

CELT Teaching Tip • February 25, 2021

A starting point to feeling less stressed

It's almost been a year since Iowa State University transitioned to remote work and online learning. For most of us, this time has been fraught with uncertainty and stress. While doing one more thing is the last thing any of us need, recognizing our stress and that of our students can be a beneficial starting point to feeling less stressed.

- Consider one of these simple techniques (<https://bit.ly/3qMeEff>) for centering yourself (I like the five senses exercise).
- This spring, we collaborate with campus partners to showcase how to incorporate mindfulness into your own life and build community and connection with your students and attend a program from CELT's Mindful and Contemplative Pedagogy series (<https://bit.ly/3kdyb6d>).
- Find various resources to benefit you and your students on CELT's Mindful and Contemplative Pedagogy page (<https://bit.ly/celt-mindful>).

Lastly,

- Take a look at the ISU WellBeing website (<https://www.wellbeing.iastate.edu/>). They offer Tuesday and Thursdays Mid-morning mindfulness and Well-Being Wednesdays.
- Direct your students to a multitude of mindfulness resources from the Student Wellness website (www.studentwellness.iastate.edu/). If you are an instructor, you might especially be interested in the Supporting Student Wellbeing Toolkit page (<https://bit.ly/wellbeing-kit>).

A joy for teaching,

Sara Marcketti, Director
Center for Excellence in Learning and Teaching

CELT Teaching Spotlight: Jameel Kelley

Jameel Kelley, a graduate student, Industrial and Manufacturing Systems Engineering, received the Graduate Student Teaching Impact [COVID-19 Exceptional Effort Award](#) for becoming a trusted and indispensable resource for students with limited coding experience. This honor *“recognizes a graduate student who has made exceptional efforts to support student learning through innovative and high-quality approaches to teaching, whether through online, hybrid or face-to-face modalities.”*

Kelley's advice for teaching:

While there exist numerous teaching styles to choose from, you must find one that works best for you in the context in which you are teaching. This past semester, where I devoted my efforts, would have been entirely different from previous semesters, and I planned to add value to the class as a Teaching Assistant changed. In short, I believe mindful flexibility is a desirable trait for any teacher.

For example, early on in the semester, I noted that students tended to reserve bringing up issues they were facing until the end of the class period, which resulted in long wait times that may have discouraged students from sticking around to ask. To adjust, I suggested conducting consistent office hours rather than by appointment, which was not done previously for this class. Additionally, I created a more structured discussion environment on the Canvas learning platform to host those questions. Finally, I became more active in the Webex chat to answer any questions as they came up.

For ways to incorporate Kelley's advice into your teaching, see the Virtual Student (Office) Hours page (<https://bit.ly/student-hours>) and the Discussions strategies page (<https://bit.ly/celt-discuss>).

Upcoming CELT 2021 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>).

Join the Teaching & Learning Community focused on Argument-Based Learning (ABL)

Learn more on this ABL post (<https://bit.ly/3qIBJzE>) or email Rema Nilakanta (rema@iastate.edu).

Instructional Tools News and Updates

Stay up to date on ISU-approved learning technologies

Bookmark CELT's Instructional Tools News & Updates page (<https://bit.ly/35g7KqL>). Questions about these updates? Email celt-help@iastate.edu.

Know where to go at ISU

- **Canvas support:** Locate the ? **Help** menu (far left of your screen in Canvas) and use one of the resources or for 24/7 support, call 515-294-4000 (listen to prompts for Canvas support).
- **Technical support:** ISU Solution Center, email solution@iastate.edu or call 515-294-4000.
- **Pedagogical support:** CELT Response Team is available each Tuesday-Friday (11 a.m.-1 p.m.). Call 515-294-5357. Or, contact our CELT instructional designers by emailing your course title, describing the question or issues you have, and the steps to replicate it to celt-help@iastate.edu. This step will also create a ServiceNow ticket for easy tracking.
- **Local support:** Contact your local support (<https://www.celt.iastate.edu/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, 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 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; this will also create a ServiceNow ticket for easy tracking.