Are students the only ones whom we need to be concerned about during the time of COVID-19?

There have been many helpful resources pulled together recently to assure the quality of learning experiences and outcomes for students. However, the overwhelming emergent learning technologies and theories along with the focus on the diverse pattern of students' use of and preference for technology, have put the academics under far too much pressure in transitioning their classes to on-line due to the COVID-19 crisis. The need to increase engagement and motivation, being fun, applying learning theories and mastering the technology in a short period, unreasonable demands, lack of support, and isolation may contribute to physical and mental health problems among academics.

So, I would like to invite the academics to the following tips:

- Set reasonable expectations for yourself in this challenging environment and maintain a healthy life/work balance.

- Stop expecting yourself to research effectively, master the technology, deal with administrative and students' demands, put applications for grants, mark formative assessments, and provide detailed feedback all in one semester. Instead, postpone some of them, for example, putting in grant bids, to another time/next semester. Moreover, if appropriate, use the technology that provides immediate feedback to students' formative assessments so you do not have to mark lots of work.

- Nothing is more enjoyable and human than receiving a message from a friend/colleague asking how you are doing. So, you be the person who starts this conversation and asks how people are doing and coping with this global crisis/ self-isolation, overloaded work. Invite them to a virtual coffee and hopefully some laughs and sense of reality by the end of the day.

- Think early about what can reasonably meet some of the teaching and learning outcomes of the course and communicate it clearly with your students via tools that enable communicating and collaborating asynchronously.

- Use asynchronous tools like discussion boards, social annotation, blog posts, video or audio recordings to answer common questions. Then, post frequently asked questions and post your responses via announcements page or bulk emails in the LMS site. This will reduce the time you may need to take to respond to individual queries.

- Do not forget to go for a walk to enjoy the beauty of the world around you.

- Limit your exposure to the news and do not forget smiling as you are reading this post.

- In the end, be kind and reasonable about what is achievable, while doing your best to care for yourself, your family, and your students.

Hasti Abbasi