Helping Students Thrive

Teach. Learn. [Recover]. Repeat.

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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
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”

Sarkar & Fletcher, 2014
“...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.”

Soots, n.d.
...living the ‘good life’ consists of five factors outlined in the PERMA model: Positive emotions, engagement, relationships, meaning, and accomplishments.

Seligman, 2011
Useful Concepts for Creating Thriving Experiences
Self-Compassion

Self-kindness vs. Self-judgment

Common Humanity vs. Isolation

Mindfulness vs. Over-identification

Interested in more? https://self-compassion.org/
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
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

Opland, 2020; Csikszentmihalyi, 2004
(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
Establish a Culture of Compassion

Say it.
Model it.
Offer it.
Leverage your Course Structure

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

Dedicate Course Time to Checking In
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”
Self-care Practices

- Physical Activity
- Writing/Journaling
- Coloring
- Gardening
- Drinking Water
- Self-massage
- Healthy Eating
- Napping
- Having a bath
- Pottery
- Meditation
- Playing a Game
- Drinking a fancy drink
- Virtual Friend Gatherings
- Seeking Awe
- Physical Contact
- Dancing
- Painting
- Meditation
- Being in Nature
- Laughing
- Singing
- Playing with a Pet
- Prayer
- Quick steps for teaching more efficiently
- Podcasts
- Activism
- Play with a Pet
- Drinking Water
- Color
- Meditation
- Pottery
- Drinking a fancy drink
We hope to see you tomorrow!

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