EVERFI

Course Outline & Learning Objectives:
Staying Healthy in a Changing Environment

Topics	Module Description	Learning Objectives
Module 1: Introduction *(All Learners)*		
• Welcome to the course • How the course works **3 Configurable Pages**	This module introduces the learner to the course, *Staying Healthy in a Changing Environment.*	• Understand how to successfully navigate and complete the course
Module 2: COVID-19 Basics *(All Learners)*		
• The origins of COVID-19 • Personal safety best practices such as social distancing, regular hand washing, and practicing good respiratory hygiene through face coverings • Symptoms of COVID-19 • Why and how to take precautions care as individuals return to campus **4 Configurable Pages**	This module is an overview of COVID-19: what it is, it's symptoms, and best practices for staying safe. Learners will review important terms and definitions related to PPE, social distancing, strategies to reduce the possibility of contracting COVID-19.	• Learners will be able to apply strategies to reduce the possibility of contracting COVID-19 • Understand what COVID-19 is and how it can be contracted • Recall strategies to protect oneself and others from contracting COVID-19 • Apply strategies to protect oneself and others from contracting COVID-19
Module 3: Mental Wellness *(All Learners)*		
• Be mindful about what causes negative stress • Strategies to manage stress • Communicating boundaries and learn what boundaries others have set for themselves • Resources to seek additional support **2 Configurable Pages**	This module explores common causes of stress, as well as stressors related to life during a pandemic, and explore ways strategies for managing stress and supporting mental-wellbeing such as physical exercise, establishing a routine, communicating personal boundaries.	• Learners will be able to apply strategies to manage stress • Identify stressors in their lives • Recall strategies to manage stress and mental wellbeing • Apply strategies to manage stress that align with their individual needs
Module 4: Working in this New Environment *(Faculty & Staff Learners)*		
• Methods for successfully working from home • Communicating when accommodations are needed • Being mindful and inclusive of employees who are working remotely • How to discourage or report unsafe behaviors **3 Configurable Pages**	This module includes information for employees who are managing changes as their physical workplace reopens. The content reviews working from home, working in a blended workforce of remote and in-person employees, and discussing accommodations based on individual needs.	• Apply strategies to navigate the transition back to the in-person workplace • Apply strategies to work from home successfully • Use strategies to request accommodations • Recall ways to create an equitable working environment for both in-person and remote employees • Report unsafe behaviors observed in the workplace

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Module 5: Returning to the Workplace (*Faculty & Staff Learners*)		
• Having a flexible mindset as we develop new habits, procedures, and need for increased communication • Taking measures to stay healthy • Discourage others from taking risks in the workplace • How to take action if you see or experience harassment and discrimination in the workplace **3 Configurable Pages**	This module focuses on safety best practices to stay well as faculty and staff return to the physical workplace, and what to do if they experience symptoms. This module also reviews bystander intervention to manage instances of harassment or discrimination in the workplace.	• Learners will apply strategies to safely return to the in-person workplace • Apply safety best practices to keep yourself and other employees safe. • Stay home if you show symptoms of illness • Take action if you see others showing unsafe, discriminatory, or harassing behavior
Module 6: Returning to Campus (*Student Learners*)		
• Be flexible to accommodate new protocols and procedures • Protecting yourself and others using safety best practices • Symptoms of COVID-19 • Speaking up when you notice others not following protocols, or who are harassing others **2 Configurable Pages**	This module provides information to student learners who are returning to the in-person campus environment. It reviews safety best practices and considerations. Bystander intervention is also discussed as it relates to taking action when learner notice someone isn't following protocols or being safe.	• Learners will be able to apply strategies to support the healthy protocols and procedures that allow campuses to reopen • Understand the role that learners play in supporting and maintaining a healthy campus community • Recall strategies to maintain and support personal health and wellness while on campus • Apply strategies to approach and redirect community members who are not supporting COVID-19 based protocols
Module 7: Conclusion (*All Learners*)		
• Complete the course **2 Configurable Pages**	Learners will complete the course, including signing any policies required.	• Successfully complete the course

Administrator's Note: EVERFI's flexible module assignment functionality enables course administrators to assign specific modules to learner populations, ensuring every member of your community receives the content relevant to them.