

# **Keeping the Spark**Ways to Maintain Energy in Trying Times

14 December 2020

Dr. Rebecca Pope-Ruark

Center for Teaching & Learning

## Let's Celebrate the Wins

What's the one thing you are most proud of as you reflect on the fall semester?



## **Today's Objectives**

- Identify aspects of teaching and mentoring that give and drain your energy
- Understand the definition of burnout and three primary characteristics
- Make connections between burnout and teaching/mentoring/learning motivations
- Develop at least two strategies for addressing burnout for yourself and your students



## **Mapping Your Energy**

Gives Drains

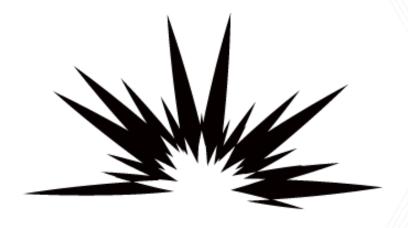


## Mapping Your Energy...and Students'

Gives Drains



According to the World Health Organization's ICD-11, **burnout** is a syndrome resulting from chronic workplace stress that has not been successfully managed.





Burnout is characterized by three dimensions:

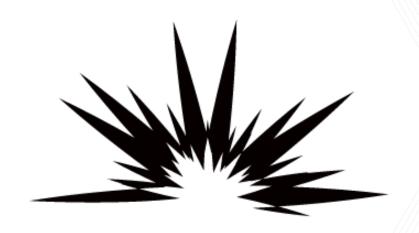
 feelings of energy depletion or exhaustion.





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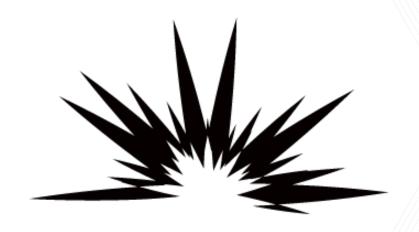
- feelings of energy depletion or exhaustion
- increased mental distance, or feelings of negativity or cynicism related to one's job.





Burnout is characterized by three dimensions:

- feelings of energy depletion or exhaustion
- increased mental distance, or feelings of negativity or cynicism related to one's job
- reduced professional efficacy.





#### **Burnout** is **NOT**

- Mental illness
- A character flaw
- Shameful



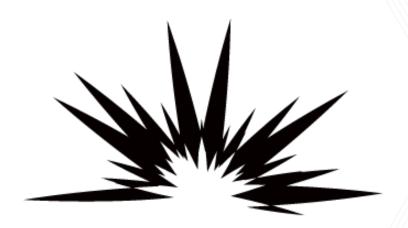


#### **Burnout** is **NOT**

- Mental illness
- A character flaw
- Shameful

#### Burnout can

- Amplify depression & anxiety
- Impact concentration
- Make working difficult







#### **Reflection Opportunity**

How prevalent do you think faculty burnout might be on campus? Student burnout?

In what ways might that burnout be impacting teaching, mentoring, and learning?



#### **Reflection Reporting**

In what ways might faculty and student burnout be impacting teaching, mentoring, and learning?

Use OneDrive document to share ideas.



#### **Reflection Discussion**

In what ways might faculty and student burnout be impacting teaching, mentoring, and learning?

**Key takeaways?** 

## **Keep the Spark**

Thinking about teaching, mentoring, and learning, what are some ways to tend to motivation and mitigate burnout, yours and students', in the coming semester?

Easy

**Exciting** 

**Extreme** 



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