

#QUIETQUITTING

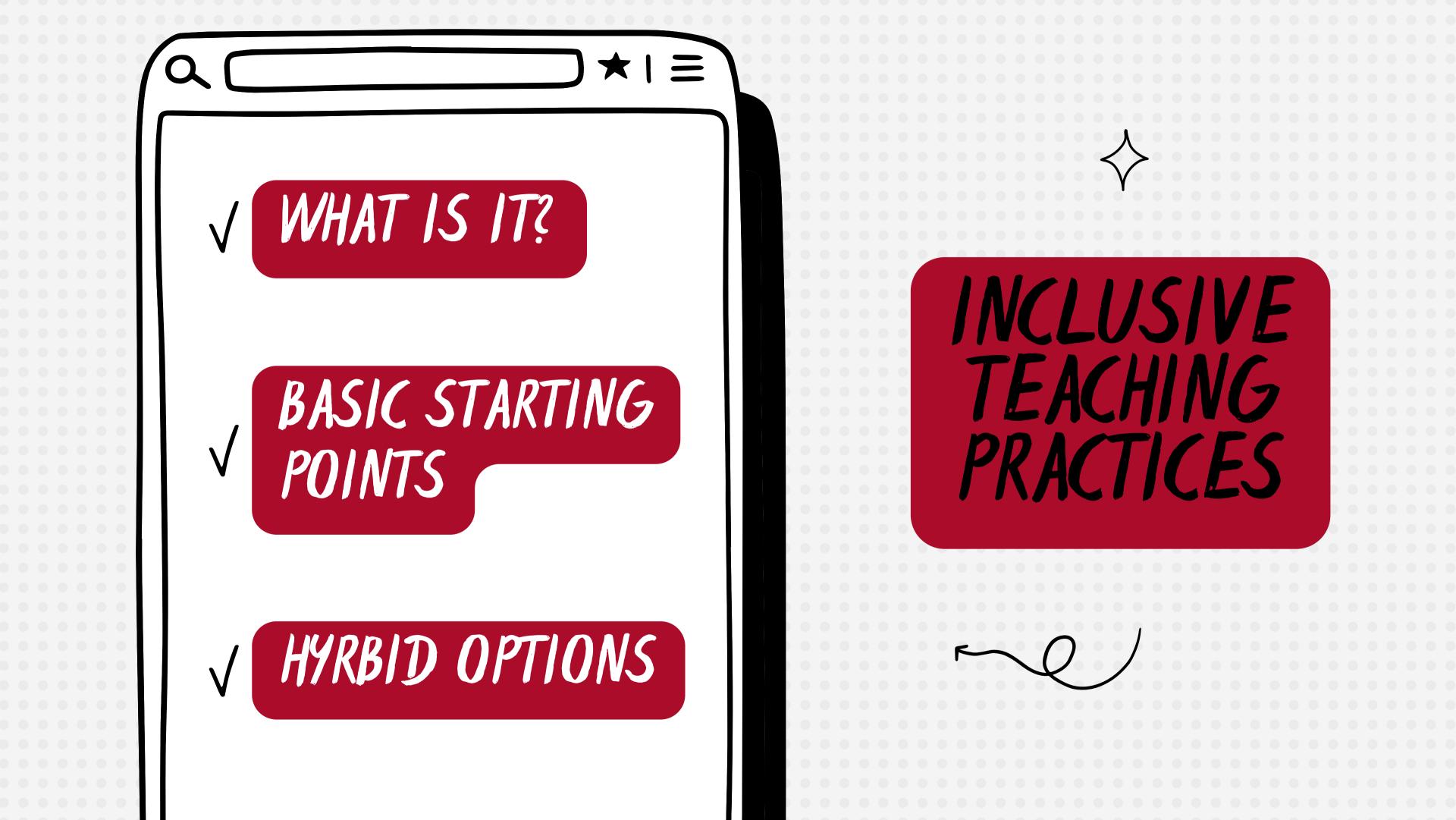
Have you seen your students quiet quitting?



INCLUSIVE TEACHING PRACTICES

EXPERIENTIAL LEARNING PRACTICES

MENTAL HEALTH AWARENESS PRACTICES

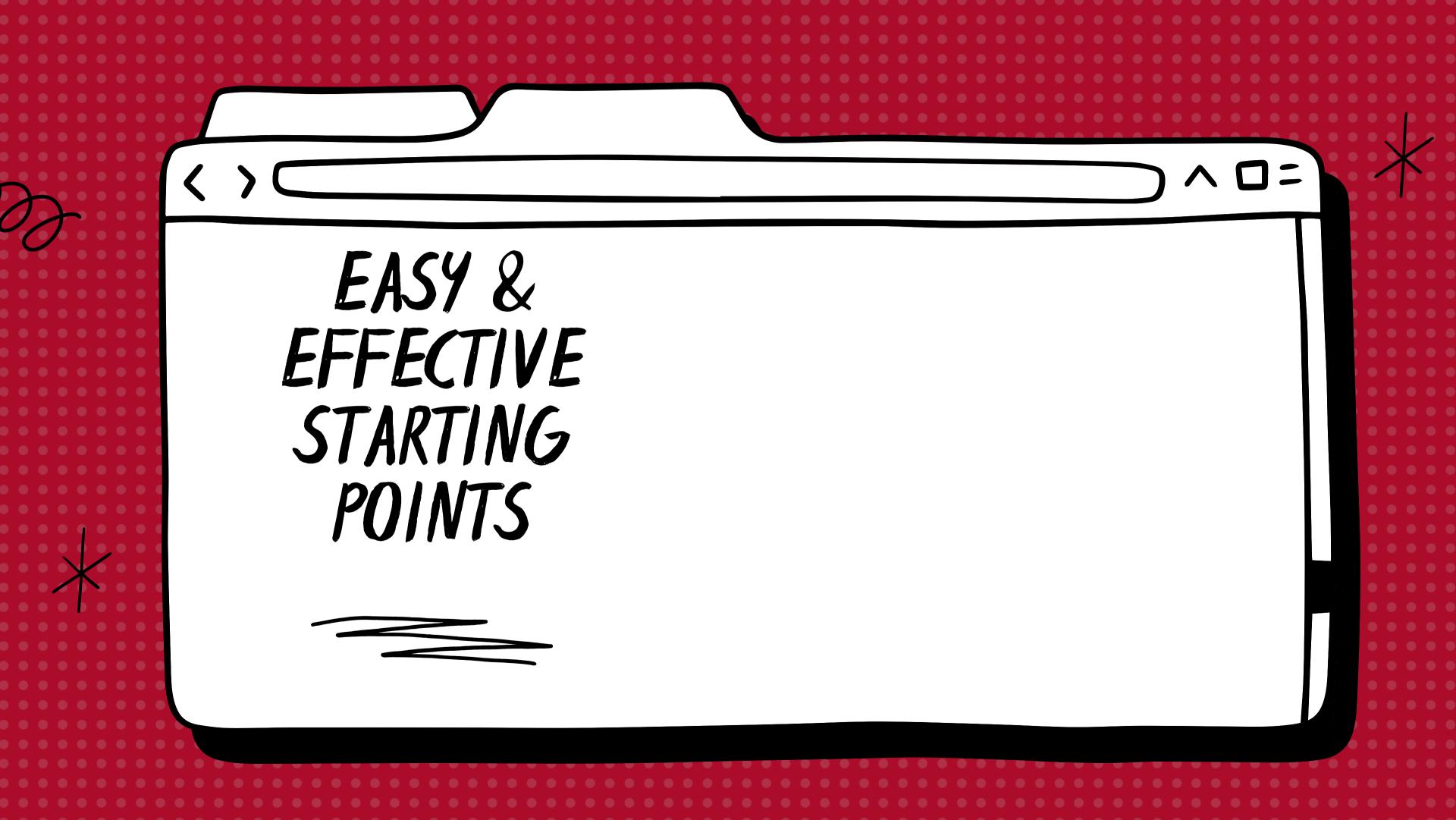


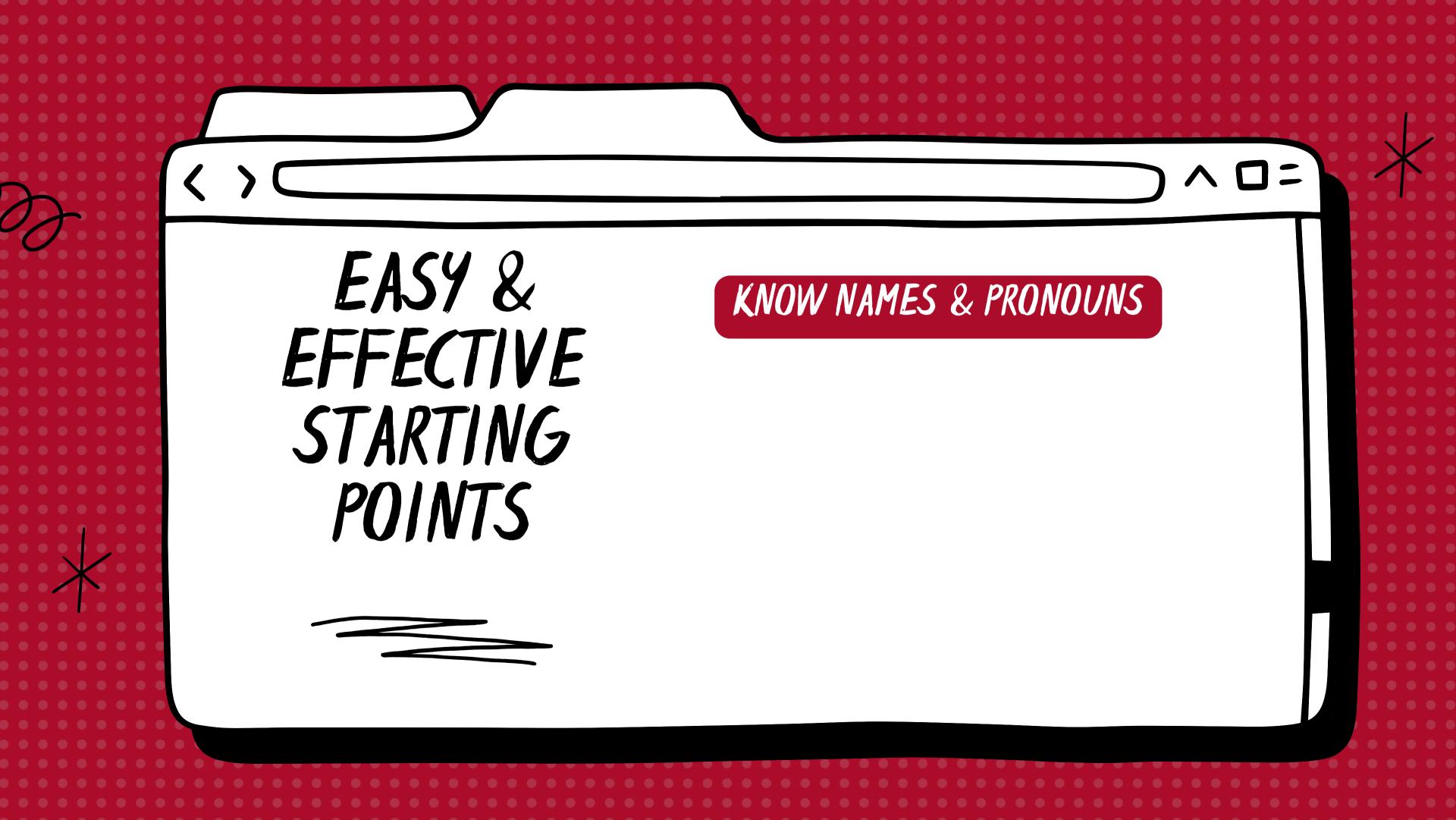
WHO MIGHT BE LEFT BEHIND AS A RESULT OF MY PRACTICE?

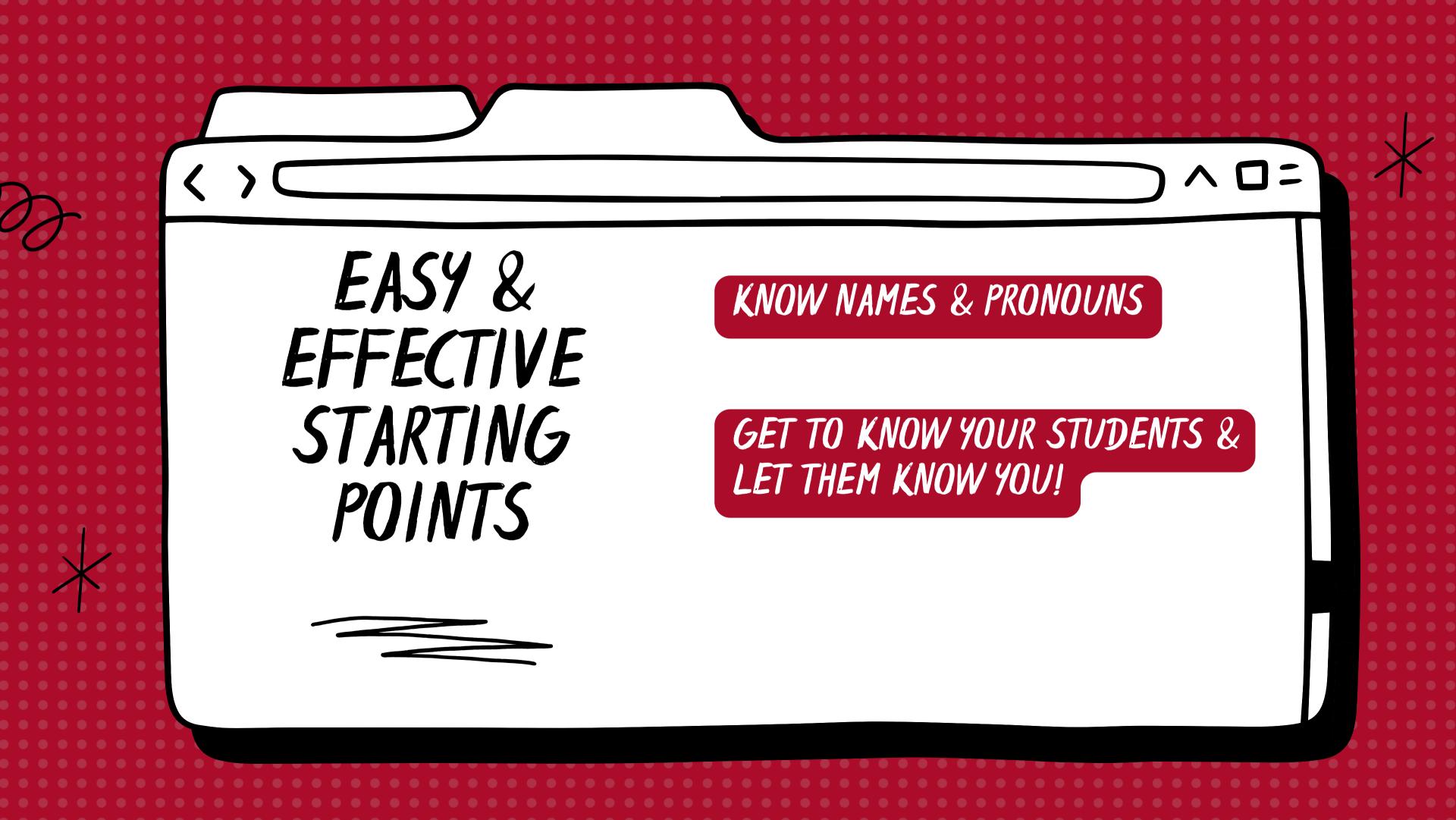
HOW CAN I INVITE THOSE STUDENTS IN?

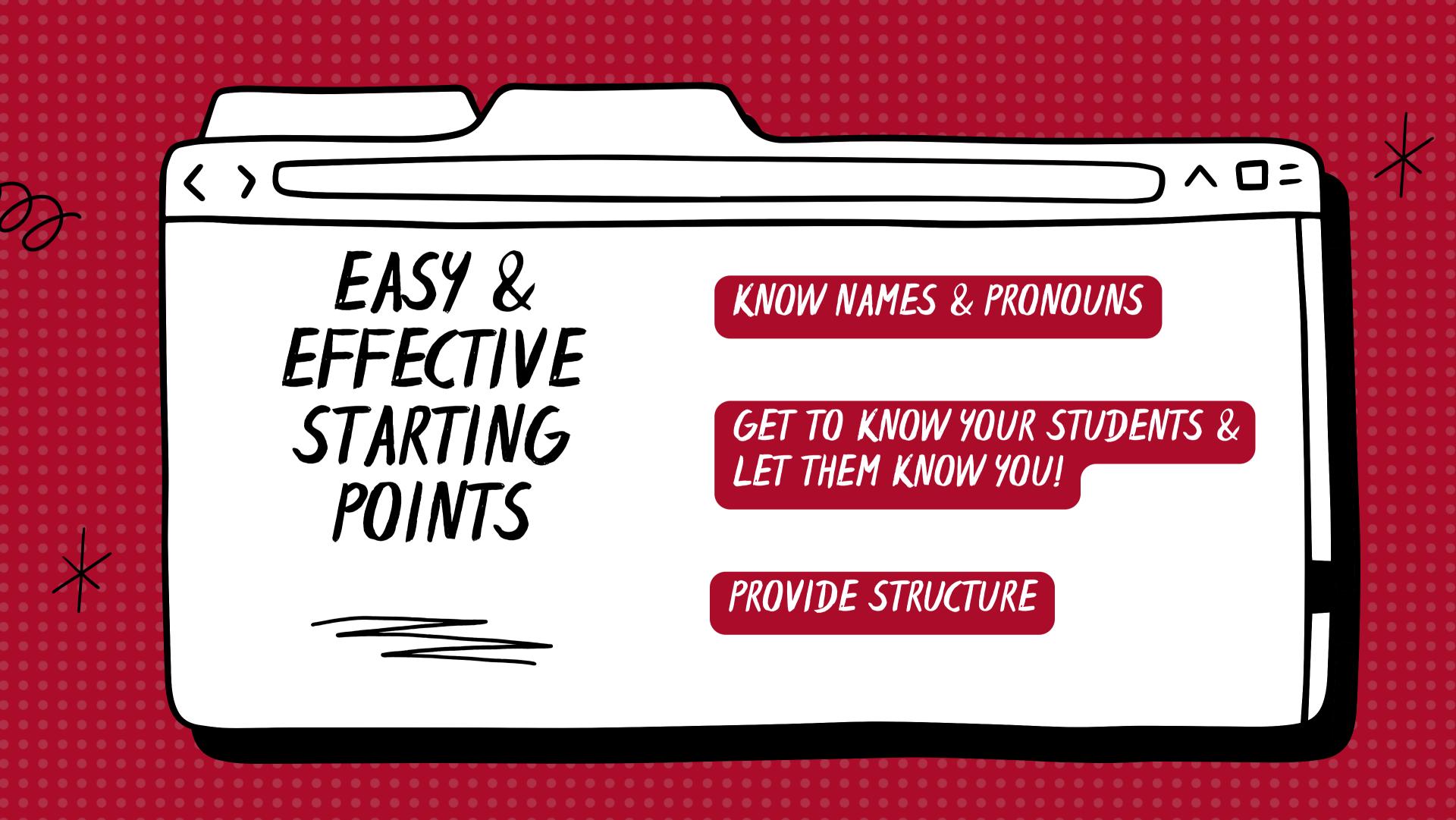


Inclusive Teaching - Hogan & Sathy, 2022









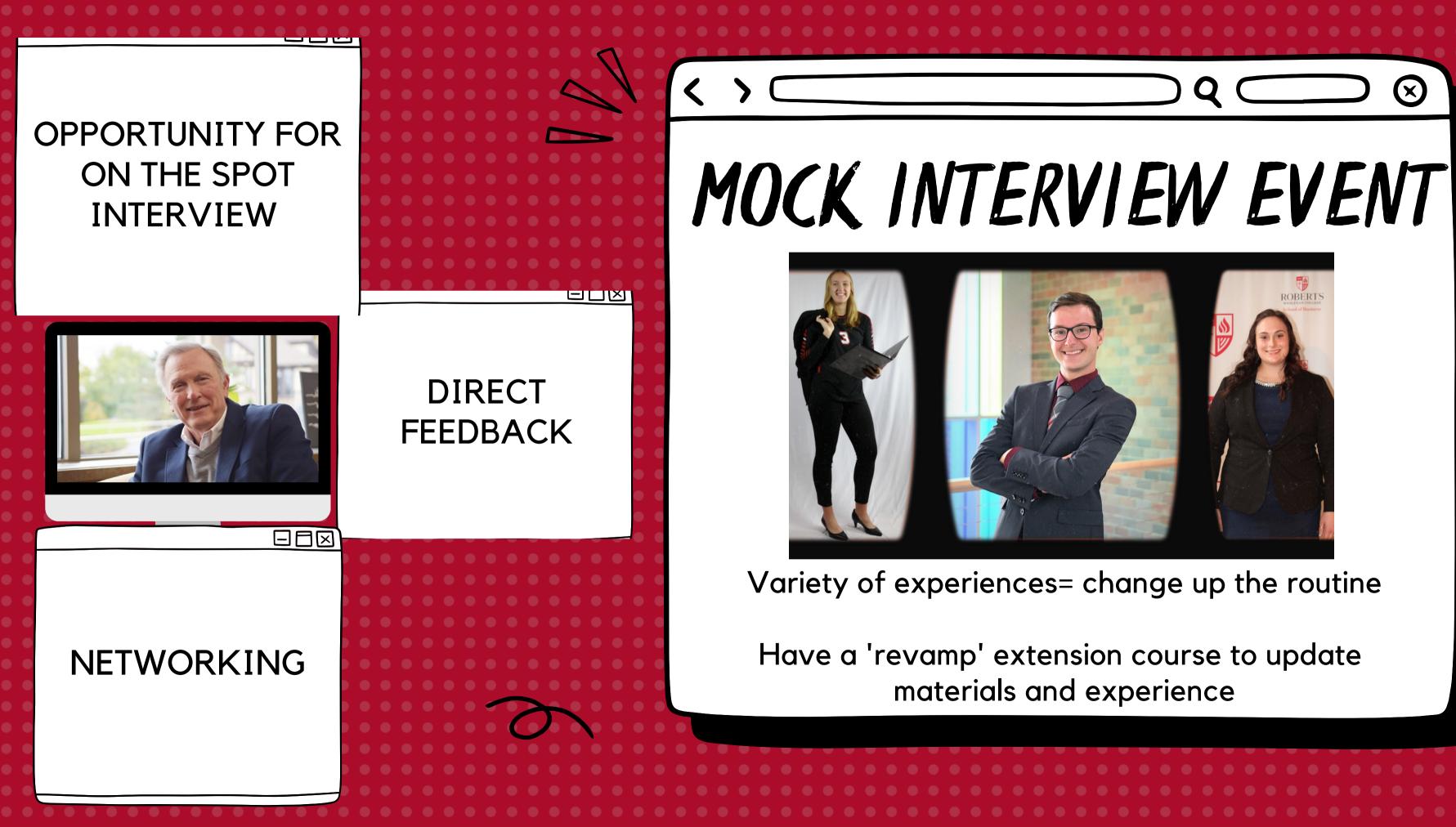






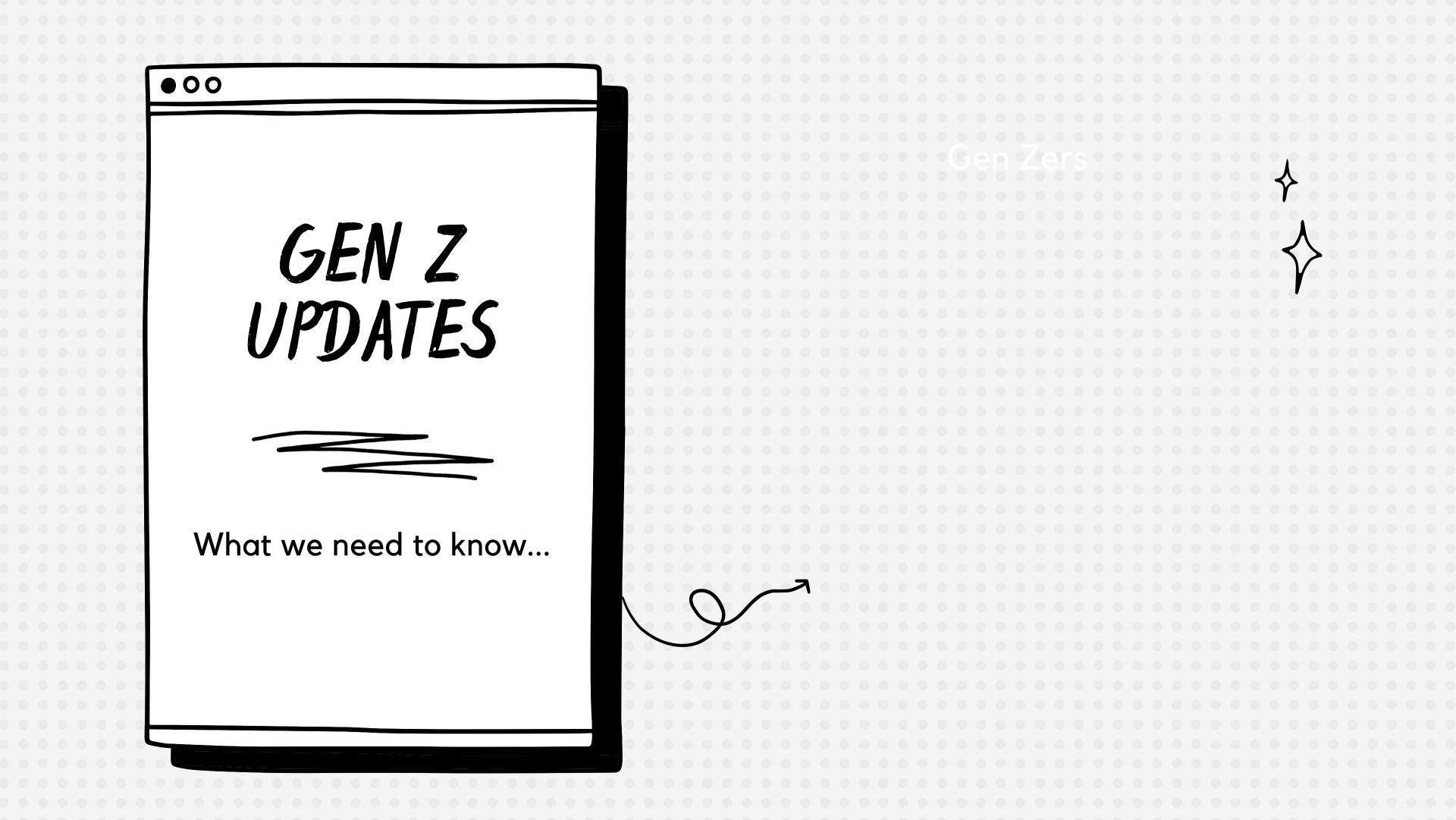


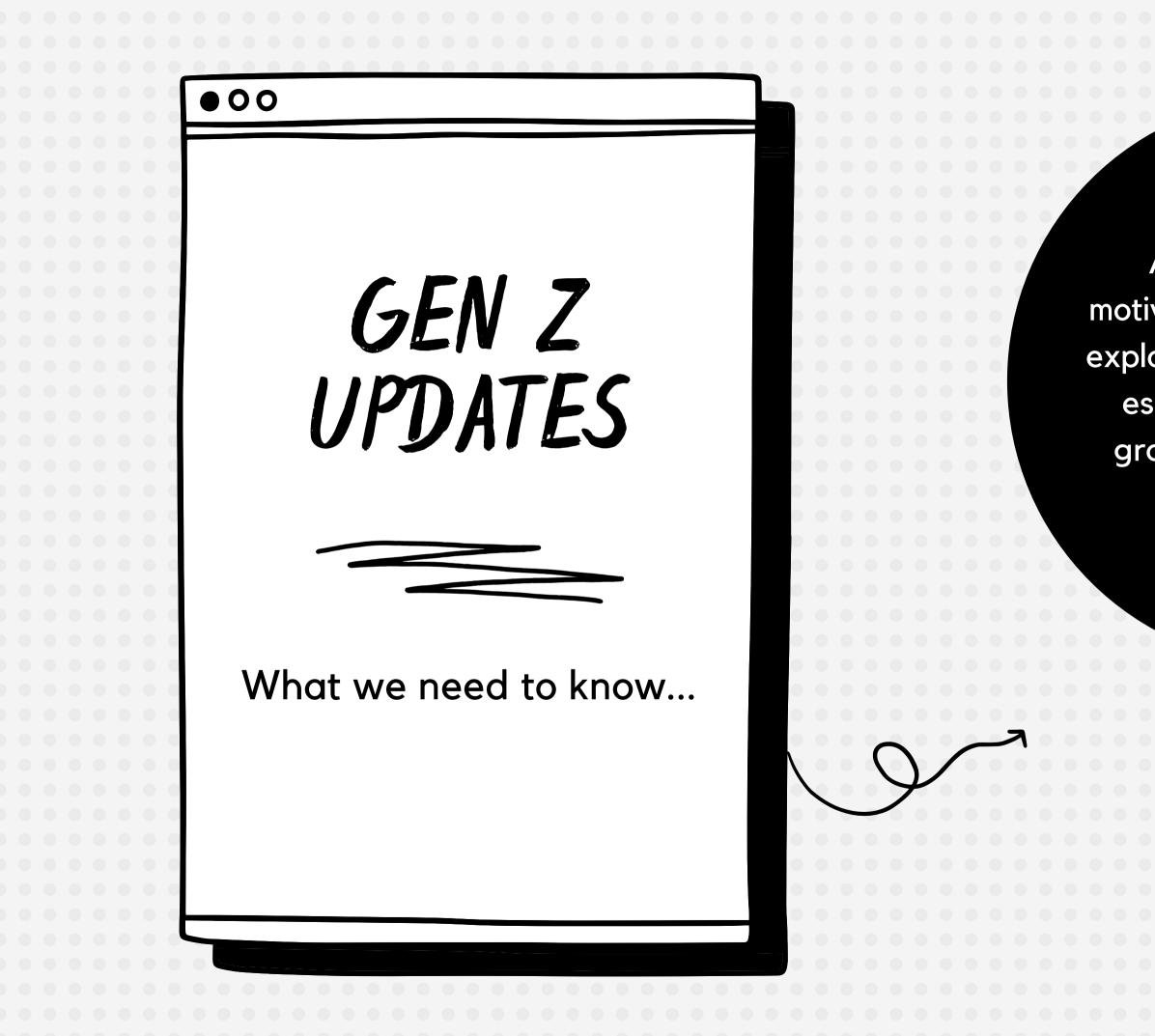
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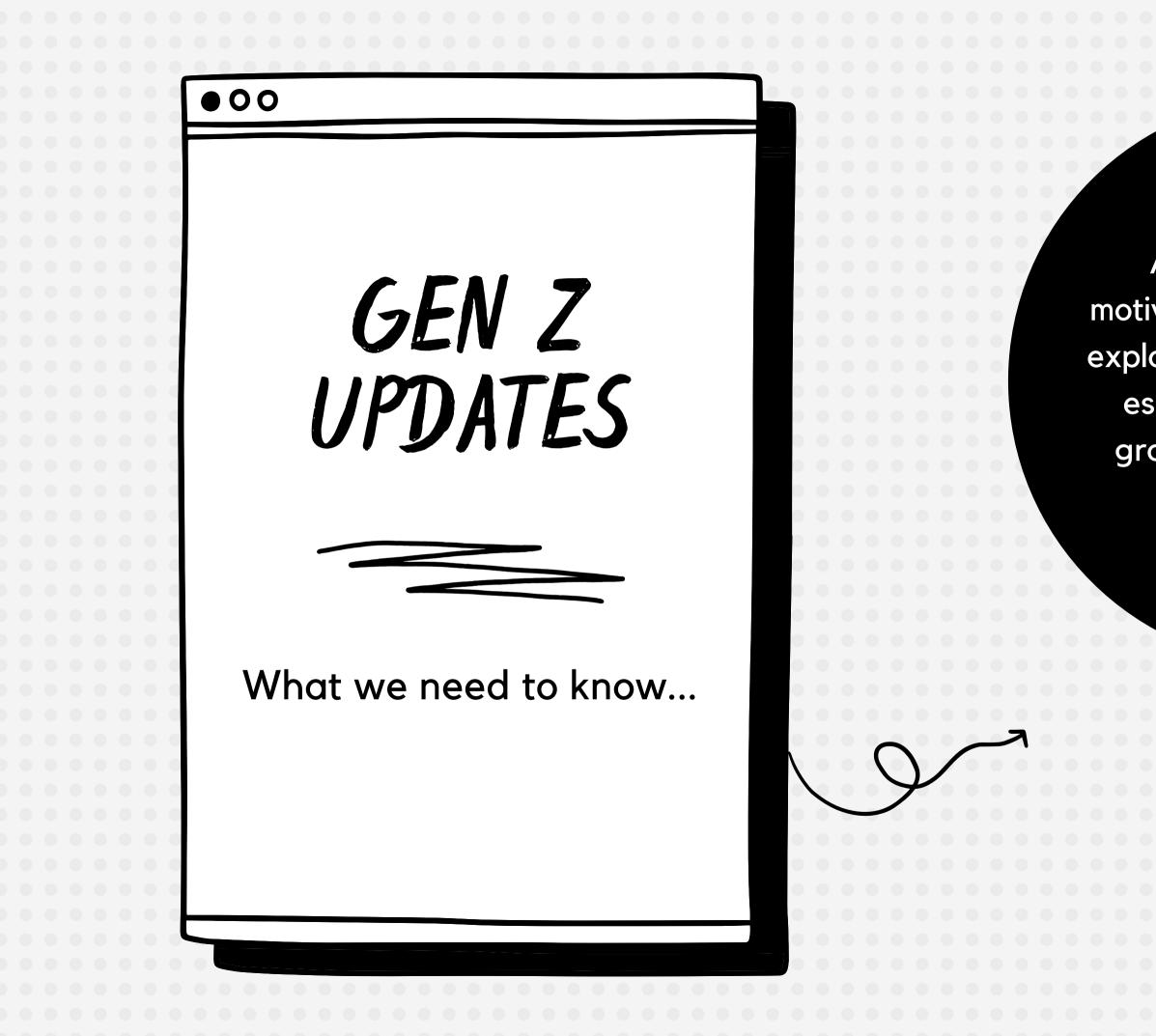






Gen Zers

Are more likely to be motivated to work hard if it's explained why it is important, especially to their future growth and achievement.

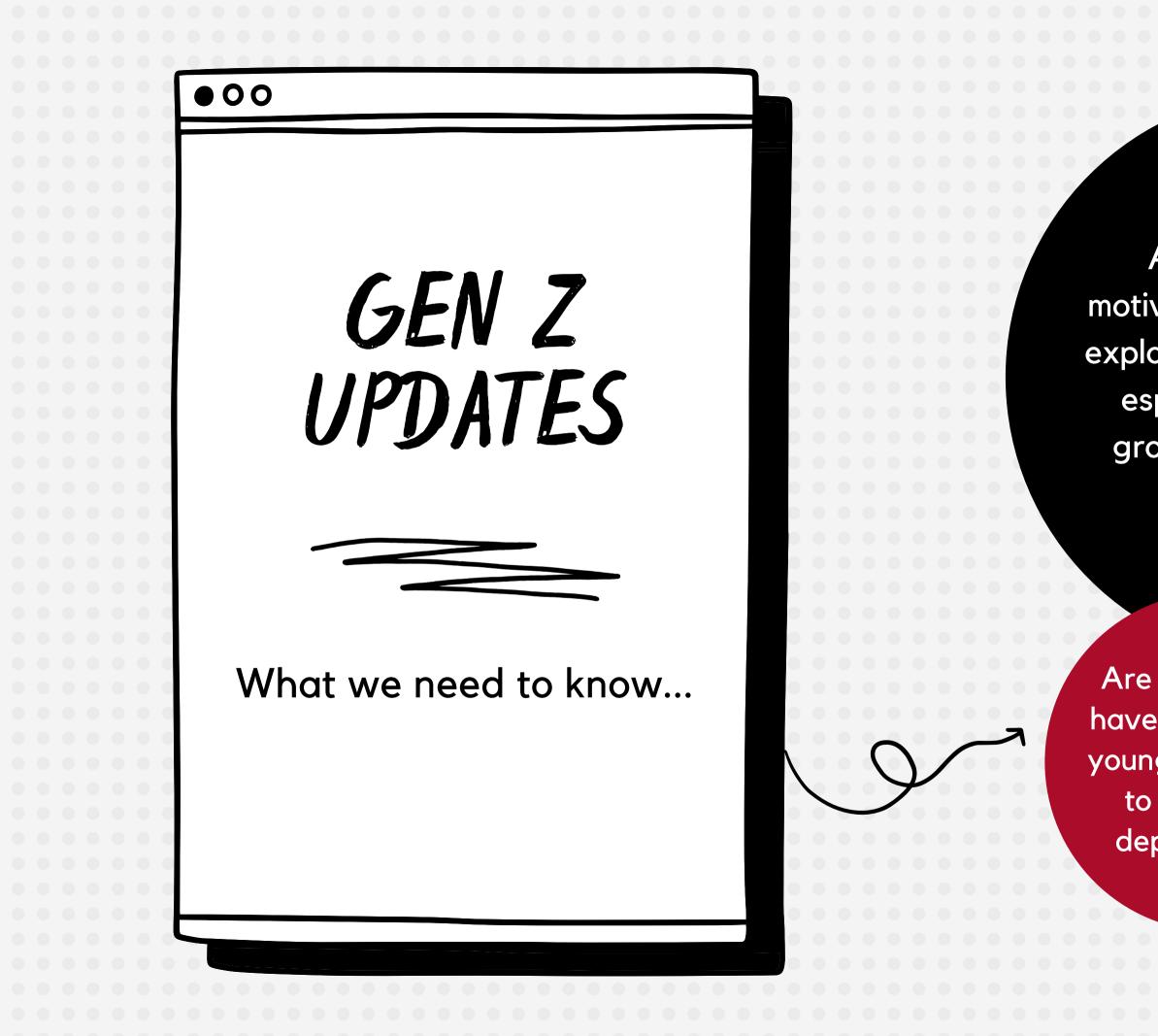


Gen Zers

Are more likely to be motivated to work hard if it's explained why it is important, especially to their future growth and achievement.

Gen Zers

- Have greater economic well-being
- Are more highly educated
- Are more ethnically & racially diverse than any other generation



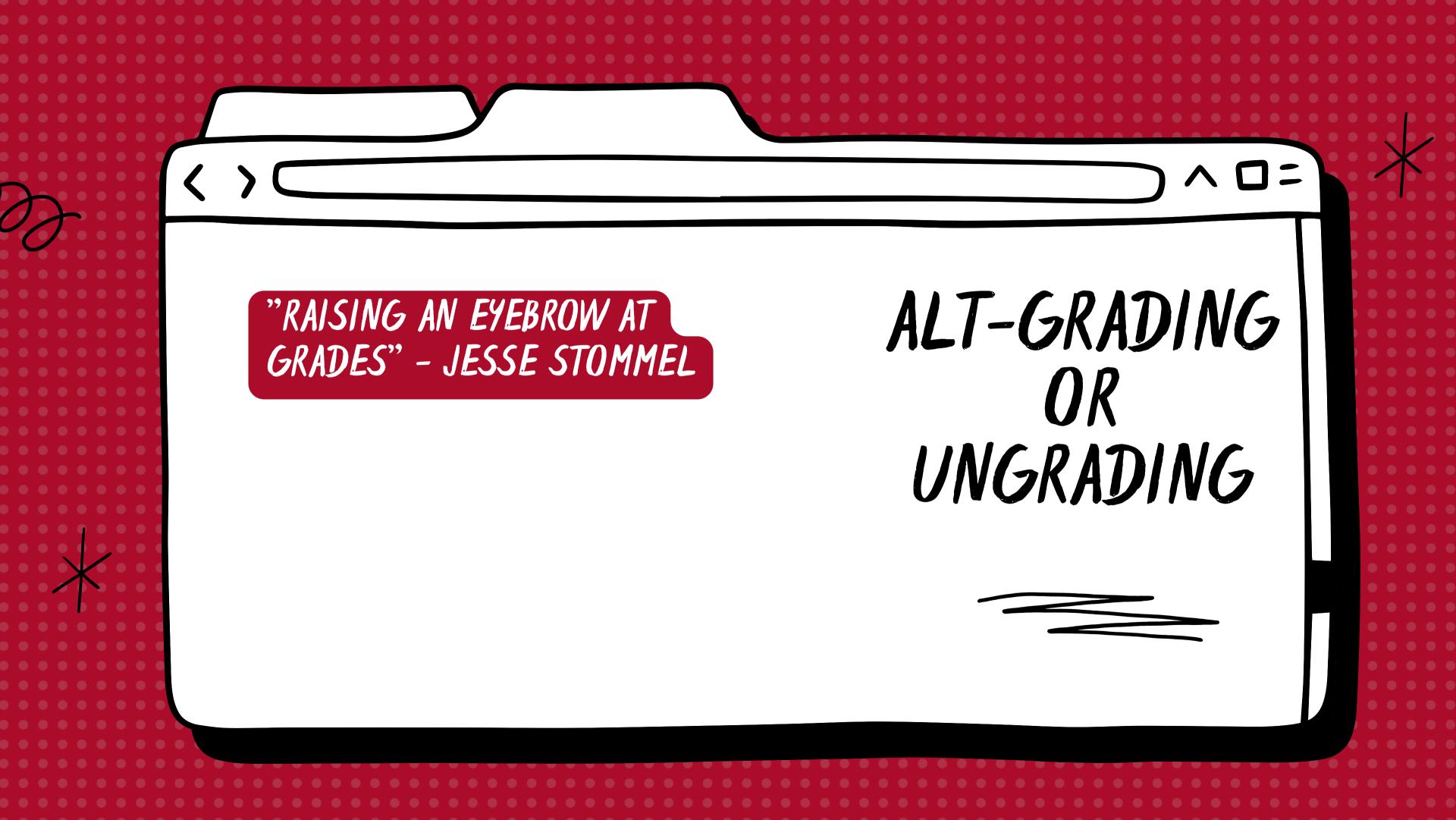
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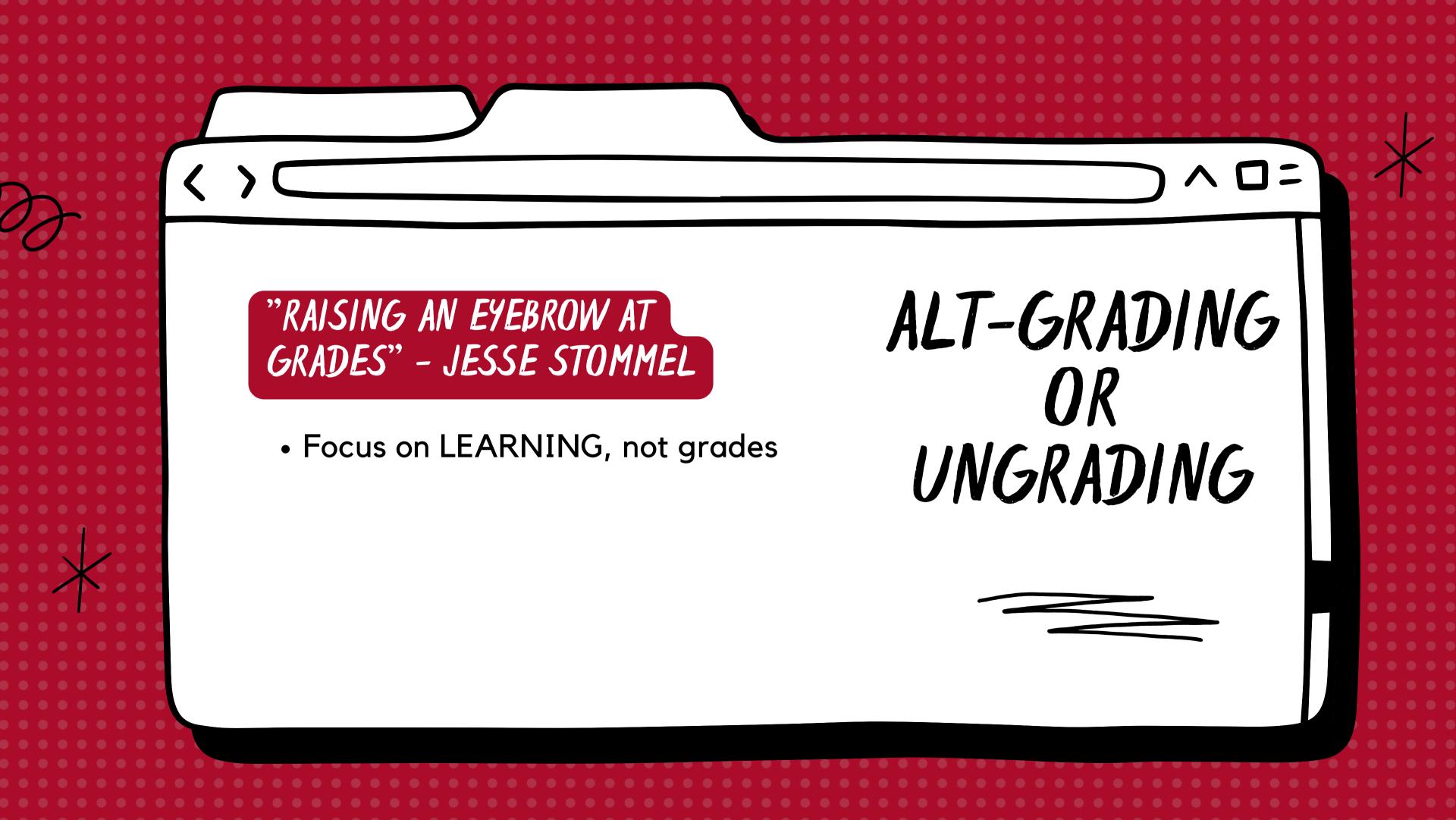
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Are least likely to have worked while young & most likely to suffer from depression and anxiety

Gen Zers

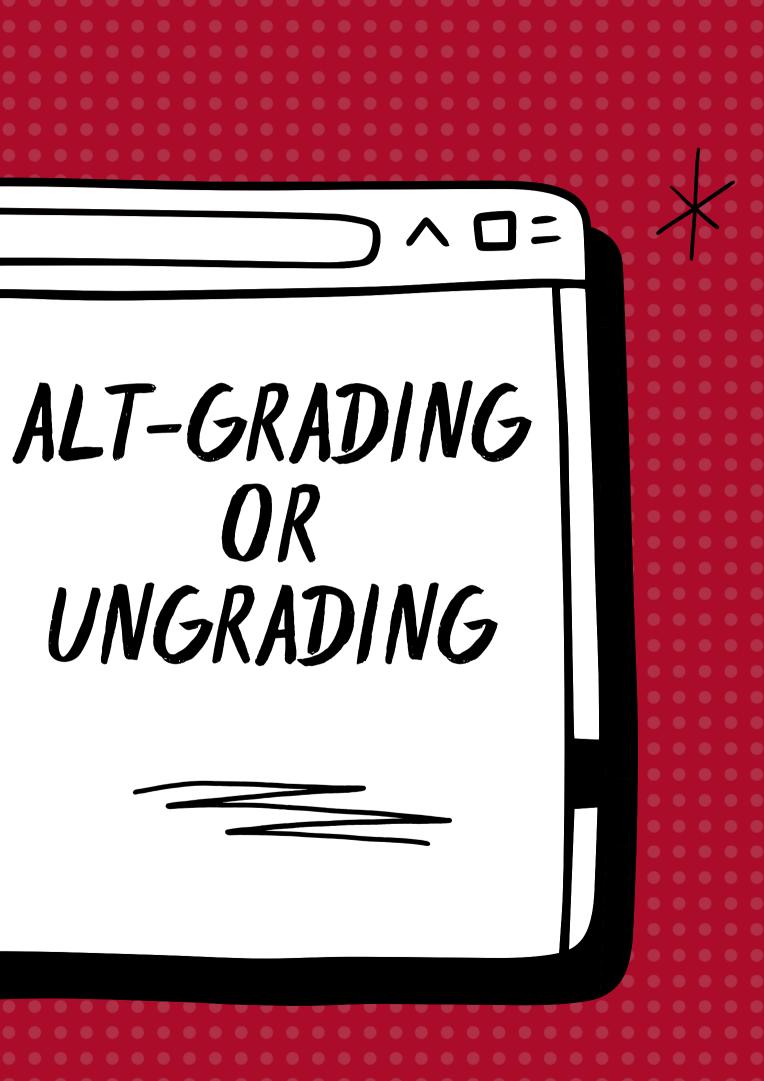
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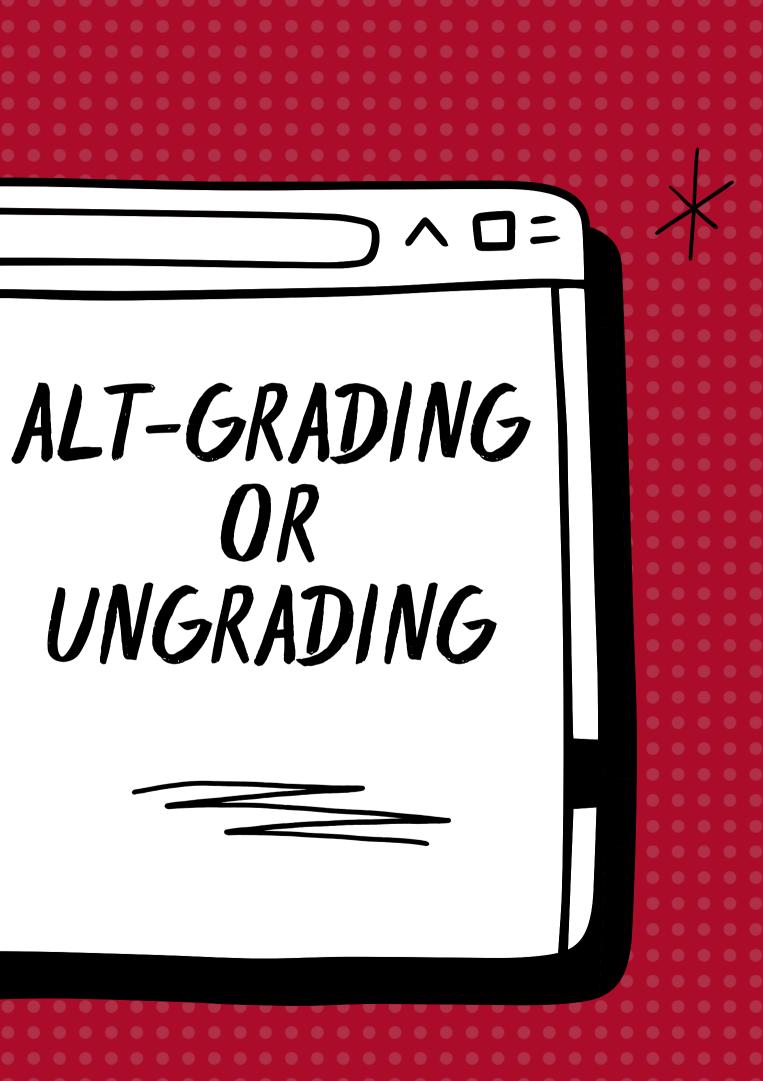
"RAISING AN EYEBROW AT GRADES" – JESSE STOMMEL

- Focus on LEARNING, not grades
- Feedback from me & classmates through performance appraisal & competency ratings



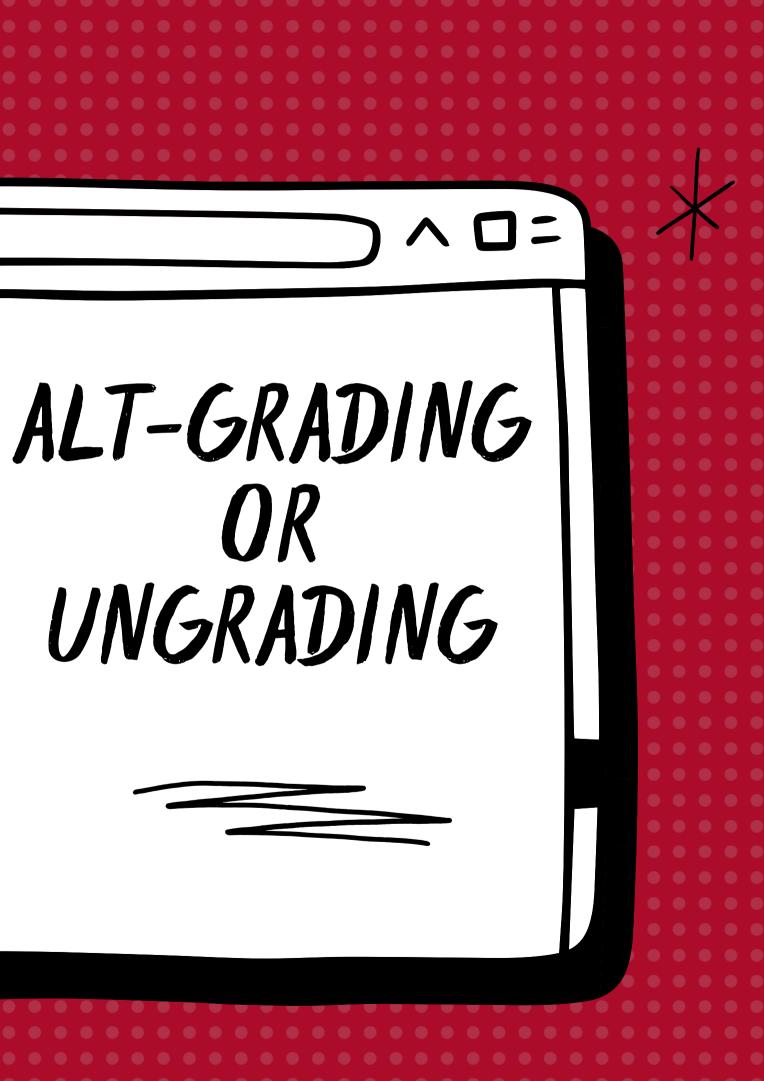
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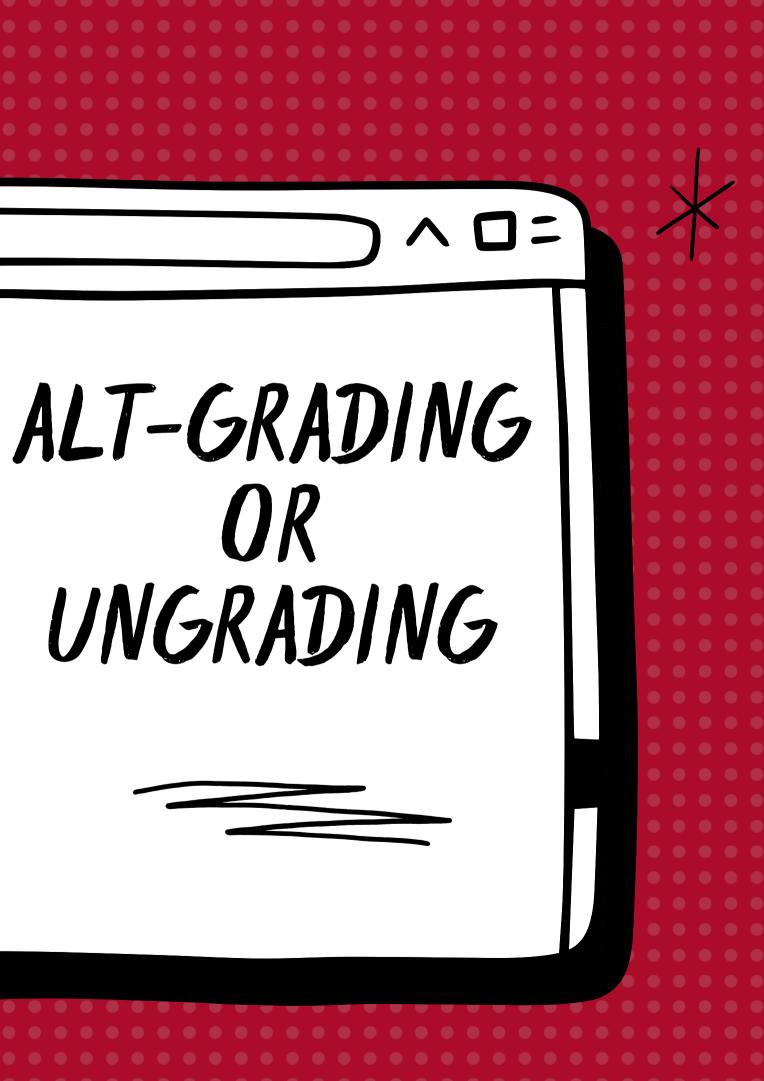
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- Focus on LEARNING, not grades
- Feedback from me & classmates through performance appraisal & competency ratings
- Transparency about assignment goals
- Growth mindset
- Co-created structure & expectations



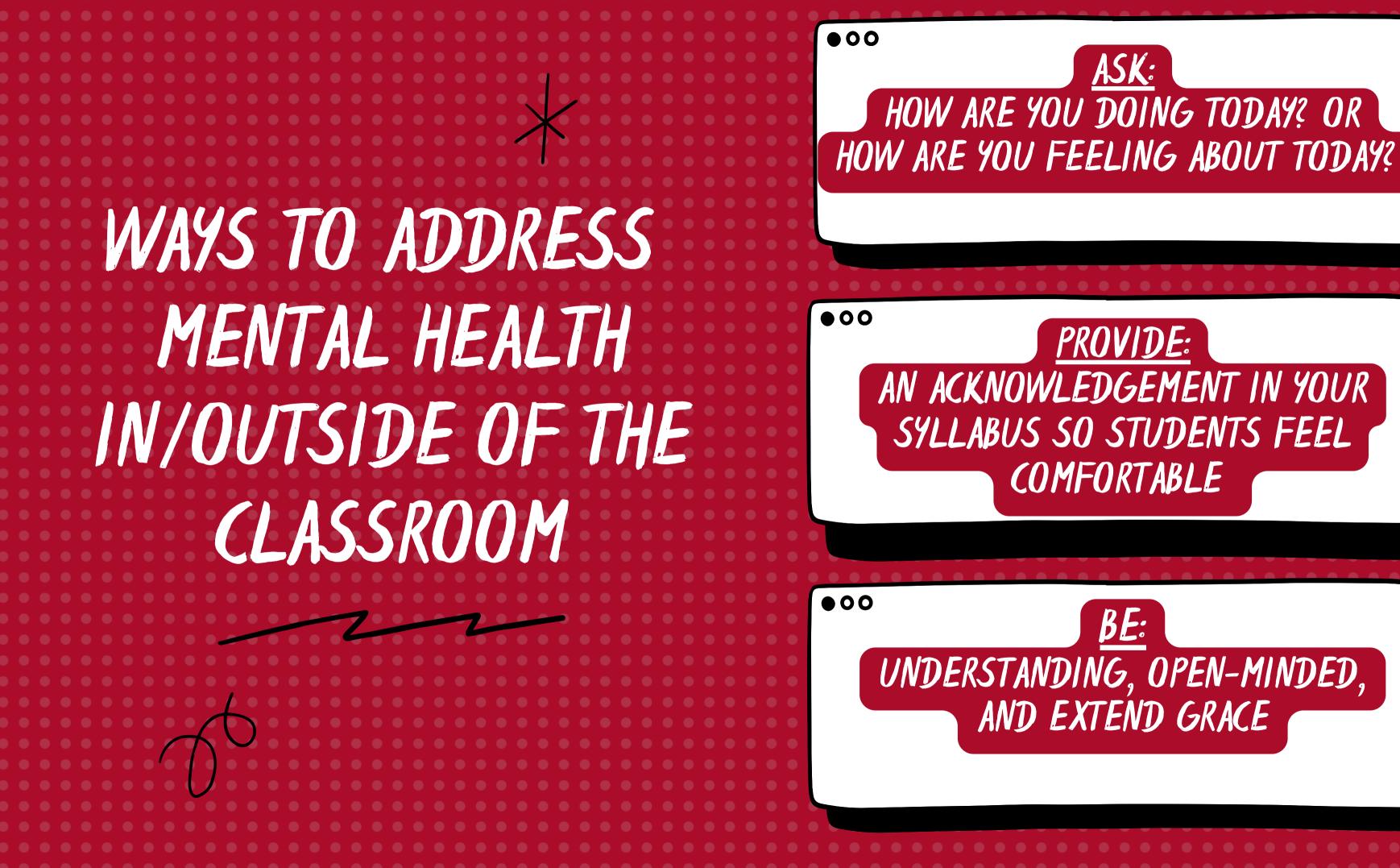


ASK: HOW ARE YOU DOING TODAY? OR HOW ARE YOU FEELING ABOUT TODAY?



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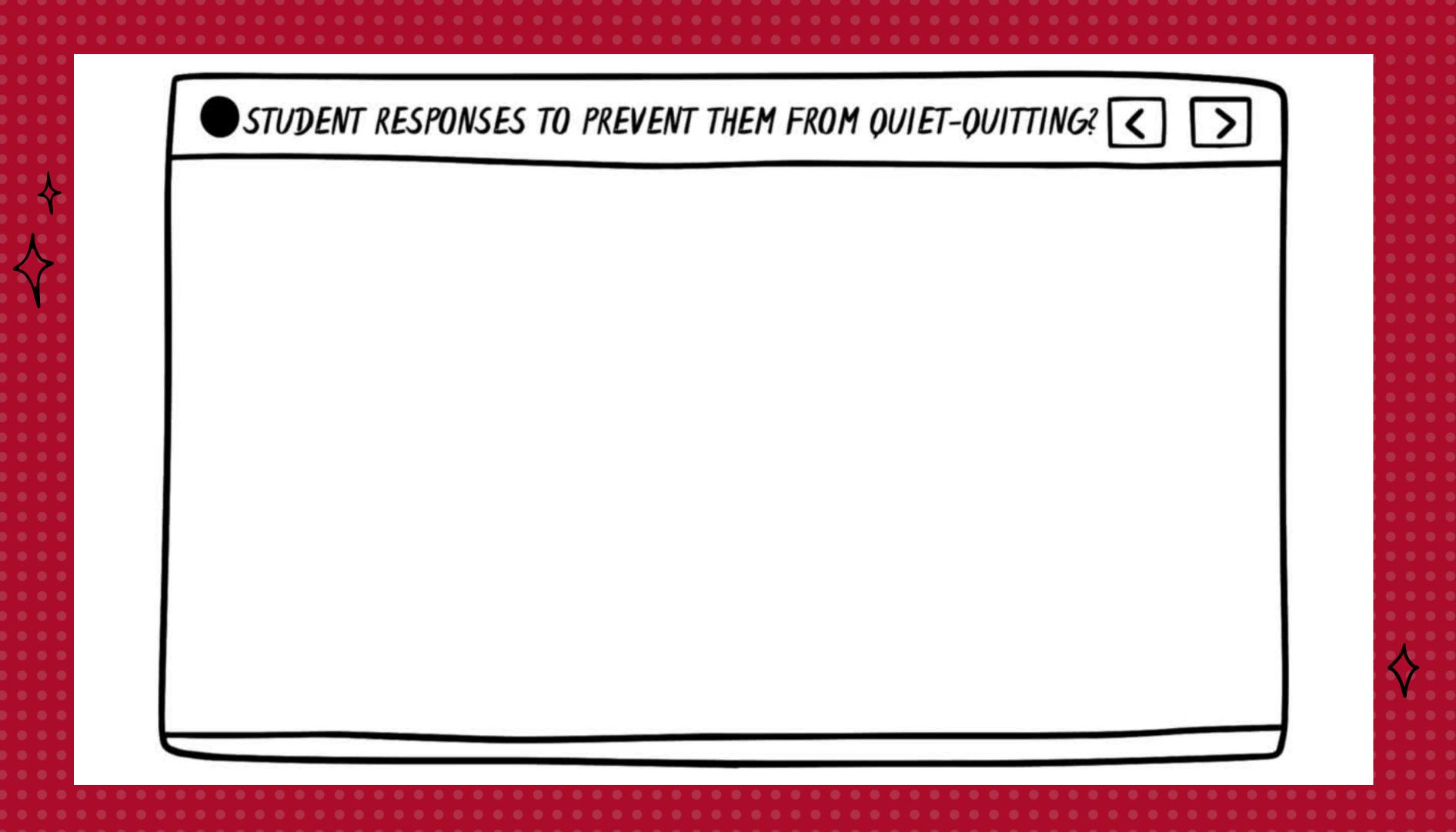
PROVIDE: AN ACKNOWLEDGEMENT IN YOUR SYLLABUS SO STUDENTS FEEL COMFORTABLE

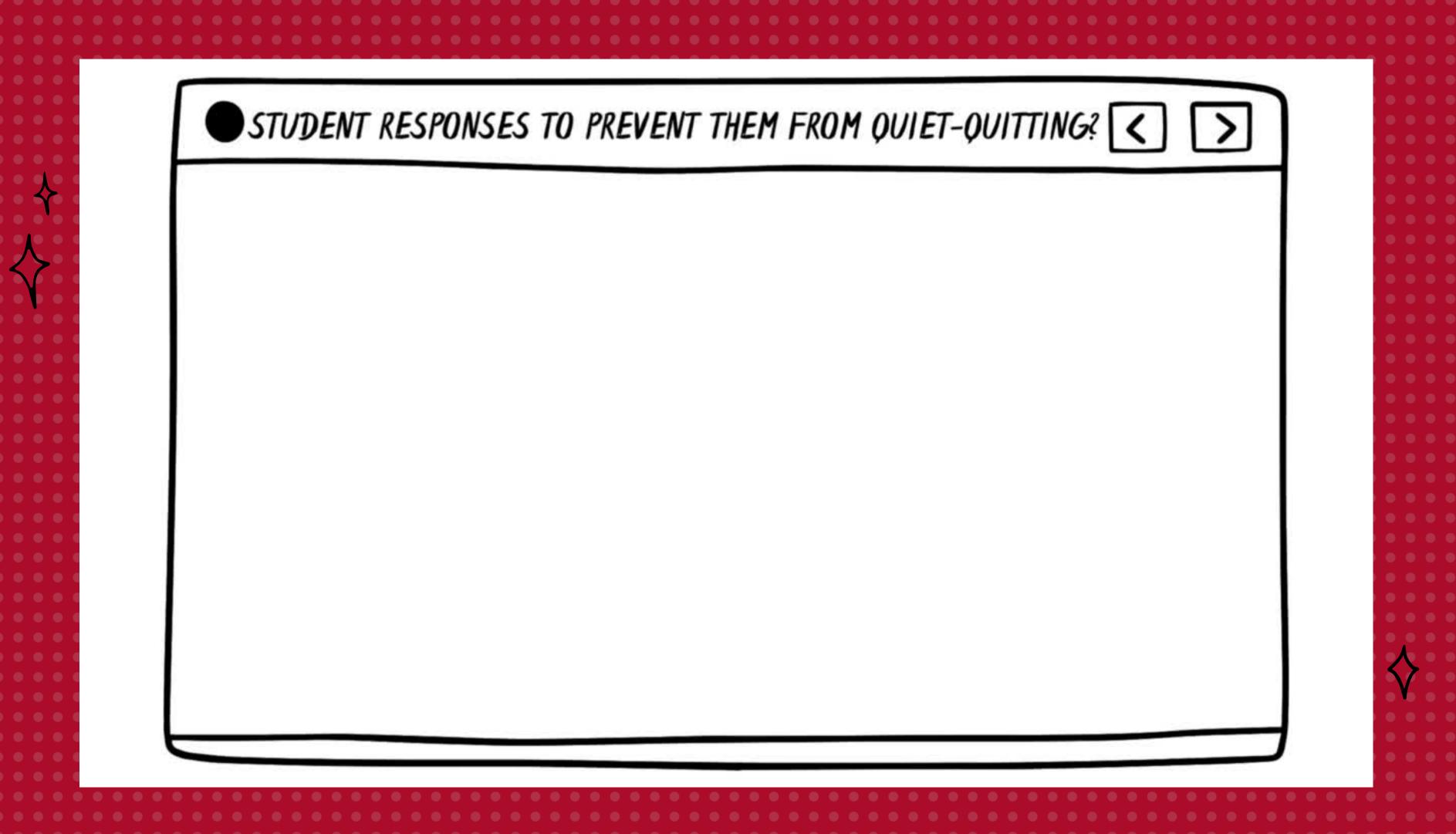


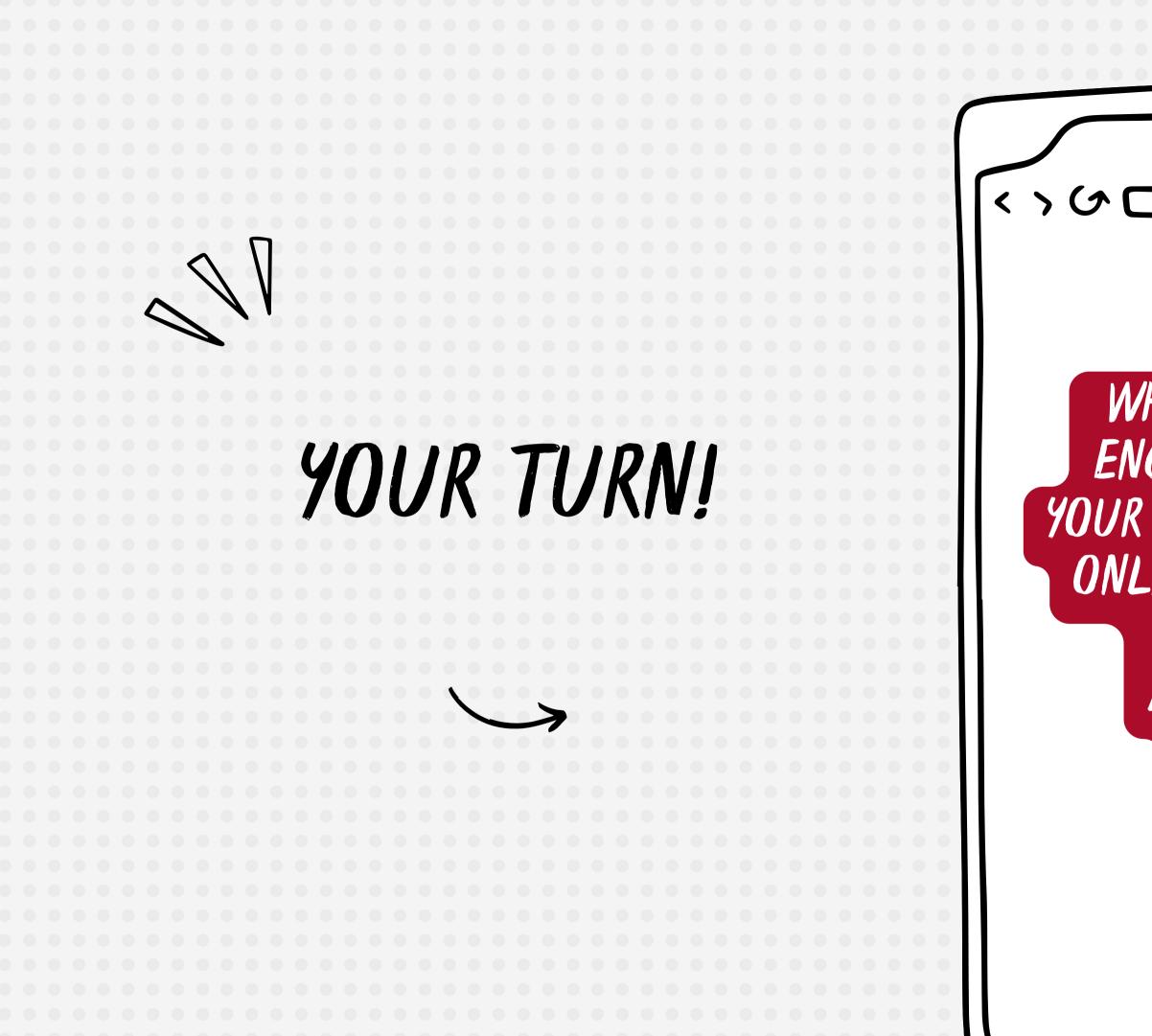
PMR PROGRESSIVE MUSCLE RELAXATION EXERCISE











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WHAT DO YOU DO TO ENGAGE STUDENTS IN YOUR CLASSROOMS (EITHER ONLINE OR IN-PERSON)?

ANY QUESTIONS? COMMENTS?





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ADDITIONAL RESOURCES

https://www.insidehighered.com/blogs/just-visiting/grades-are-centerstudent-mental-health-crisis

https://www.baylor.edu/atl/index.php?id=984862

https://www.pewresearch.org/social-trends/2019/02/20/most-u-steens-see-anxiety-and-depression-as-a-major-problem-among-theirpeers/