

# "What can I do?"

## Six easy ways to use TAO in the classroom



- 1 Use TAO content as homework by creating courses in your LMS. Build stress reduction, coping and communication skills and give your learners credit for it! [Here is a link with more info on how to do this.](#)
- 2 Use TAO as extra credit! This allows flexibility for faculty to give TAO completions extra credit or bonus points where curriculum requirements are fixed. Learners can self-select content or faculty can assign specific sessions.
- 3 Play a mindfulness exercise at the start of class prior to an exam. [Here is a video of faculty sharing their positive experience with this.](#) And [here](#) is the link to the faculty member's favorite mindfulness exercise!
- 4 Use TAO content in Fieldwork for Psychology, Sociology, Nursing, etc! Not only does this teach your students transferrable skills they can teach to their future patients, but this also gives them access to self-help for whenever they need it! [Here's a link to more info in our Resources.](#)
- 5 TAO Self-Help Referral Guides are brief one page/two sides illustrated guides allowing faculty or staff to direct learners to specific content in TAO. [Here's a link to them in our Resources.](#)
- 6 Bring TAO bookmarks to your library. Place a TAO bookmark inside every book that leaves the library. [Here are the Canva templates you can customize.](#)

## And here is the best part...

You are not alone in this! We absolutely LOVE helping, and would be delighted to help you! Our wish is for you and your students to be successful.

Email us at: [success@taoconnect.org](mailto:success@taoconnect.org). We are happy to help!

