Lunch and Learn Graduate Series Fall 2024

"Learn Well and Stress Less"



Please scan this QR code to complete a short pre-course survey!

Erick Richman,

Physical Activity and Wellness Program Coordinator,
Senior Lecturer, Health and Wellness
M.S. Exercise Science, C.S.C.S.
richman erick@columbusstate.edu

"Learn Well and Stress Less"

Overview

- What is Stress?
- Stress Continuum
- Self-Talk and Self-Scripting
- Learning Well
- What is needed to succeed?
- Understanding Emotions
- Questions



What is Stress?

"anything that disrupts equilibrium"

Eustress -

opposite of distress, meaning positive or healthy stress

The Stress Continuum



Learn Well and Stress Less Guide:

Moderate Stress to Maintain Eustress Levels of Ideal Performance





Self-Talk

- ■Self-Talk
 - "Data Bank" of phrases
 - Learned in childhood
 - Phrases parents, teachers, siblings, etc. used to guide us in navigating difficulty



Self-Talk

- Can be helpful, directive, growth-oriented
 - "I'm not getting this. What am I missing? Who can I ask for help?"
 - "Last time I got overwhelmed, I took a nap and it made sense after. I'll try that."
 - "I should reach out to my professor and ask if there's any leeway on the deadline."

- Can be limiting, derogatory, fixed-mindset
 - "I'm just not capable"
 - "I always screw up. There must be something wrong with me."
 - "My parent/teacher/sibling/S O was right, I'm just not cut out for this!"

Self-Scripting

- Changeable with Practice
 - Using Particular Self-Talk Reinforces that Self-Talk
 - ■Notice and Avoid "Talk Traps"
 - Prepare and Keep Visible Self-Scripts

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 - Practice Accepting/Disregarding Non-Helpful Self-Talk
 - Build and Use Solution-Oriented, Knowledge-Guiding Self-Scripts

Language is a Technology

How can we use self-scripting to moderate stress and support learning?

Learning Well

Bloom's Taxonomy of Learning

Bloom's Taxonomy



Produce new or original work

Design, assemble, construct, conjecture, develop, formulate, author, investigate

evaluate

Justify a stand or decision

appraise, argue, defend, judge, select, support, value, critique, weigh

analyze

Draw connections among ideas

differentiate, organize, relate, compare, contrast, distinguish, examine, experiment, question, test

apply

Use information in new situations

execute, implement, solve, use, demonstrate, interpret, operate, schedule, sketch

understand

Explain ideas or concepts

classify, describe, discuss, explain, identify, locate, recognize, report, select, translate

remember

Recall facts and basic concepts

define, duplicate, list, memorize, repeat, state

Bloom's Taxonomy

- Repeatable Structure to Learning
- Demystifies the Process
- Provides Language to Assess Ability and Needs

Learn Well and Stress Less Guide:

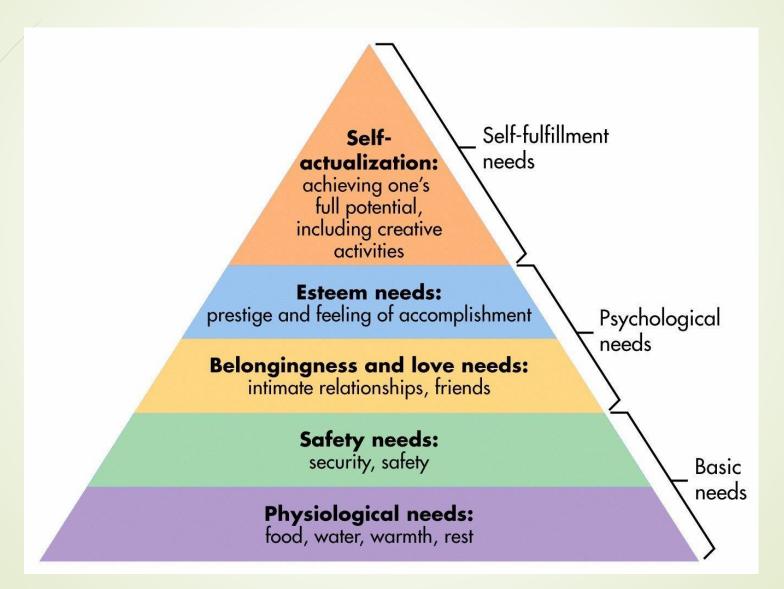
- Moderate Stress to Maintain Eustress Levels of Ideal Performance
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 - Apply Bloom's Taxonomy to Identify Difficulty Spots and Strategize

Difficulty

What makes applying these steps difficult?

Identifying Needs

Maslow's Hierarchy of Needs



Hierarchy of Needs

- Most Pressing Needs Drive Behavior
- Constant Process
- Survival/Safety Needs are Very Powerful
- Social/Esteem Needs are Important

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 - Apply Maslow's Hierarchy to Identify and Address Real Needs

Procrastination

What does it mean when we say that procrastination is about emotions, not motivation?

Understanding Emotions

What are emotions?

- Physical experience
 - Hormones, neurotransmitters, etc.
 - Reactive to the environment
 - Affect perception before awareness
 - Provide feedback about our relationship to external stimuli
 - Can be overlapping, conflicting, contradictory

Taxonomy

- Intensity
- Motivation
- Valence
- Preference/Avoidance
- Vocabulary

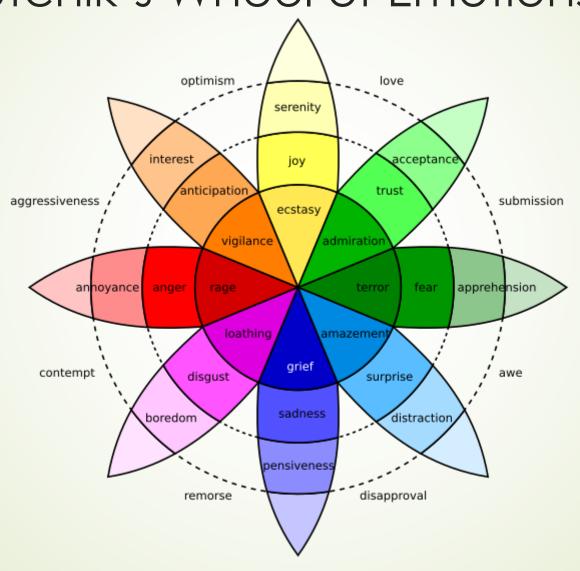
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Hesitant Hesitant Payable Remorseful Payable Remorseful Payable Payable Payable Remorseful Payable Remorsefu	

Needs and Emotions

Emotions Serve to Provide Feedback on Needs



Plutchik's Wheel of Emotions



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 - Accurately Identify and Understand the Emotions You Experience and Why

Regulating Emotions

R.U.L.E.R. for Emotional Regulation



RECOGNIZE

Recognizing emotions in oneself and others.



UNDERSTAND

Understanding the causes and consequences of emotions.



LABEL

Labeling emotions with a nuanced vocabulary.



EXPRESS

Expressing emotions in accordance with cultural norms & social context.



REGULATE

Regulating emotions with helpful strategies.

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 - Accurately Identify and Understand the Emotions You Experience and Why
 - Practice Regulating Emotions Effectively

Summary: Learning Well and Stressing Less

- Stress Continuum:
 - Monitor and Maintain Appropriate Stress Levels
- Self-Talk
 - Prepare and Practice Self-Scripts that Support Growth Mindset and Productivity
- Bloom's Taxonomy of Learning
 - Identify Placement in Learning Process and Take Small, Smart Steps
- Maslow's Hierarchy of Needs
 - Build Awareness of and Prioritization of Your Needs
- Plutchik's Wheel and R.U.L.E.R.
 - Attend to, Label, Consider, and Regulate Emotions

Resources

- Stress Continuum
 - https://mentalhealth.cornell.edu/self-care/stress-management-strategies
- Self-Talk
 - https://learningcenter.unc.edu/tips-and-tools/self-scripting/
- Bloom's Taxonomy of Learning
 - https://cft.vanderbilt.edu/guides-sub-pages/blooms-taxonomy/
- Maslow's Hierarchy of Needs
 - https://www.simplypsychology.org/maslow.html
- Plutchik's Wheel of Emotions
 - https://www.6seconds.org/2022/03/13/plutchik-wheel-emotions/
- R.U.L.E.R. for Emotional Regulation
 - https://www.psychologytoday.com/us/blog/supersurvivors/201911/building-emotional-intelligence-isnt-hard-you-think

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