Belonging is an important factor for increasing students’ well being, and even an online course provides opportunities to demonstrate inclusivity, care, responsibility, and compassion.

**Build Connections**
- Establish social presence and a culture of care
- Use an informal approach to presentations
- Use a warm tone in messages

**Promote Mindfulness**
- Practice guided meditation
- Ask students to react to music, poetry, or pictures
- Provide time for students to engage in written reflection

**Encourage Collaboration**
- Assign a creative group project
- Establish an optional book club
- Assign a film for the class to discuss

**Incorporate Art**
- To promote innovation
- To visualize concepts
- To inspire through diversity

**Foster Success through**
- Critical thinking
- Creativity
- Collaboration
- Communication

**Resources**
- Building a Sense of Belonging
- Mindful Meditations
- UTEP Bienvenidos Campaign

Click this link to view the Grab-N-Go video: www.utep.edu/faculty-development/sol/grabngo