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### Learning in a Pandemic Workshop, Part II

Melissa Gavilanes

Sonya Sharififard

Kimberly Kerr

Gabriella Miramontes

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**LEARNING IN A PANDEMIC:  
SCHOLARSHIP AND EXCELLENCE  
SERIES**

**PART II OF II**

Pepperdine University, Graduate School of Education and Psychology

December 4, 2020

# Take a breath...

- Let's reflect on the week:



WHAT DID WE DO FOR OURSELVES THIS WEEK?



WHAT SELF-CARE DID I ENGAGE IN AND WHICH ACTIVITY WAS THE MOST HELPFUL?



AM I GIVING MYSELF ENOUGH SPACE AWAY FROM SCHOOL AND WORK?



AM I BEING KIND TO MYSELF WHEN I AM UNABLE TO ENGAGE IN SELF-CARE?



DO MY OUTCOMES, GOALS, AND ACTIONS REINFORCE EACH OTHER?

# Implications for Virtual Communication

Julian Treasure- 5 Ways to Listen Better, TED

Write your opinions, your interpretations, and your comments; and the inspiration behind them

What do I wish my colleagues/friends/family knew about me? Fill in the blank \_\_\_\_\_

Reflective

Legal

Personal

Technical

Factual

Spiritual

## The 5 Stages of Team Development

- forming, storming, norming, performing, adjourning

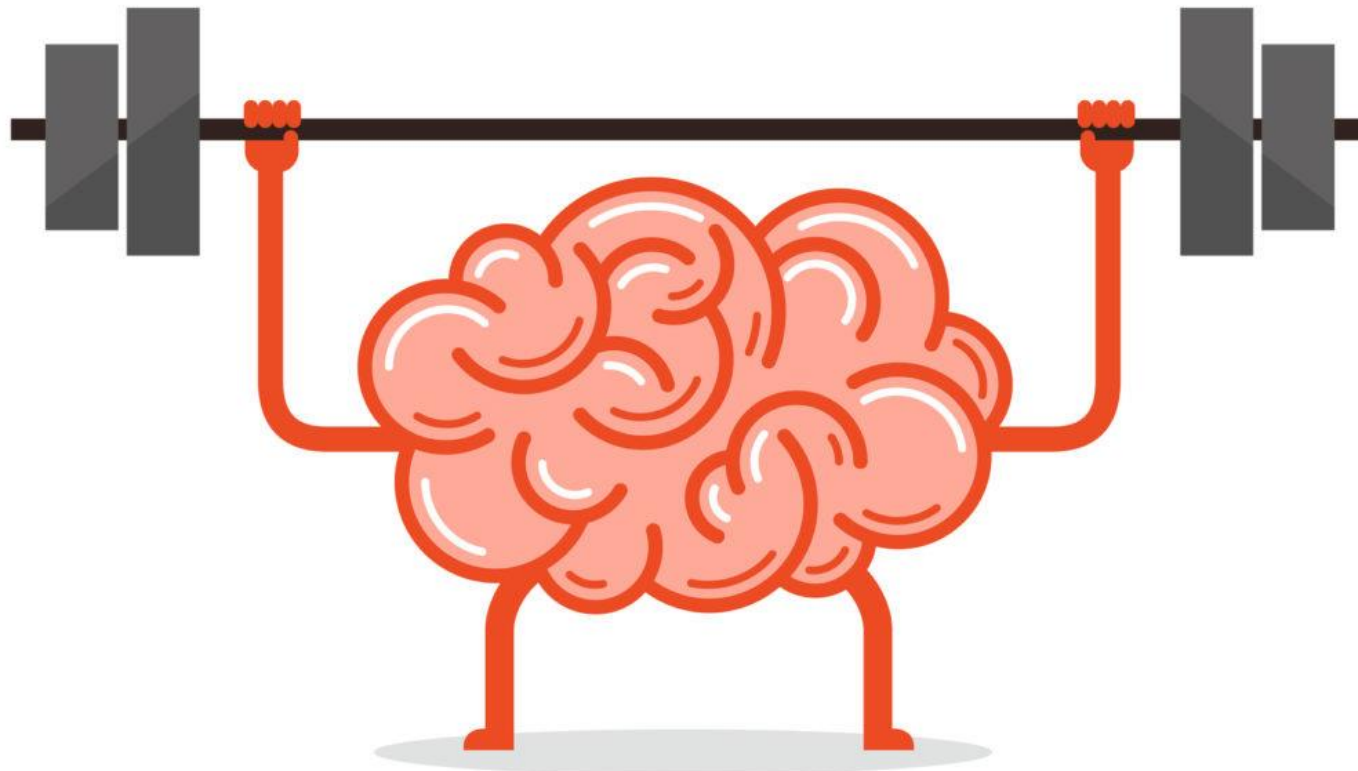
## What are you **not** saying that needs to be **said**?

- Fight, flight, freeze, fawn
- Tend and befriend
- Beginning with the end in mind



## Stress and the Brain

- Stressful experiences can release stress hormones and may directly impact the brain, indirectly altering connections in the areas of the brain used for learning.
- Stressful experiences induce changes in brain structure, function, and cellular changes in learning circuitry.



## Exercise Your Brain!

- How can we balance school, work, and wellness?
  - Time management
  - Prioritizing sleep
  - Exercising
  - Fueling the body
  - Finding ways to connect socially
  - Practicing pausing
  - Balancing your mental input
  - Check-in with yourself
  - Taking a step back
  - Forgiving yourself
  - Accepting what HAS happened
  - Saying “no” when it is necessary
  - Setting boundaries
  - Asking for what is needed
  - **Self-care=wellness**





# STOP

- **Stand up and breathe.** Feel your connection to the earth.
- **Tune in to your body.** Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
- **Observe.** Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- **Possibility.** Ask yourself what is possible or what is new or what is a forward step.

# Embracing Uncertainty

- Uncertainty can put us at a greater risk for ailments such as depression and obsessive-compulsive disorder.
- Is uncertainty bad?
- How can we reframe the uncertainty into a more positive light?

## ◦ Uncertainty can be a good thing!

- Use the opportunity of uncertainty as a fresh start!
  - What do I now want to accomplish in quarantine?
- Increasing our tolerance for uncertainty will help us face it in the future.
- Change what you can and accept what you cannot.





# Upcoming events

## *Scholarship without Borders Journal*

- Call for Reviewers

## Virtual Office Hours

Thursday, December 10<sup>th</sup>

# Contact

## Faculty Advisor

Dr. Gabriella Miramontes, [Gabriella.Miramontes@pepperdine.edu](mailto:Gabriella.Miramontes@pepperdine.edu)

## Research and Support Team

Melissa Gavilanes, [Melissa.Gavilanes@pepperdine.edu](mailto:Melissa.Gavilanes@pepperdine.edu)

Kimberly Kerr, [Kimberly.Kerr@pepperdine.edu](mailto:Kimberly.Kerr@pepperdine.edu)

Dr. Sonya Sharififard, [Sonya.Sharififard@pepperdine.edu](mailto:Sonya.Sharififard@pepperdine.edu)