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### DEU Digest reader feedback

We hope you'll take a moment or two during this mid-term break to reflect on the amazing things you've accomplished this year. The transformations in your teaching, the learning you've done, the fortitude to work through the unfamiliar territories and get things done. We too, will be taking some time to reflect this mid-term break and we hope you might help us focus our thinking by providing some feedback on the DEU Digest. This short survey should only take a minute or so, but will help us curate more relevant content and deliver it in ways that work for you in the future. Thank-you to all who have reached out already with kind words and helpful suggestions. We appreciate the communication immensely.

[Complete the short DEU Digest Reader Feedback Survey](#)

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### Sexual violence prevention and response: We are all part of the solution

Launched in October 2020, the *Sexual Violence Prevention and Response* online course development was led by Tracy Spencer, manager of Student Affairs and Outreach and

graduate student Brittany Thiessen. This course development included collaboration with the Distance Education Unit, Marketing Communications, Media Production, People and Resources. As well as University of Saskatchewan students, staff, and faculty who consulted at different stages of this project, and gave valuable feedback on the content, design, and navigation.

This interactive offering emerged as an asynchronous online course available to all students, staff and faculty with the goal of promoting a campus community living, learning and working in an environment free of sexual violence. The course contains modules with two learning streams, one focused on situations students may be likely to encounter and a second focused on the potential experiences of faculty and staff. This online course will serve as a way to support campus community wellbeing through teaching individuals to prevent and respond to sexual violence.

USask students, faculty and staff can [self-enroll in the course via Canvas](#).

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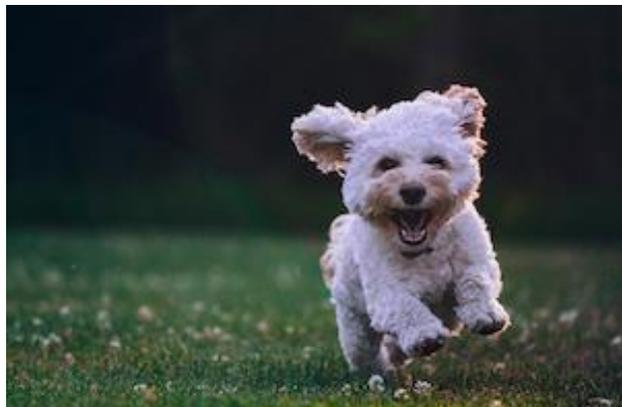
## PAWS Your Stress Therapy Dogs

A ZOOM visit is an opportunity to see and say hi to some of your favourite St. John Ambulance therapy dogs and handlers, hear stories about what they have been up to, and share stories yourself if you want. Being online also offers us the opportunity to reintroduce some of our retired campus therapy dogs and therapy dogs in training! And...we may even have a special feline guest or two!

Students, staff and faculty are welcome to drop into any ZOOM session for as long or as short as you want, and in as many ZOOM rooms as you want over the hour-long session. To learn what to expect from a visit [click here](#).

**[REGISTER NOW](#)** Sessions will be held  
from 1-2 pm on:

- [Nov. 12](#)
- [Nov. 26](#)
- [Dec. 8](#)
- [Dec. 10](#)
- [Dec. 15](#)
- [Dec. 17](#)



# Breathe Strong!- stress management hacks for students & faculty

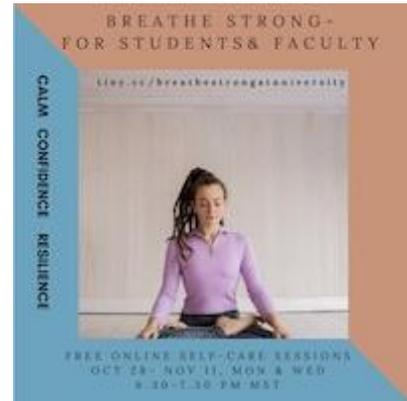
Presented by The Art of Living Foundation Calgary

Remote learning has you stressed? Take a break from online school and breathe away all the anxiety! We promise you'll leave feeling recharged and refreshed to take on your next assignment!

Mon, Nov. 9 - 6:30 PM - 7:30 PM MST

Wed, Nov. 11 - 6:30 PM - 7:30 PM MST

[Register for a variety of dates](#)



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## Online Yoga Nidra

Yoga Nidra is a sleep-based guided meditation that uses a series of breath, body and awareness techniques to optimize physical restoration and create a different relationship with stress-producing thoughts and emotions. Starting May 12, we will be offering Yoga Nidra free through WebEx. No registration is necessary.



**Date:** Every Tuesday

**Time:** 3:30-4:30 p.m.

**Location:** Your Home

**WebEx**

**URL:** <https://usask.webex.com/usask/j.php?MTID=m3ac3a9e1fa11ad39bd66b5eb434f8829>

**Password:** relax

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## DEU support and contact information

The Instructional Design Team at the Distance Education Unit can help you design online activities, assessments and other online appropriate elements to your remote teaching or fully online offerings. Visit <https://sites.usask.ca/edtech/> for more helpful tips and tutorials as well as information on our support services and contact information.

Our **Instructional Design Team** is always happy to chat with you about learning technologies and strategies for using them effectively in your online or blended classroom. Our staff can help you with questions about,

- Full Online Course Development Projects
- Hybrid, multi-access and blended learning strategies
- Open Textbook and OER developments
- ePortfolios
- Engaging Online Assessments and Learning Activities
- Copyright Clearances, Acquisitions and OER Licensing
- Ensuring Accessibility standards are being addressed
- Ed Tech Support before and during delivery
- Course Quality Reviews and Recommendations
- Media resource development
- Resource curation and dissemination
- Non-Credit Learning Design

And much more. Just drop us a line to start a conversation [deu.support@usask.ca](mailto:deu.support@usask.ca)

If you wish to be added to the DEUD mailing list, please send your **NSID** to [deu.support@usask.ca](mailto:deu.support@usask.ca)

Visit [DEU Digest Archives](#) to download PDF versions of past digest issues.

*This message was sent to those who teach at the University of Saskatchewan. If you think you have received this email in error, please reply to this email.*

*We acknowledge that the University of Saskatchewan's main campus is situated on Treaty 6 Territory and the Homeland of the Métis. We pay our respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.*

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