



CENTER FOR ENGAGED TEACHING AND LEARNING

Newsletter

Happy 2021, MHU!

In these turbulent and uncertain times, thank you for all that you do in and out of the classroom to support our students and each other. Despite the events of the past few weeks, we hope that you had a restful and restorative break and are ready for an engaging Spring semester.

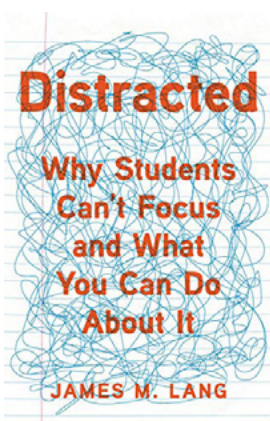
Mindfulness for Teaching and Learning

Mindfulness is purposeful awareness of what you are thinking, feeling or doing. With practice, it can be like a pause or slo-mo button that allows you to evaluate and act with more clarity. How often would we or our students benefit from a purposeful pause in the classroom?

CETL, in coordination with your friendly Breathing Room colleagues, is offering an organized program for developing your own mindfulness skills. It includes:

1. Participating in one 45-minute introductory session (Friday, 2/5, 3:30-4:15) and
2. At least eight 15-minute sessions where we will discuss an aspect of teaching and learning and then do a brief mindfulness exercise (Every Monday & Thursday at 4pm starting 2/8).

Ideally, you will Zoom into sessions live, but they will also be available as recordings. Completion of the program will be recognized with a certificate.



Thanks for a successful book discussion!

Faculty met over the winter break and during January term to discuss James Lang's book "Distracted." Attendance was consistently more than 20 faculty at each discussion! Thank you to our dedicated faculty for participating in these discussions, and a special thank you to the amazing faculty who helped lead the discussions: Chris Cain, Lucia Carter, Susan Stigall, Ryan Bell, Ann Peiffer, and Jonna Kwiatkowski.

Watch for details soon about new CETL programming for the spring semester!

For those who could not make it to the "Strategies for Active and Collaborative Learning in the Dual-Mode Classroom" workshop, we are pleased to provide you with the [recording](#) of the workshop and the hyperlinked [chat history](#).

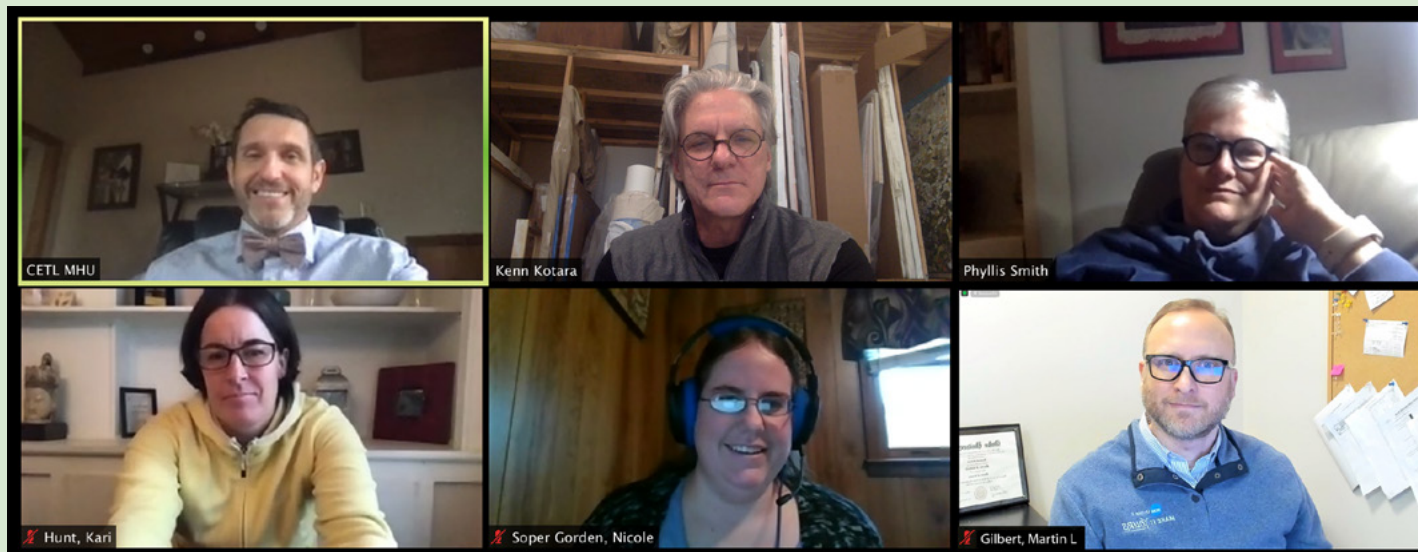
Meet your CETL Board for the 2020 – 2021 Academic Year

We want to acknowledge our new and returning Board members for the upcoming year. Please reach out to any of us if you have questions or workshop ideas.

Here is your 2020 – 2021 CETL Board:

Director: Chris Cain

Full-time Faculty Board Members: Marty Gilbert, Nicole Soper Gorden, Kenn Kotara, Kari Hunt, & Phyllis Smith



Spring 2021 CETL Hours:

Monday: 12:00 pm - 1:00 pm and 2:00 pm - 3:00 pm
 Tuesday: 11:00 am - 12:00 pm
 Wednesday: 12:00 pm - 1:00 pm & 2:00 pm - 3:00 pm
 Thursday: 11:00 am - 12:00 pm & 2:30 pm - 3:30 pm

CETL board members are available to answer your questions in person in the CETL office space (Library 322) or virtually (<http://mhu.zoom.us/my/mhu.cetl>). Not available during office hours or looking for a one-on-one meeting instead? To schedule an appointment!, email us - cetl@mhu.edu

Anyone using Padlet, Kahoot, Mentimeter, Flipgrid, or other technology and want to teach your colleagues?

Are there other technologies you want to learn? Let us know!

Education must not simply teach work – it must teach life.

W. E. B. Du Bois

Black History Month
February 2021

RESOURCES:
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Ideas for teaching your synchronous online courses: *Active Learning Kit*
<https://open.maricopa.edu/activelearning/>
 To go along with our recent book study:
[Distracted Minds: 3 Ways to Get Their Attention in Class](#)
[Helping Students Understand Bias in Sources:](#)