



Zoom Fatigue
Resolution 20-21-11

Whereas: Zoom fatigue is defined as

“The tiredness, worry, or burnout associated with overusing virtual platforms of communication”

(Lee, Psychiatric Times)¹

Whereas: USF is committed to Cura Personalis, care for the whole person including their intellectual, physical, and spiritual health and autonomy; and

Whereas: For students who are forced to participate in remote learning

“There are also elevated costs in the form of cognitive effort [to video conference]... on video, most of these [non visual] cues are difficult to visualize, since the same environment is not shared... compensatory cognitive and emotional effort is required...video conferences can be associated with low reward and high cost”

(Lee, Psychiatric Times)¹

Whereas: It is apparent that

“The university has failed to acknowledge the varying circumstances students have to endure”

- Anonymous student

Whereas: Like many in our campus community

“Internet issues are unpredictable but always present (from me as a student and professors). Most students aren't just students. We have jobs, have extracurriculars and have personal responsibilities.

-Anonymous student

Whereas: International students and SDS students have faced additional issues with remote learning and would benefit from having additional accommodations to improve their learning and mental health and

1. <https://www.psychiatrictimes.com/view/psychological-exploration-zoom-fatigue>
2. <https://tmb.apaopen.org/pub/nonverbal-overload/release/1>



Whereas: USF believes that the mind, body, and spirit deserve equal attention and consideration, and their goal is to have each student functioning at the highest levels of all three and

Whereas: To remain committed to this core value of Cura Personalis it is recommended by experts that the best way to deal with the cognitively strenuous aspects of zoom fatigue is through:

“Turning one’s video off periodically during meetings [as] a good ground rule to set for groups, just to give oneself a brief nonverbal rest... [and] during long stretches of meetings, give yourself an “audio only” break... so that for a few minutes you are not smothered with gestures that are perceptually realistic but socially meaningless.”

(Bailenson, Technology, Mind, and Behavior)²

Resolved by the Associated Students of the University of San Francisco Senate in its role as the sole representative body of all the undergraduate students of the University of San Francisco, that the following be enacted in conjunction with the University of San Francisco Faculty Association:

Resolved: That the University of San Francisco Faculty Association calls on its members to institute a 5 minute break period for any class that extends beyond one 1 hour and 5 minutes of continuous participation on zoom; and further

Resolved: That University Administration will make a commitment to continuing to review and enact future policies that will ensure the best quality education for USF students both academically and mentally.

Submitted by:

Andrew Love, Freshman Class Representative

Supported by:

Olivia Williams, At-Large (Student Wellness Representative)
Dr. Sonja Poole, University of San Francisco Faculty Association President
Dr. Molly Zook, Interim Co-Director of CAPS
Dr. Nancy Glenn, Interim Co-Director of CAPS

Presented to the Senate on:

March 24, 2021

Passed the Senate on:

1. <https://www.psychiatrytimes.com/view/psychological-exploration-zoom-fatigue>
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April 7, 2021

Signed by:

A handwritten signature in blue ink that reads "John Iosefo". The signature is fluid and cursive, with the first letter of each word being capitalized and prominent.

John Iosefo
ASUSF President

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