INSTRUCTIONAL DESIGN MODE IN WAR SETTINGS

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Well-organized casual online learning in times of peace is meaningfully different from classes offered online during war period. Armed conflict (including military occupation, shelling, sheltering in their basement, wailing of the air raid siren, internally displaced people, family separation, looting) destroys conventional educational context and heighten daily stresses. Lots of organizations and experts in Ukraine and abroad work specifically on education in conflict settings to help higher education seekers caught in crises go back and stay in education through various formal and non-formal education pathways. The Minimum Standards for Education in Emergencies (MSEE) is a handbook designed for use in emergency response, and may also be useful in emergency preparedness and in humanitarian advocacy. They are applicable in a wide range of situations, including natural disasters and armed conflicts [1].

In an environment of violence and fear, when people are in a panicked, anxious or distressed state university attendance and education quality can decline. It is therefore important that teachers and academic community act to minimise and ameliorate the harmful effects of emergency situations by developing a strong support system at university. Academic support may refer to a wide variety of instructional modes, provided to students in the effort to help them learn despite conflict and insecurity.

What makes a lesson supportive for the emotionally disturbed learners?

We suggest a number of instructional modes for managing intense emotions and promoting a safe, calm environment. What are the 3 things that should be in every teacher war relief kit.

1) Talk therapy.

Give students a space to discuss their moods, feelings, thoughts and behavior. Simply talking preferably in a stress-free setting and listening to how they're feeling can be really helpful in itself [2]. Allow students to say what they feel without judgement and assumptions; ask questions to clarify, validate and better understand their experiences and emotions; verbally summarize or reflect on what they have said; emphasize positiveness instead of focusing on negativism; offer genuine encouragement, reassurance, and compassion; don't minimize their emotions; don't compare their anxiety to anyone else's.

2) Positive distractions.

Suggest any activity (do whatever learners want to do) to redirect students mind off their current upsetting emotions and lift their mood. Take part in a mutual challenging assignment that requires some level of attention and blocks worrisome thoughts [3]. Any kind of distraction from the tendency to anxiety and negativism can provide at least temporary relief from the stress of uncertainty.

3) Social connectedness.

Let everyone in class know that they are not alone and be open to what they want to share. Lesson is a place where everyone feels like they belong through emotions sharing, acceptance, attention, and support from groupmates as well as providing the same attention to other learners [4]. Being connected to others can be a protective factor against anxiety and depression. It can help learners regulate their emotions, lead to empathy, and actually improve resilience.

Conclusions. The war in Ukraine has redefined traditional educational settings. Learners experiencing acute distress due to a recent event need emotional and practical support. In response to the Russia's military aggression Ukrainian teachers have revamped their classes with war relief activities that make lessons a safe place emotionally through 1) space for talking that has calming effect; 2) positive distraction that resets students' attention to something else; 3) socially connected community that gives them a sense of security and purpose.

During a time of war these three instructional modes can provide traumatised learners with a safe place to learn, give a sense of structure and direction, built lower rates of anxiety and depression thus help them achieve their academic goals despite severe challenges.

Literature:

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