As we enter the last third of the semester, start reflecting on what has worked so far, what you plan to do in the next weeks of class, and how you can make adjustments to finish your semester with the goal of helping your students achieve their best. We can always make changes to improve our classroom, even small changes like saying hello as students enter the classroom and having conversations with students about the semester. Remind yourself, you establish the culture of the classroom.

IDEAS and REMINDERS:

Consider doing an informal assessment of the semester with your students. The department student evaluations can take time to get back to us, and students are not always as open about ideas for the classroom on those evaluations. Asking students to do informal feedback, meaning ask them to write down three things they feel would make the class better, allows them to tell you about their own ideas for an improved learning experience. You can also do this in a timed 5-minute class discussion, allowing students to discuss these ideas. (Timing the discussion helps you stay on track with the class content.)

ARTICLES:

As faculty and staff at a university, the demands on us every day can be difficult. During this portion of the semester, we deal with tests, projects, grading, research, meetings, etc., as well of life outside of the university with our families and friends. We also add in the busyness of the holidays, and we end up tired, stressed, and some feel burnt out. The work/life balance can be crazy, but try finding ways to balance those areas by prioritizing each area as necessary. This prioritizing can occur week-to-week, day-to-day, and moment-to-moment. Here is an article that discusses ways to decide on how to prioritize your life.

https://jamesclear.com/four-burners-theory
The Four Burners Theory: The Downside of Work-Life Balance

jamesclear.com

One way of thinking about work-life balance is with a concept known as The Four Burners Theory. This article explains how it works and how you can use it.

Lesson – Balance work and life by considering which areas can be set aside temporarily while other areas are of higher priority.

VIDEOS:

At a university, we have expectations of the students in order for them to be successful and progress through the university. But have you considered that our students may have expectations of the faculty and staff at the university? This video discusses these ideas and how we can be supportive to help our students navigate their education.

https://youtu.be/K96c-TGnSf4

Lesson – Consider our students’ expectations for a quality and engaging learning experience.

UPCOMING IMPACT WORKSHOPS:

Check the FDC calendar for IMPACT workshops taught by other presenters.

On the next update, look for Intersession opportunities for the IMPACT and MINDFUL workshops that I teach.
Reminder – sign up for workshops through the FDC site.

THOUGHT OF THE DAY:

“The price of anything is the amount of life you exchange for it.” – Henry David Thoreau

LAST ITEMS:

Have a fantastic Fall Break and find time to be thankful for the opportunities you have in your life!

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