

Helping Students Thrive

Teach. Learn. [Recover]. Repeat.

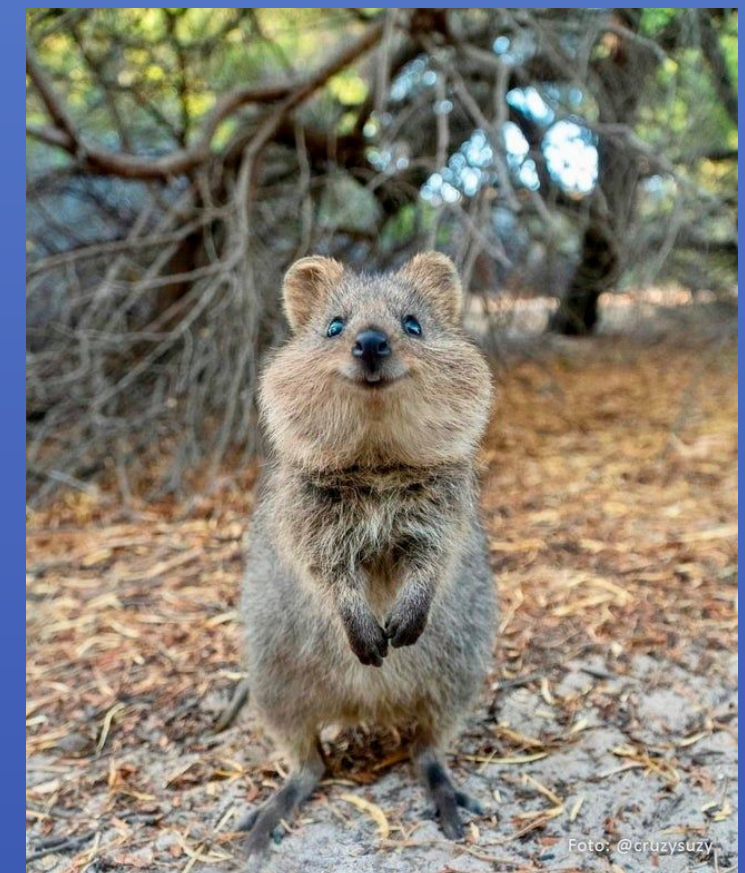
What's in it for you?

Key topics to explore:

- What is our current reality?
- What does it mean to thrive? flourish? be well?
- Useful Concepts: Self-compassion, Resilience, Flow, & Play
- Thriving on a Semester-based Timeline

Key tasks as we explore:

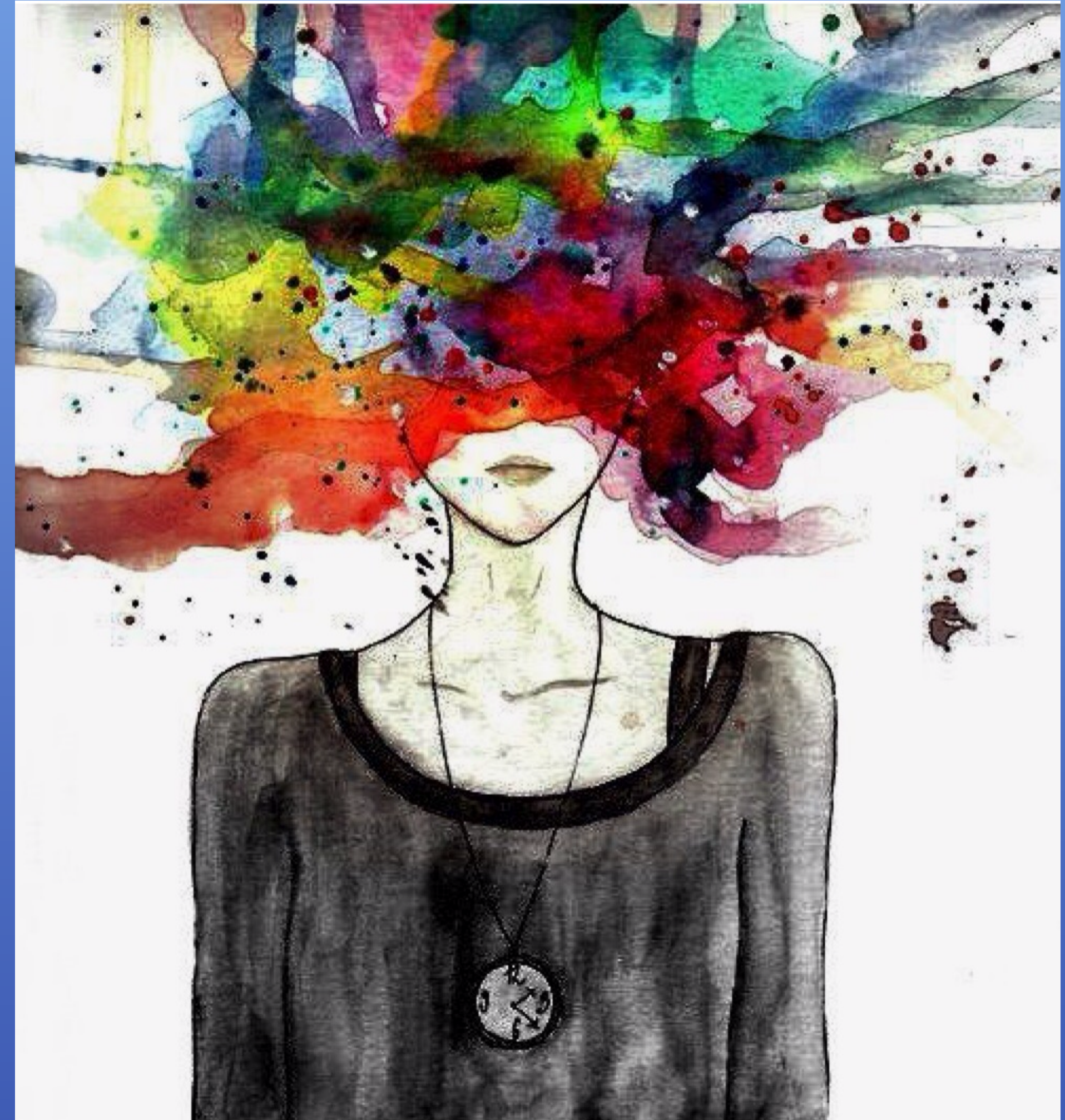
- Sharing together (as you like): writing, chat, whiteboard, & verbally
- Try something



Quokka

What is [y]our reality?

- Collection of events:
 - Global pandemic...still, rising, etc.
 - Anti-racism movement
 - Political environment
 - New semester
 - And so on...





**What challenges are
your students currently
experiencing?**



**Let's try something
together**

What does it mean to thrive?



**What does thriving look
like, feel like, [verb] like, for
your students?**

Just for fun, let's look at some definitions of “thriving” and “flourishing”...



“The state of positive functioning at its fullest range - mentally, physically, and socially”



**“Growth through daily
lived experiences”**



“A sustained high level of functioning and performance that is not necessarily dependent on the occurrence of a potentially traumatic event”



“...is the product of the pursuit and engagement of an authentic life that brings joy and happiness through meeting goals, being connected with life passions, and relishing in accomplishments through the peaks and valleys of life.”



**...living the 'good life' consists of five factors outlined in the PERMA model:
Positive emotions, engagement,
relationships, meaning, and
accomplishments.**



Useful Concepts for
Creating
Thriving Experiences

Self-Compassion

Self-kindness
vs.
Self-judgment

Common
Humanity
vs.
Isolation

Mindfulness vs.
Over-
identification

Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress (APA, 2012).”



Image source: [entrepreneur.com](https://www.entrepreneur.com)

Flow

8 Characteristics of Flow:

1. Complete concentration on the task
2. Clarity of goals and reward in mind with immediate feedback
3. Transformation of time (speeding up or slowing down)
4. Intrinsically rewarding experience
5. Balance between challenge and skill
6. Actions and awareness are merged (losing self-conscious rumination)
7. Feeling of control over the task

[Deep] Play



(dep), adj. (pla), n. 1. A state of unconscious engagement with our surroundings 2. An exalted zone of transcendence over time 3. A state of optimal creative capacity

Diane Ackerman, *Deep Play*

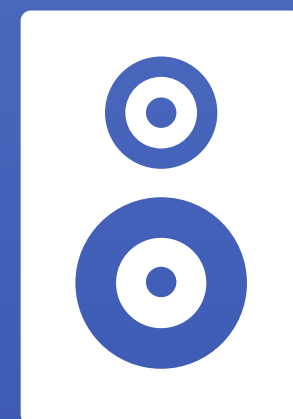
Thriving on a Semester-based Timeline



Plan it. Follow up.

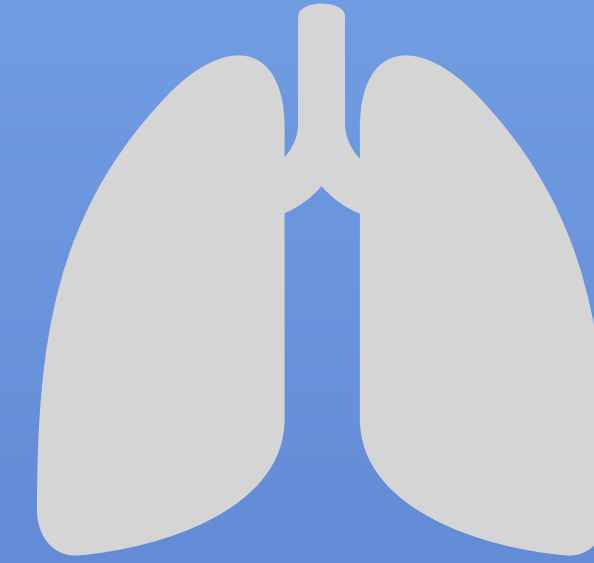
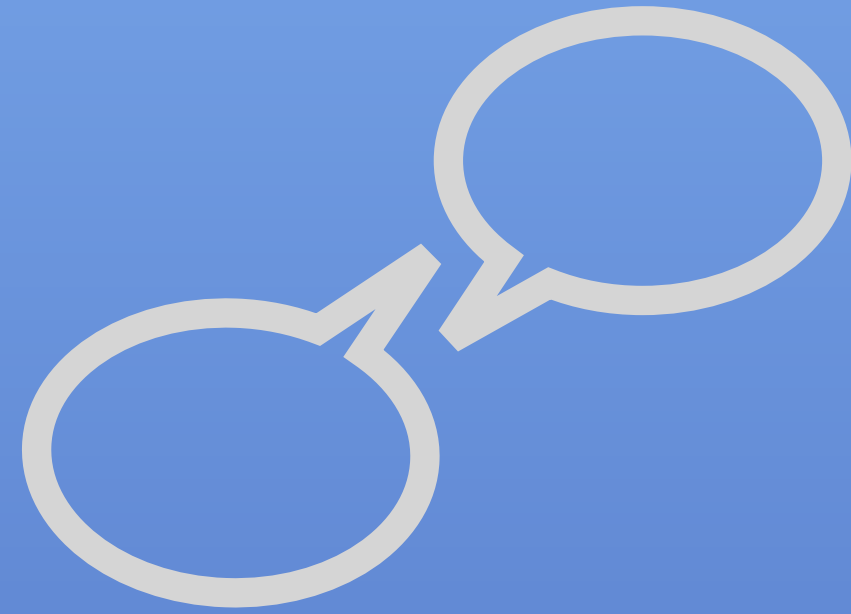


Establish a Culture of Compassion



Say it.
Model it.
Offer it.

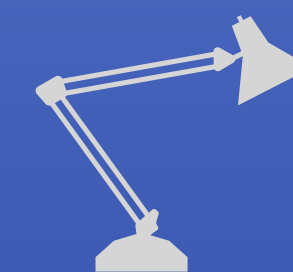
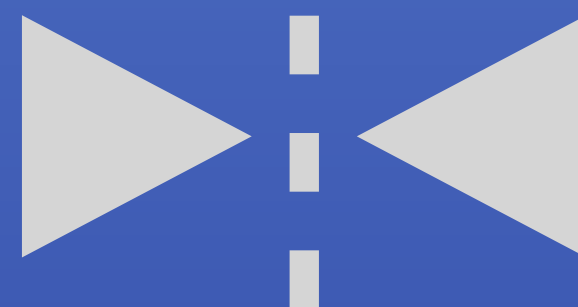
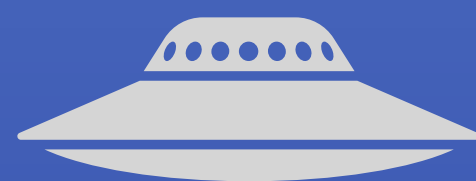
Dedicate Course Time to Checking In



Leverage your Course Structure

Non-instructional Days: February 15, March 5, and April 5

Spring Break: Canceled



Offer Autonomy to Support Learning or Communication Styles



Create a Learn-from-it Assignment



Do Something Fun



Consider an Alternative to the “Typical” Final Exam

TIME TO GET RID OF THE FINAL - MONDAY, NOVEMBER 23

Go to ctle.utah.edu & click...

CTLE WEBINAR RECORDINGS



What about you?

Some quick tips...

- **Consider tasks in the classroom and outside of the classroom**
- **Choose for you**
- **Build in space/time**
- **Seek out opportunities that help you feel creative, inspired, connected, awe, etc.**
- **Be intentional**
- **Be realistic**
- **Create boundaries**
- **Find an ally**
- **Forget “I should”**
- **Connect with others & yourself**
- **Remember: “the best day ever”**

Physical Activity

Writing/Journaling

Coloring

Gardening

Quick steps for teaching more efficiently

Gratitude Lists

Playing with a Pet

Drinking Water

Self-massage

Healthy Eating

Napping

Podcasts

Self-care Practices

Having a bath

Seeking Awe

Pottery

Dancing

Physical Contact

Meditation

Virtual Friend Gatherings

Painting

Being in Nature

Playing a Game

Activism

Singing

Laughing

Drinking a fancy drink

Prayer

Resources

**We hope to
see you
tomorrow!**

Registration for 2020 Webinar Series

CLICK BUTTON BELOW TO REGISTER

TUESDAY, NOVEMBER 17 - 10:00 AM MST
"COURSE IN THE SHELL: HOW TO IMPORT YOUR ONLINE COURSE INTO A SHELL, BREATHING NEW LIFE INTO YOUR ONLINE COURSE"

FRIDAY, NOVEMBER 20 - 10:00 AM MST
"ANTI-RACISM IN HIGHER EDUCATION"

FRIDAY, NOVEMBER 20 - 1:00 PM MST
"HOW TO SUCCESSFULLY GIVE AN EXAM TO YOUR STUDENTS"

MONDAY, NOVEMBER 23 - 11:00 AM MST
"TIME TO GET RID OF THE FINAL"

TUESDAY, NOVEMBER 24 - 10:00 AM MST
"PROMOTING ONLINE INTERATION"

MONDAY, NOVEMBER 30 1:00 PM MST
"HELPING STUDENTS THRIVE"

TUESDAY, DECEMBER 1 10:00 AM MST
"TRAUMA-INFORMED PEDAGOGY"

Go to ctle.utah.edu & click...

CLICK HERE TO REGISTER FOR NOVEMBER-DECEMBER WEBINARS

CTLE WEBINAR RECORDINGS

Resources

Calm

MyLife: Stop, Breathe, Think

Headspace

Note: Seek out options for educators!

University of Utah Resources

Resiliency Center: healthcare.utah.edu/wellness/resiliency-center/

Mindfulness Center (Counseling Center): mindfulnesscenter.utah.edu

Teaching Tolerance (Webinar):

- The Value of Educator Self-care

Greater Good: The Science of a Meaningful Life

Health Journeys (Belleruth Naperstek):

- Anxiety relief, mental & emotional health, self-compassion, etc.



Care to share?