

All of us will need time and space to process what the election results mean for us personally and for our deeply held beliefs and values. Many of the following suggestions can be accomplished through written reflection assignments, class or small-group discussion, and by expression in creative ways such as sharing images, music, other sources of inspiration and meaning. Please remember that your needs for self-care and connection are important too!

1. Communicate care for students
 - Acknowledge that the election may be a charged and stressful event and that this has been exacerbated by political polarization
 - Affirm care for **all** students' wellbeing and learning, regardless of political belief
2. Help students connect with:
 - Personal emotions
 - Individual values
 - Peers (through small group activities in class)
 - You (one on one meetings)
 - Friends, family, community
3. Encourage and support self-care and care for others
 - Wellness activities (sleep, exercise, nutrition)
 - Joyful activities (games, music, nature, poetry)
 - Mental health
 - Reach out to care for others
 - Campus Resources <https://www.kent.edu/kent-cares>
4. Connect the election to your course content
 - Questions to consider:
 - What role does your discipline play in the **issues** raised by this election?
 - How does your course support your students in practicing the skills needed in a democratic society (e.g. information literacy, critical thinking, etc)?
 - Be sure to establish ground rules for engagement and respect <https://tinyurl.com/teach-tools-difficult-dialog>
 - Be sure to reinforce that student views that differ from the majority or from your own will not impact your assessment of their work
5. Help students identify ways to connect their values to personal action
 - Vote (encourage students to make a plan to vote and share your own)
 - Public service
 - Supporting causes or activism
 - Artistic and creative endeavors

Additional Resources: <https://tinyurl.com/teachinpoliticalstrife>