

Academic Anonymous: Roundtable on Compassion and Teaching

Date and Time: Tuesday, May 4th | 1:00 PM - 2:00 PM

Outcomes

By the end of this session you will be able to:

- Describe how compassion is practiced in your teaching by sharing compassion practices with other instructors
- Consider ways of addressing “compassion burnout”

Introduction (10 min)

Mark: Compassion mindfulness/grounding session

Overview (12 min)

- Why is our working group focusing on compassion? **Jon**
- What does compassion mean for you (each panelist for 3 min) in your teaching?
 - **Ian, Soha, John**

Collaborative Brainstorm (20 min)

Breakout rooms (4-7 participants): lead facilitator for each breakout room from working group

5 breakout rooms lead by: Michelle, Craig, John, Yoonhee (and potentially Ian, Soha, John, Jon); we should all be co-hosts.

If you're not leading, participate in the breakout room.

Questions/Themes

- What is your teaching context? (college, role, undergrad/grad,etc.)
- What does compassion mean?
- How do you practice compassion in your teaching, assessment, mentoring, course design, online environment, community-building?
- How do you practice self-compassion as an educator? How do you avoid/prevent/address “empathy and compassion burnout”?

Conclusion (8 min)

Jon:

Summary of discussion.

What working group is proposing in terms of moving forward

Notes

- Being flexible (with delivery, assessment, etc.) as a form of compassion
- But we need structural supports (workload, burnout, etc.)!!!
- “authentic” compassion – students don’t necessarily feel the compassion ... balancing compassion with equity
- Ability to make adjustments to plans