



Keeping the Spark

Ways to Maintain Energy in Trying Times

14 December 2020

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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



Burnout Dims the Spark

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



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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
- reduced professional efficacy.



Burnout Dims the Spark

Burnout is NOT

- Mental illness
- A character flaw
- Shameful



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Burnout is NOT

- Mental illness
- A character flaw
- Shameful

Burnout can

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





Burnout Dims the Spark

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?



Burnout Dims the Spark

Reflection Reporting

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

Use OneDrive document to share ideas.



Burnout Dims the Spark

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

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?

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What strategies will you use?



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