

Zoom Fatigue: Why Online Teaching Is so Tiring and What to Do about It

Sunday, 28 July 2024 10:30 (1 hour)

Zoom fatigue, characterized by physical and mental exhaustion after prolonged video conferencing, has become a common phenomenon in the era of online teaching (Bailenson, 2021) and in video-mediated virtual environments in general (Do, 2023). This workshop delves into the multifaceted causes of Zoom Fatigue, including cognitive overload, constant eye contact, and limited non-verbal cues, and offers practical strategies to alleviate its effects and make online lessons more an engaging teaching experience for both themselves and their students.

Online Profile

Biography

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