **Clarity & Specificity** – Feedback should be direct and clearly explain what is being addressed.
- ✓ **Balanced Approach** – Every critique should be paired with encouragement or acknowledgment of what was done well.
- ✓ **Actionable Next Steps** – Students should leave feedback knowing exactly how to improve.
- ✓ **Encouraging & Motivational Tone** – Avoid overly critical language; instead, focus on constructive and supportive phrasing.
- ✓ **Timely Delivery** – The sooner students receive feedback, the better they can act on it without feeling overwhelmed.
- ✓ **Customization to Student Needs** – Addressing individual progress and learning styles makes feedback feel more meaningful.

At the end of this session, you will have:

- ✓ **A Personalized AI-Assisted Feedback Strategy**
 - A structured approach to refining AI feedback while keeping it **clear, warm, and encouraging**.

- ✓ **Hands-On Experience with AI Feedback Tools**
 - Practice **generating, reviewing, and personalizing AI-assisted feedback** for student assignments.

- ✓ **A Framework for Stress-Reducing Feedback**
 - Techniques to make feedback **specific, actionable, and confidence-building**.

- ✓ **Customizable AI Prompts for Future Use**
 - Ready-to-use prompts that adapt to **different disciplines and student needs**.

- ✓ **An Action Plan for Implementation**
 - Strategies to **integrate AI-assisted feedback** without adding extra workload.

 **Final Takeaway:** You'll leave with a **faster, more effective way to provide meaningful feedback** that supports student learning and resilience! 

Select an existing activity where you think students could benefit from personalized feedback

Examples of Assignments Across Disciplines

- **Writing & Humanities** – Essays, discussion posts, research papers, literature analyses.
- **STEM Fields** – Problem sets, lab reports, coding assignments, data analysis explanations.
- **Social Sciences** – Case study reflections, policy analysis papers, debate assignments.
- **Business & Economics** – Market analysis reports, strategy proposals, financial modeling projects.
- **Fine Arts & Creative Disciplines** – Design portfolios, creative writing, performance critiques.
- **Health & Education Fields** – Patient care plans, lesson plan designs, research syntheses.

Do you want to upload student work?

Option A: No Student Work Upload (Privacy-Friendly)

✓ Pros:

- Ensures **student privacy** and avoids ethical concerns.
- Helps identify **common challenges** and generate reusable feedback templates.
- Supports **lesson planning** and improving assignment clarity.

✗ Cons:

- Feedback is **less personalized** since AI isn't analyzing actual student work.
- Requires **manual application** to individual responses.

Option B: Uploading Student Work for AI Feedback

✓ Pros:

- Generates **specific, tailored feedback** for each student.
- Speeds up **grading** by providing structured insights.
- Helps identify **patterns of misunderstanding** across a class.

✗ Cons:

- **Privacy concerns**—must comply with institutional policies.
- AI feedback **needs instructor review** for accuracy and fairness.
- Some AI tools **lack full context**, requiring refinement.

✨ AI Prompt ✨

Upload your assignment and grading criteria or rubric. If you do not already have a rubric, AI can create one for you quickly!

“I am a **college level [COURSE] instructor** and I would like to **create personalized feedback** for this assignment. Based on what I have given you, **please identify common struggles** students might have and provide feedback I can share for each struggle. Please include **both academic and emotional barriers**.

My personalized feedback should include :

- ✓ **Clarity & Specificity**
- ✓ **Balance between positive and negative**
- ✓ **Actionable Next Steps**
- ✓ **Encouraging & Motivational Tone**
- ✓ **Customization to Student Needs**

✨ AI Prompt ✨

Upload your assignment and grading criteria or rubric. If you do not already have a rubric, AI can create one for you quickly!

“I am a **college level [COURSE] instructor** and I would like to **create personalized feedback** for this assignment. Based on what I have given you, **please review this student response** and provide feedback. **[Paste anonymized student response here]**.”

My personalized feedback should include :


- ✓ **Clarity & Specificity**
- ✓ **Balance between positive and negative**
- ✓ **Actionable Next Steps**
- ✓ **Encouraging & Motivational Tone**
- ✓ **Customization to Student Needs**

1. Does this feedback **SOUND** like me?

YES? → Keep & personalize. **NO?** → Adjust tone & wording for warmth and clarity.

Example:

AI Feedback: "Your argument is unclear. Consider revising your thesis."


 *Refined:* "Your argument is developing well! Let's refine your thesis so it clearly states your main point."

2. Is it **SPECIFIC & ACTIONABLE**?

YES? → Keep as-is. **NO?** → Add examples, guiding questions, or next steps.

Example:

AI Feedback: "Your conclusion is weak."


 *Refined:* "Try re-reading your introduction—can you connect the two for a stronger conclusion?"


3. Will this **REDUCE** student stress?

YES? → Send! **NO?** → Soften language & reinforce effort.

Example:

AI Feedback: "Your grammar is incorrect in multiple places. Revise for clarity."

 *Refined:* "Your ideas are strong! Cleaning up grammar will help them shine—try reading aloud to catch errors."

 **Final Check:** If feedback meets all three criteria, it's **ready to send!**

Personalize the Feedback Before Sending

- ✓ **Use student names**

("Emma, I can tell you put effort into this!")

- ✓ **Acknowledge progress**

("This is stronger than your last draft!")

- ✓ **Invite further engagement**

("Let me know if you'd like help refining this!")



Final Reflection & Next Steps

AI doesn't replace instructor judgment—it enhances efficiency.

A structured, 3-step review helps refine AI feedback efficiently.

Personalization makes feedback more **human and motivating.**

Instructors can experiment with AI to find **a balance that works for them.**



What do you think of the feedback to your activity from the generative AI prompt?

- a. Wow, I can use it pretty much as is!
- b. I'll have to do some tweaking but this is something I can use
- c. I will have to think about it more before I decide
- d. I would have to do some major overhauling to be able to use this.
- e. I am not at all interested in doing this activity with my students.

How are you feeling about reducing stress and anxiety after today's session?

(short answer)



Q & A





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Name and Contact Information