

Fall Perspectives on Teaching Conference

Wednesday, Sept. 2 and Thursday Sept. 3rd, 2020

Online

Day 1: Wednesday, Sept. 2, 2020

9:30 a.m. – 9:45 a.m. Welcoming Remarks

Andrew Hrymak, Provost & Vice-President (Academic)

Aisha Haque (Acting Director, Centre for Teaching and Learning)

9:15 a.m. – 10:30 a.m. Keynote Session

Teaching and Learning in a Pandemic: Strategies to Protect and Support the Mental Health of Students and Faculty

Carolyn FitzGerald, Wilfrid Laurier University

The challenges of teaching and learning in the midst of a global pandemic has significantly impacted our collective mental well-being. As we begin a new school year while the threat of COVID-19 continues, our efforts to protect and support student and faculty mental well-being are more important than ever before. Dr. FitzGerald will present a number of strategies and approaches that faculty can incorporate into their teaching practices that support and promote mental well-being for all involved. Participants will be challenged to think co-jointly about their own mental health and the mental health of their students, and to consider approaches that benefit instructors and learners alike.



Dr. FitzGerald received her PhD in Clinical Psychology from Western University in 2002 and her MA in Clinical Psychology in 1994. She is an Assistant Professor and the Graduate Coordinator in the Faculty of Education at Wilfrid Laurier University, and teaches courses in the graduate and undergraduate programs in the Faculty of Education, in the areas of quantitative research methodology, learning theories and child development, and equity and diversity. Dr. FitzGerald's main area of interest as an instructor and researcher is mental health. She teaches courses on mental health at both the undergraduate and graduate level, and is the developer and instructor for the Mental Health Certificate, a unique 80-hour seven module non-credit course for educators wanting to improve their knowledge of and ability to support students with mental health challenges. This program began with participants from the local area, and now has participants from multiple countries around the world. At present, Dr. FitzGerald is conducting research on principal mental health, pre-service teacher mental health, and the efficacy of mental health professional development for the K-12 teaching population.

10:45 a.m. – 11:00 a.m. Stretch Break

11:00 a.m. – 12:00 p.m. Leadership in Wellness

Panel:

Jennifer Massey, Associate Vice-President, Student Experience

Lorraine Davies, Associate Vice-Provost, School of Graduate and Post-Doctoral Studies

Ajit Pyati, Associate Professor, Faculty of Information and Media Studies

In this session, panelists will share examples of how they have embedded wellness and thriving as core pillars of the curricular and co-curricular student experience at Western. Their diverse approaches are creating networks of support and empowering students with the tools to take ownership of their wellness. Participants will be inspired to think differently about student mental health in their own contexts and learn ways of creating mentally healthy environments for their learners.

12:00 p.m. – 1:00 p.m. Lunch Break

1:00 p.m. – 2:00 p.m. Moving Beyond 'Culture-Blind' Approaches to Mental Health

Melanie-Anne Atkins, Acting Associate Director - Graduate Education, Centre for Teaching and Learning

Yuelee Khoo & Samira Adus, Student Representatives

How can faculty members better support students who do not benefit from a 'culture-blind' approach to mental health? What learning – and unlearning – do we have to do to begin? Melanie-Anne Atkins (Ph.D., 2016) will share two crucial conversations that made her rethink and reframe her approach to mental health education when she led the creation and development of Western's Wellness Education Centre (WEC). Yuelee Khoo (Hons. B.Sc., 2018; M.Sc., 2020), drawing from his experiences as WEC's Chinese International Student Community Outreach Lead and as YMCA Toronto's Newcomer Information Referral Specialist, will explore how faculty and staff can foster intercultural understanding to decrease cultural barriers to participation in mental health services and initiatives. Samira Adus (Hons. B.M.Sc., 2020) will discuss how her experiences as a Muslim Black woman have shaped her personal and professional interactions supporting students as a WEC Wellness Peer Educator and creating informed broad-scale advocacy work as Associate Peer Programs of the University Students' Council.

2:00 p.m. – 2:30 p.m. Birds of a Feather Group Breakouts

Session participants will be invited to join small break-out groups at the end of each day in order to meet other instructors, reflect on the big ideas presented in sessions, and share ideas. We will ask participants to select breakout group based on their interest in the following themes:

- Large class teaching
- Equity, Diversity, Inclusion
- Assessments
- Faculty wellbeing/ resilience

Day 2: Thursday, Sept. 3, 2020

9:30 a.m. – 9:45 a.m. Welcoming Remarks

Dr. Jeff Hutter - Acting Vice-Provost (Academic Programs)

Aisha Haque (Acting Director, Centre for Teaching and Learning)

9:45 a.m. – 10:45 a.m. Keynote Session

Everyday Resiliency in Times of Uncertainty

Dr. Robyne Hanley-Dafoe - Trent University

The events of the first half of 2020 have been an incredible test of our resilience. We are in a global fight to protect and manage our health. This global crisis will change the world forever, and each of us will inevitably be transformed by the experience. This event will be taught in future history classes! As with all seasons and events of challenge, how we respond is crucial. In this remote learning event, I will present my work on resiliency that includes the five core competencies from a global perspective. I will discuss how to best navigate personal and professional resiliency in times of uncertainty through stress performance, targeted focusing and value alignment. I will also introduce the Resiliency Trajectory Model to serve as a tool for seeing resiliency in action. The information is researched informed, readily available, and is grounded in wise practices. My aim is to facilitate knowledge mobilization that is relatable, accessible, sustainable and realistic. The information presented here may not be radical, but it is ultimately practical for the everyday resiliency we all need right now.



Dr. Robyne Hanley-Dafoe is an educator, speaker, author, and consultant. As a multi-award-winning psychology and education instructor, with over a decade of university level teaching and research experience, Robyne uses narrative pedagogy to engage and inspire. Described as transformational, Robyne's work connects researched informed practices with everyday applications that are realistic, universal and sustainable. Dr. Robyne Hanley-Dafoe is an educator, speaker, author, and consultant. As a multi-award-winning psychology and education instructor, with over a decade of university level teaching and research experience, Robyne uses narrative pedagogy to engage and inspire. Described as transformational, Robyne's work connects researched informed practices with everyday applications that are realistic, universal and sustainable

10:45 a.m. – 11:00 a.m. Stretch Break

11:00 a.m. – 11:45 a.m. Welcome to my Mindfulness Classroom

Thomas Telfer, Professor, Faculty of Law

This 45-minute workshop will be facilitated by Professor Thomas Telfer, Western University Faculty of Law. Professor Telfer has experience with bringing mindfulness into the classroom and has led mindfulness seminars for the workplace including presentations for faculty members at Western. Professor Telfer will introduce participants to mindfulness, giving audience members the tools to develop their own practice after the workshop. The seminar will highlight the positive benefits of mindfulness and why it is important to practice especially in this age of COVID 19. Finally, the workshop will offer some concrete suggestions about

how to employ mindfulness in the classroom in an online environment. The presentation will include two brief guided mindful meditations that are regularly used in the classroom.

11:45 p.m. – 12:15 p.m. Birds of a Feather Group Breakouts

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Registration is free. Please register at teaching.uwo.ca

Western  Centre for Teaching and Learning