

Virtual Ruck Faculty Training Recap

Overview of Virtual Ruck Leadership Institute from Jared Riter

- Staff resource – You should have received an email from a staff contact last week.
 - This person will be your staff contact for the program this summer.
 - If you have any questions or need resources, links, etc. just reach out to that contact.
- Facilitator guide – The facilitator guide is built to help you drive conversation, hit learning outcomes and be your roadmap for success throughout the program.
 - All resources you should need will be uploaded to [this site](#)
- Tracking attendance – Google Sheet where you will keep running attendance:

Best Practices for Virtual Facilitation from Ric Sweeney Considerations for Facilitating Virtual Sessions – Issues

The recent COVID-19 pandemic has created a new environment for all of us. As educators, we have found 3 interrelated issues that are part of this new environment:

1. Disruption: Our worlds have been turned upside-down, giving rise to feelings of isolation and confusion.
2. Disorganization: By moving away from their college campuses, students are no longer in a structured environment that is optimal for their higher-education learning. They may be in their rooms in their family's homes, where they psychologically feel "back in high school" but without the same level of structure created for their high school studies.
3. Distraction: By being away from their College environments, students aren't personally held as accountable for completing tasks, compounded by lack of monitoring of personal devices (iPhones, Gaming, etc.). Their traditionally short attention spans will cause them to get bored easily and feel disengaged.

Considerations for Facilitating Virtual Sessions - Solutions

We have an opportunity to combat these issues in our virtual sessions by creating an organized environment for accountable learning:

1. Create Structure – If our Scholars feel they are in a structured environment, they will pay greater attention and will perform at a higher level. Visual Aids such as Powerpoint will give our Scholars visual clues to what is being covered and what the expectations are for their participation. Timely communication will keep them on track – more communication may be necessary since our Scholars are not in a face-to-face environment.
2. Set Ground Rules – When using programs for virtual sessions, you can set a few ground rules that reinforce the structure and control of the session, including:
 - a. Scholars should stay on "mute" unless speaking – this avoids any background noises and reverberations from mudding the sound of those speaking.
 - b. Have the Scholars raise their hand if they want to speak.
 - c. Have scholars utilize the chat/conversation functions to ask questions or raise a discussion point.
 - d. Encourage scholars to put away other devices that might cause distraction.
 - e. As a Facilitator, call on those Scholars not actively engaged to include them in the conversation.
3. Test Your System – With any type of technology, issues will happen. Before each session, each Facilitator (and each Scholar) should check their system so their lighting is adequate, their sound is working, and they are in an environment without any distractions. All session participants

f=should turn off any notifications or other pop-ups, and any websites or documents should be closed to ensure full engagement.

Best Practices for Ruck from Brad Nahrstadt

- Plan and prepare—know the material
- Have examples of the 5 practices to share; share your personal stories—sharing something about you gives the scholars “permission” to open up
- Set the ground rules early—respect for all; no such thing as a stupid question (or answer)
- Set a goal for yourself—what do you want to get out of the experience?
- Learn something specific about each scholar and engage them on it in the group setting
- Allow the scholars to facilitate some of the material and create a culture of celebration
- Facilitate discussion through open-ended questions—don’t give them the answers
- Listen more, talk less
- Not all scholars are created equal
- Some are highly intellectual; others are more pragmatic
- Some will prepare; some won’t
- Need to teach to the middle—allow the intellectuals to theorize but marry the theory to the real-life experiences being shared
- Follow the conversation where they lead—but keep coming back to the five practices
- Be vulnerable