

## **Post-Election Discussion**

For instructors looking to help their students process the election, here are a few ideas.

Acknowledge that these are challenging times with many emotional charged events. Students may all have different feelings and emotions centered around the outcome of the election. For students that want to share and discuss, you can provide a space in your classroom to do so. However, also keep in mind some students may not want to discuss and may choose to opt out of the discussion, and that is ok. The important piece is that you are checking in with students, helping them feel heard, and making a space for students to engage with you in a mindful way.

### **Some possible check in questions/prompts:**

- Invite students to share general thoughts on election and their participation in election process. This can be a discussion or encourage them to share via chat, shared google documents, or share a picture.
- Invite them to share hopes for the future of democracy and hope for their beloved community.
- Invite them to share how they can engage in democracy moving forward within their communities; What actions can they take now? How can they continue to make positive change happen?

An additional resource you will find helpful is, [Election Imperatives 2020](#), which provides research-driven recommendations to change campus climates to improve equitable political learning, discussion, and participation in democracy.

### **Resources for students who may be struggling:**

- [Redbirds Keep Thriving](#)
- [ISU Student Counseling Services](#) offers phone consultations in case of emergencies. If you need to connect with a counselor, call SCS at [\(309\) 438-3655](#) (press 2 after hours or call [\(309\) 438-2188](#) directly) for immediate access to a counselor.
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255); Military Veterans press 1
- **Crisis Text Line** – Text TALK to 741741
- **The Trevor Project:** LGBTQ crisis help: 1-866-488-7386 or Trevor Text: Text START to 678678
- **The Steve Fund** has a crisis text line for students of color. Text STEVE to 741741