

## CELT Teaching Tip • September 24, 2020

### Promoting Healthy Community, Ideas from Student Counseling Director Christopher Hanes

As a Cyclone community, we are facing an unprecedented challenge. We have been impacted on a personal, local, national, and global level by the COVID-19 pandemic and recent and continued acts of racial and xenophobic violence. These stressors and events have impacted us all in unpredictable and significant ways. Our daily lives' rhythm and routines that help ground us and often support our wellness continue to be disrupted. Identifying new coping strategies and wellness strategies can serve as an effective way to navigate these ongoing challenges. As members of our Cyclone community, we work to create a space for growth, learning, and wellness as we pursue our academic mission. The following tips offer how to help promote a healthy community for you, your students, and together as Cyclones.

1. **Promote Awareness:** Identify signs of distress and know steps you can take to support yourself. Identify resources on campus and in the community that is available to help you when needed. You are not on an island in these situations. Many partners on campus are available to provide consultation, including Student Counseling Services (<https://www.counseling.iastate.edu/>), Office of Student Assistance (<https://www.studentassistance.dso.iastate.edu/>), and others.
2. **Make a Statement:** Whether in class or the community, acknowledge the stress of our current climate and crisis, normalize that it's normal to struggle in times of crisis, and promote engagement and positive messaging around mental health support. We find that the best predictor of help-seeking is social norms and attitudes. By cultivating healthy discussions, you can help foster a culture of wellness and help-seeking.
3. **Set a routine:** Check in with yourself regarding your needs at this time. How am I doing? Am I finding a balance? What are my needs regarding sleep, eating, and exercise? Create a workable schedule to achieve a balance and commit to it.
4. **Connect:** Find a connection in some form in your community. Establishing a connection and belongingness within a community is an essential predictor of success and wellness, especially on a college campus. Recognize that the community you find might be similar or different from what you expect. Be open to new ways of connecting with others.
5. **Set Limits:** Set limits on exposure to news, social media, and other outlets. Stay informed with current issues but keep it within limits. Identify what is in your control about the current situation and let others go.
6. **Be Kind to Yourself:** Identify ways to nourish your mind, body, and spirit. Engage in meaningful and values-based activities to refuel yourself. Accept your thoughts and feelings, and embrace your struggles with kindness and self-compassion.
7. **Promote Efficacy:** Identify ways that you can accomplish tasks or meaningful goals in your daily lives. Personal and community based initiatives are powerful.

Best,

Christopher Hanes, Director  
Student Counseling Services (<https://www.counseling.iastate.edu/>),  
Iowa State University | Student Health and Wellness

## Support student mental health and well-being webinar (Oct. 1, 1:10-2 p.m.)

Chris Hanes, Director, Student Counseling Services, and Erin Baldwin, Assistant Vice President, Student Health and Wellness, will discuss the increasing complexity of student mental health and well-being needs on college campuses through exploring current data and student needs. Participants will have the opportunity to reflect on the challenges they've experienced in their setting. Finally, we will share both strategic and operational tactics that we can use—**register to participate via Webex** (<https://bit.ly/2Yi6LS7>).

## Midterm grade submissions starts Sept. 26 and are due Oct. 9

Review and use the steps in the Grade Submission in Canvas guide (<https://bit.ly/33Tfb55>).

## CELT Faculty Spotlight: Meghan Gillette

In our teaching tips, we will be highlighting the work of successful instructors from across Iowa State University. We have asked them to share their ideas for successful teaching and learning, and share their favorite CELT program.

Dr. Meghan Gillette (<https://bit.ly/32TANPr>), CELT Faculty Affiliate, Associate Teaching Professor, Department of Human Development and Family Studies, has spent 12 years at Iowa State. Meghan's advice for teaching:

When I first started teaching, I was young (I was in graduate school) and I didn't consciously realize it at the time, but I think I was worried the students wouldn't respect me since I was not that much older than them and hadn't yet finished my PhD. While I was friendly, I was quite strict and stern about every little thing, even things that ultimately didn't matter. As a result of feeling insecure, I tried to control things. I think I thought this would make them respect me but in actuality it just stressed them out. And when students are stressed out, it's harder for them to learn, and they're less likely to be able to achieve the expectations you've set and to seek help from you.

As I became more secure as an instructor (and honestly more secure with myself as a person), I became less controlling and more warm and approachable, and really focused on having high expectations about things that mattered (i.e. deadlines, attendance, working well in a team, working toward and achieving correct answers, etc.), and let go of trivial things. This attitude change was beneficial not only for students but also for myself. I gave myself more grace and enjoyed teaching more. My students more eagerly met the expectations I'd set for them in their behavior and their assignments, because the atmosphere was more relaxed and they felt supported when working on hard questions.

So, my tip would be: do a self-check for any insecurities you might be feeling about teaching, and ensure that those insecurities aren't leading you to be overly-controlling in the classroom (which isn't productive). If you find that they are, I suggest delving into Dr. Brené Brown's work (<https://brenebrown.com/>) about vulnerability, bravery, courage, and kindness. It's transformative!

## Register to attend the online Team-Based Learning (TBL) Workshop Series, Oct. 7, 14, 21, 28 (2:15-4:15 p.m.)

(Register to engage in all four sessions via this Zoom form, <https://bit.ly/2Q8A0D6>)

Meghan Gillette, Associate Professor of Teaching (HDFS) and CELT Faculty Affiliate, will provide a virtual Online TBL Workshop Series. This workshop is for instructors (and those who support them) who already utilize Team Based Learning in their face-to-face classes and are interested in guidance for how to move the face-to-face TBL classroom online. By the end of the series, participants will:

- identify conceptual decisions about how the course will be delivered, the flow of activities, etc.
- make critical decisions about their course (i.e., how to provide feedback, how to deliver mini-lectures, attendance policies, etc.)
- set up an Individual Readiness Assurance Test (iRAT), Team Readiness Assurance Test (tRAT), and application exercise in Canvas
- explore best practices to avoid novice mistakes and stay in compliance with online teaching guidelines

- feel empowered to use technology (including Canvas and other tools within it) to support their pedagogy

## Upcoming CELT 2020 Programming

CELT offers face-to-face one-off workshops/webinars, longer-term teaching and learning circles on selected topics, and facilitation of teaching and learning communities. Our program listing with descriptions and registration information may be found on the corresponding page on CELT's event listed via ISU's Events Calendar (<http://bit.ly/celtevents>) or CELT's programming schedule via ISU's Events Calendar website (<http://bit.ly/celt-isu-events>).

## Choose your instructional tool adventure (30-minute teaching topics)

Each program focuses on various instructional strategies found on the CELT website and demonstrates practical ways to incorporate these tools in a Canvas course. **30-minute teaching topics held on the following days (3-3:30 p.m.)**

Registration information is found on the Choose your instructional tool adventure page (<https://bit.ly/302B3K1>):

- Web conferencing: sharing content, Sept. 29 (11-11:30 a.m., via Webex)
- Web conferencing: keeping it all organized), Oct. 6 (11-11:30 a.m.)
- Study Tools, Oct. 13 (11-11:30 a.m.)
- Collaboration, Oct. 20 (11-11:30 a.m.)
- Discussions, Oct 27 (11-11:30 a.m.)
- Peer Review, Nov. 3 (11-11:30 a.m.)
- Using video for content, presentations, & performances, Nov. 10 (11-11:30 a.m.)
- Grading Tricks and Tips, Nov. 17 (11-11:30 a.m.)
- Effective virtual student/office hours), Nov. 24 (11-11:30 a.m.)

## Stay up-to-date on the instructional tools

Review CELT's News & Updates (<https://bit.ly/35q7KqL>) for upcoming changes to the ISU-approved learning technologies. Questions? email [celt-help@iastate.edu](mailto:celt-help@iastate.edu).

## Know where to go at ISU

### For help with the Canvas, contact Canvas Support via the ?Help menu in Canvas:

- All 24/7 support options may be found by clicking the ? Help icon (found on the left-hand navigation bar in Canvas <https://canvas.iastate.edu/>) to access the support available to you:
- 24/7 phone support. Call 515-294-4000, then follow the prompts to connect with Canvas support.
- Find answers to common questions in the Canvas Instructor Guides (<http://bit.ly/38M9BC2>).
- Use the resources in the Canvas @ ISU site (<https://bit.ly/canvas-isu>)

### For technical support, contact the ISU Solution Center:

- Email [solution@iastate.edu](mailto:solution@iastate.edu)
- Call 515-294-4000 and follow the prompts to receive support from Solution Center staff

### To receive one-to-one assistance for teaching with technology, contact the CELT Instructional Designers

- Connect with our CELT instructional designers for support or pedagogical consultations by emailing [celt-help@iastate.edu](mailto:celt-help@iastate.edu); this will also create a ServiceNow ticket for easy tracking.
- Additionally, you may wish to contact one of the support units directly. Please note which program, department, or college each unit serves and contact the unit for your area (<http://bit.ly/isu-support>).

## **CELT Mission and Contact Information**

CELT's mission is "Partnering with educators to advance student-centered learning at Iowa State University." Contact us for consultations, questions, and comments via phone: 515-294-5357, email: [celt@iastate.edu](mailto:celt@iastate.edu), or on our website: <http://www.celt.iastate.edu/>. Our physical office is in 3024 Morrill Hall, 603 Morrill Road, Ames, IA 50011-2100

## **How to contact us**

Contact CELT via email at [celt@iastate.edu](mailto:celt@iastate.edu) or call 515-294-5357. We will forward your information to the appropriate staff member or contact the CELT staff directly (<https://bit.ly/celt-staff>) to schedule a meeting in a safe manner (virtually or face-to-face social-distanced).

## **Questions about teaching with technology?**

Connect with our CELT instructional designers for support or pedagogical consultations by emailing [celt-help@iastate.edu](mailto:celt-help@iastate.edu); this will also create a ServiceNow ticket for easy tracking.