

9 STRATEGIES TO EASE ANXIETY IN GEN Z LEARNERS

Apply these strategies to help ease your Gen Z learners back into the classroom environment.

1 Minimize presentations that put a spotlight on individual students.

2 Plan times for one-on-one feedback with students.

3 Identify student strengths & give positive, regular feedback.

4 Adhere to your course syllabus and calendar.

5 Don't call on students spontaneously in class.

6 Encourage early questions about course expectations.

7 Keep small groups consistent for 3-4 weeks before reassigning.

8 Encourage journaling.

9 Reach out to absent or nonparticipating students.