

# Examples of care and kindness in HE during the pandemic?

Zoom conversations

We have been holding socially distanced picnics with our Masters students, despite the weather!

Reconnecting online with old friends and former colleagues.

Support for new ideas involving online teaching from colleagues.

Offering an ear for others in your department

Being flexible and understanding with students, possibly changing curricula/assessment to take added stress off their studies

'checking-in' with doctoral student groups and following-up with individuals who do not respond.

Allowing staff and students flexible work practices

Recognition of the importance of inclusion and diversity not only F2F but also online.



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Member of staff working on NHS frontline on weekends off work at university

Building online community and support network

Support the 'support staff' in the Faculty

Social justice approaches becomes even more important. Critical allyship.

Volunteering to take part in our centrally organised welfare calls to students who were left in the city during lockdown

At Assumption University of Thailand: At Top management level: free lunches for support office staff  
At faculty levels: special care for our 2000+ International students  
At collegiate level: free distribution of alcohol gel and masks

Food donation to our self-isolating students

Personal Tutors contacted their tutees by phone, virtual means or email

Some of our Buddhist faculty members have offered Buddhist meditation sessions focusing on Karuna (Kindness) and Metta (mercy)



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We ran fortnightly zoom trips to the 'pub' with colleagues.  
Some great chat over a glass of wine

Staff quizzes, a desert island discs, guess the baby, guess the holiday and generally activities that gave you a little more insight about your colleagues.

Students sharing top tips on dealing with lockdown, music, netflix, books, films etc during collaborate ultra meetings

I show my care to students by conducting more online consultation meetings with them, so that I can know what difficulties they have encountered in their study, their work or even personal life.

Communication, communication...



# If you could keep one thing from pandemic working, what would it be?

Sense of all working towards same goal.