

# Sample Outline for In-Class Check-In with Students

The template below is provided to help you structure a conversation with your students during a class meeting after a major event at MIT or in the world.

**Class Name**

**[Date, Time, Location]**

- 1) Introduction (3 minutes)
  - a) State why you are having this conversation and how long it will last
  - b) Include that the discussion is optional (students do not need to participate) and that difficult topics may be discussed
  - c) Share Goals for the Conversation
    - i) Acknowledge that something has happened and that you understand that this is likely impacting them
    - ii) Give students an opportunity to share how they are feeling
    - iii) Share resources for students
- 2) Discuss Reactions (10 minutes)
  - a) How are you feeling? How is this impacting you?
  - b) What do you feel like you need for yourself?
- 3) Share Your Perspective (5 mins)
  - a) This is a chance for you to share your own perspective and reflections, if you feel comfortable
- 4) Share Resources (2 mins)
  - a) [Student Support Resources](#)

## Suggested Talking Points for Class Meetings and to Refer Students to Resources

- I want to start our class today by acknowledging that many people might be thinking about things other than just MIT today. I know that I am. I know it might be hard to focus. I understand and I want to encourage you to prioritize your wellbeing today and during this time.
- I know that people in this class might be having different reactions to [insert event]. No matter your perspective, I want everyone to know that you don't have to go through this alone.
- You might want to turn to family members, friends, or some of the fabulous support resources at MIT. In particular, if you are worried about being able to get through work during this time, [Student Support Services for undergraduates or GradSupport for graduate students, Student Mental Health and Counseling Services, Chaplains] are prepared to help students get through this time.
- Please know that, while your learning is of course important to me, your wellbeing is most important.