

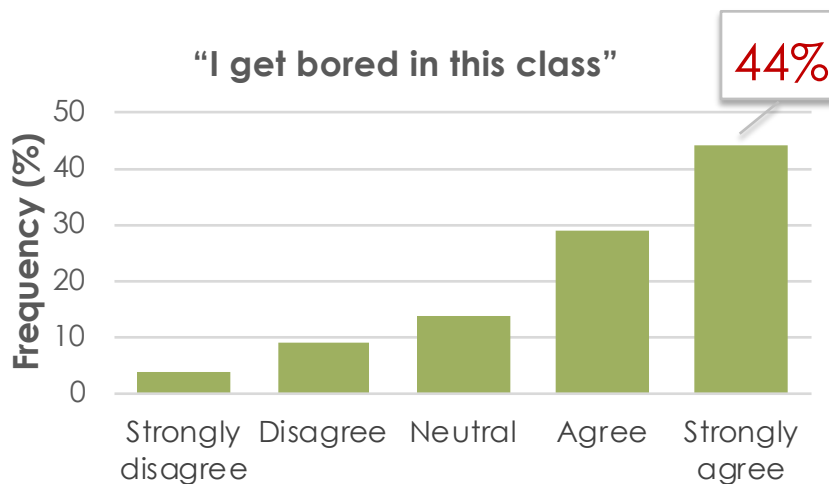


RESEARCH BRIEF

Empowering students to fight boredom through an online intervention: Session 1

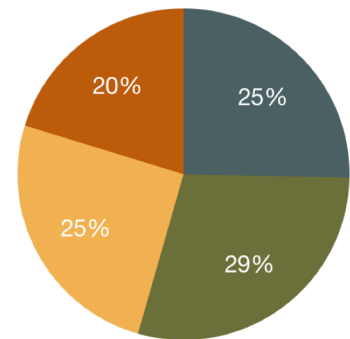
We want to **thank** the **83 undergrad students** who completed Session 1 of our online boredom intervention. Your responses have helped us learn some of the common beliefs and misbeliefs about classroom boredom. Below are a few interesting findings for this session:

When asked to think about a specific class...



Legend for pie chart:

- Asynchronous (Dark Blue)
- Blended (Orange)
- Synchronous (Dark Green)
- Face-to-face (Light Orange)



...and it didn't matter what format the course was!



Students' **knowledge** about boredom significantly **improved** after viewing the brief boredom video!

What YOU had to say about the session!

"I like the interesting perspective on boredom presented. I'm now going to reflect on my own personal behavior, and probably change a few things."

"I was able to complete the survey on my phone and the content was engaging. I liked the format of videos, reading, games and the questions."



Please check our website [here](#) as more information on this project becomes available.

Report prepared by Drs. Parker, Daniels & Tze, June 2021