

# Lunch and Learn Graduate Series Fall 2024

## “Learn Well and Stress Less”



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# “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?



# 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
- 



How do we regulate our stress?







# Self-Talk

# Self-Talk

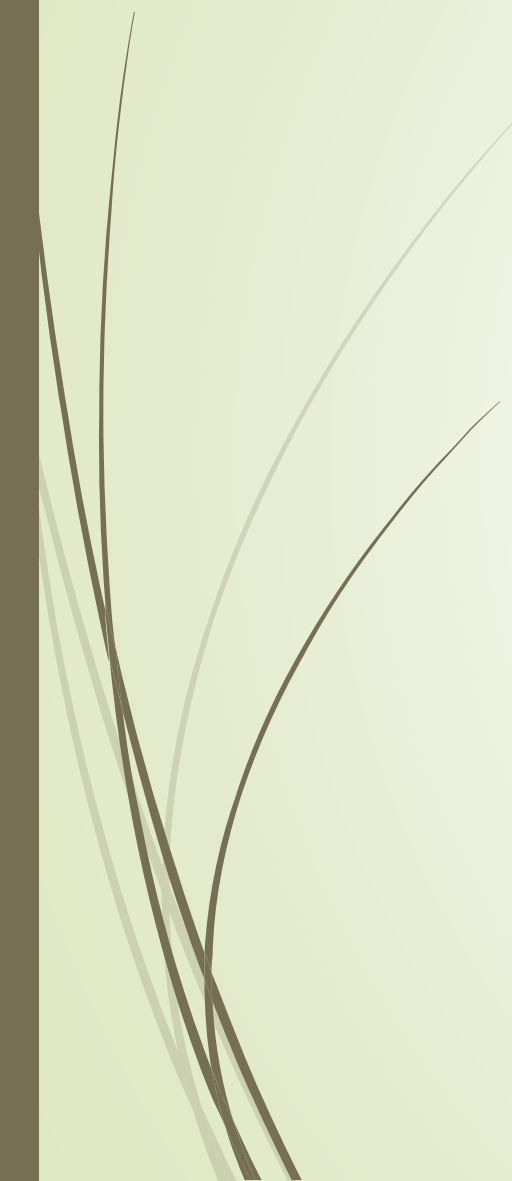
## ➤ Self-Talk

- “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/SO 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



# Learn Well and Stress Less Guide:

- ▶ Moderate Stress to Maintain Eustress Levels of Ideal Performance
  - ▶ Practice Accepting/Disregarding Non-Helpful Self-Talk
  - ▶ Build and Use Solution-Oriented, Knowledge-Guiding Self-Scripts



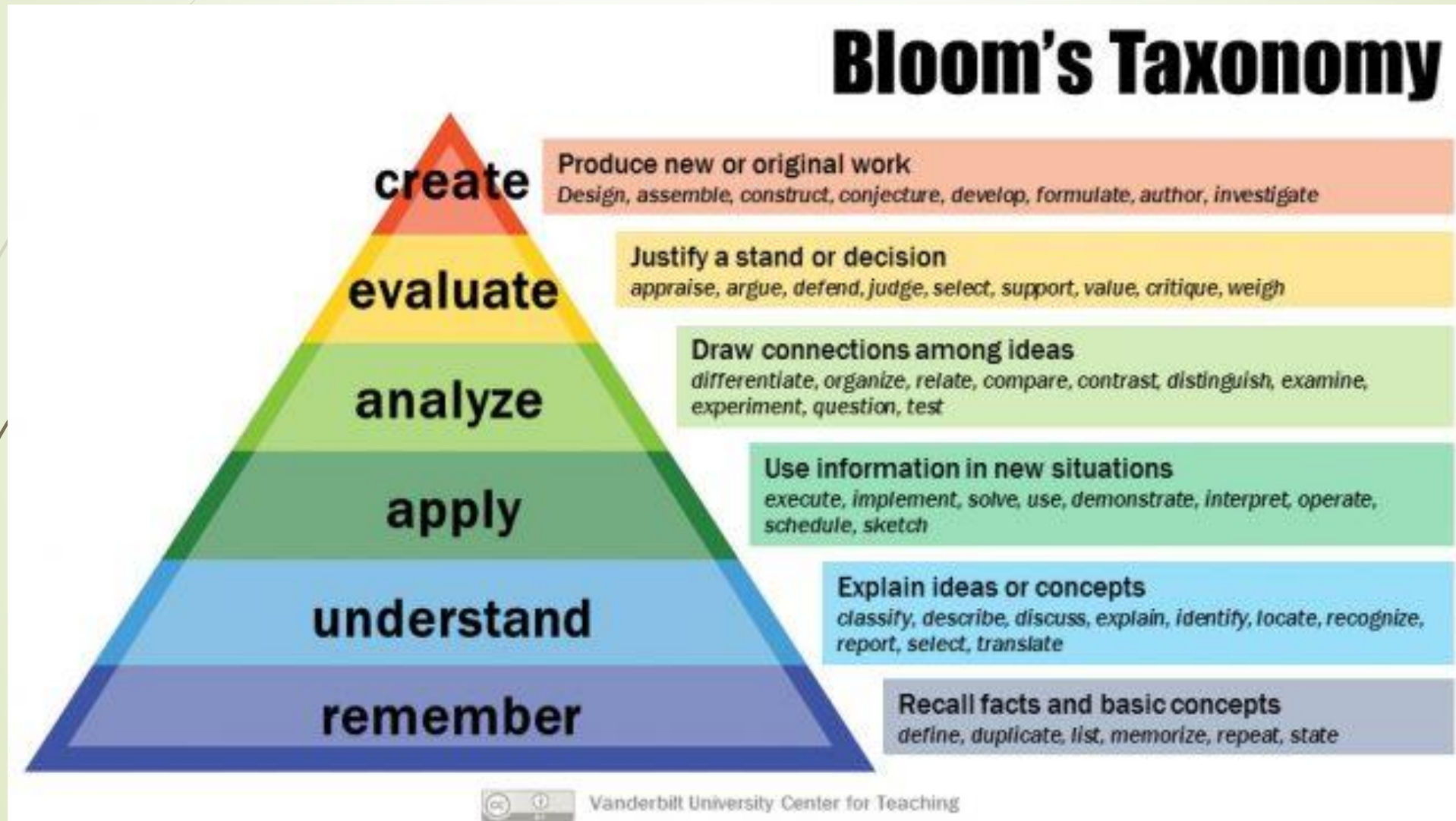
# Language is a Technology

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



# Learning Well

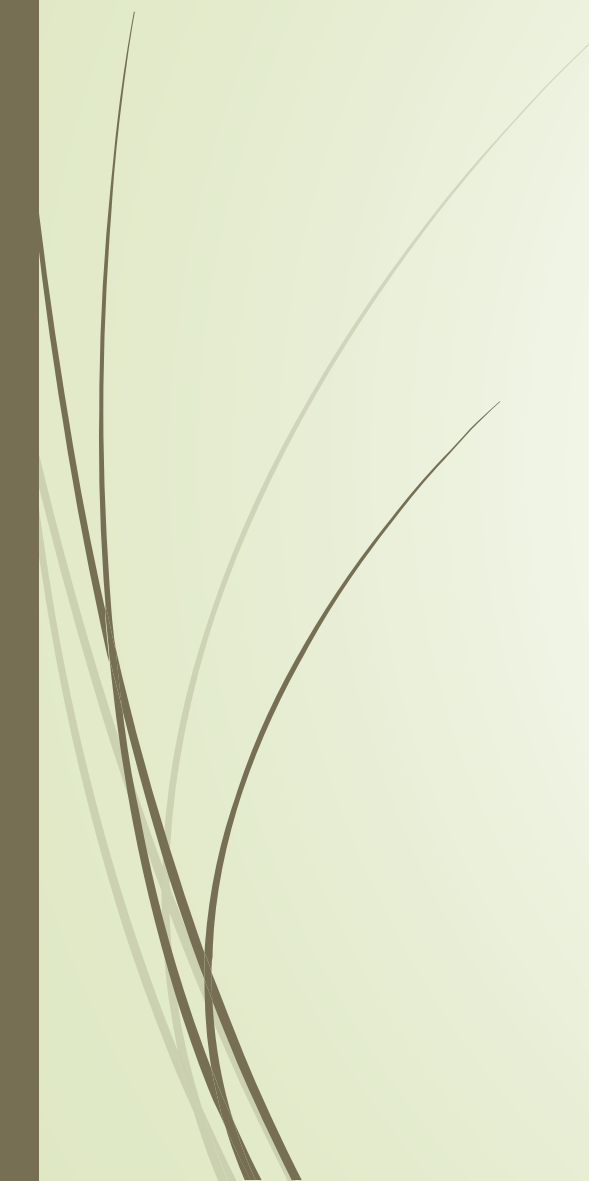
# Bloom's Taxonomy of Learning







# Bloom's Taxonomy

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



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  - ▶ Build and Use Solution-Oriented, Knowledge-Guiding Self-Scripts
  - ▶ Apply Bloom's Taxonomy to Identify Difficulty Spots and Strategize



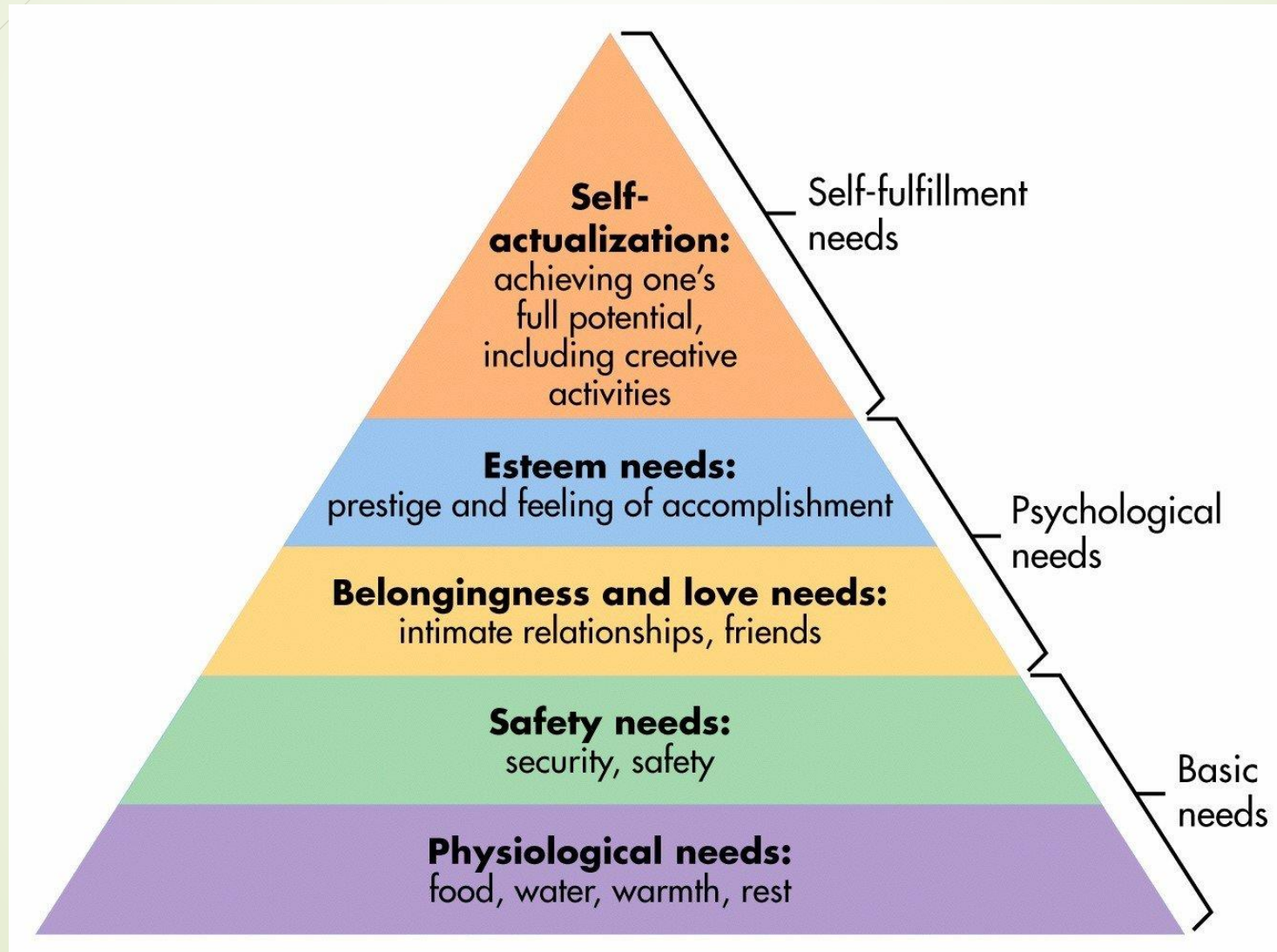
# Difficulty

- ▶ What makes applying these steps difficult?
- 



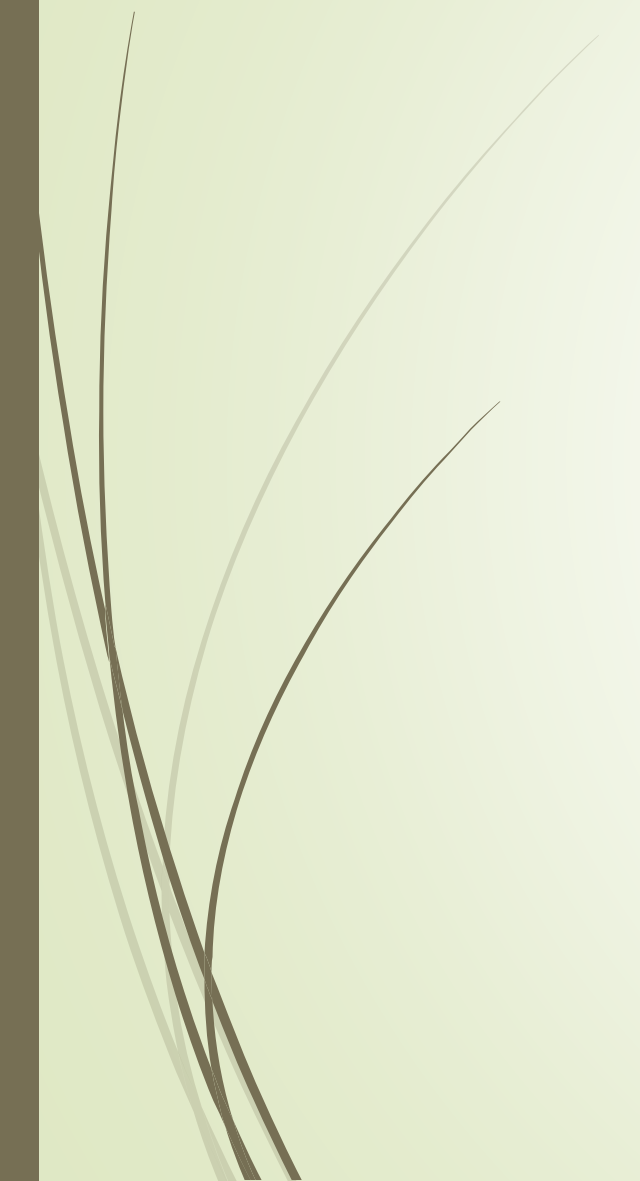
# Identifying Needs

# 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
- 

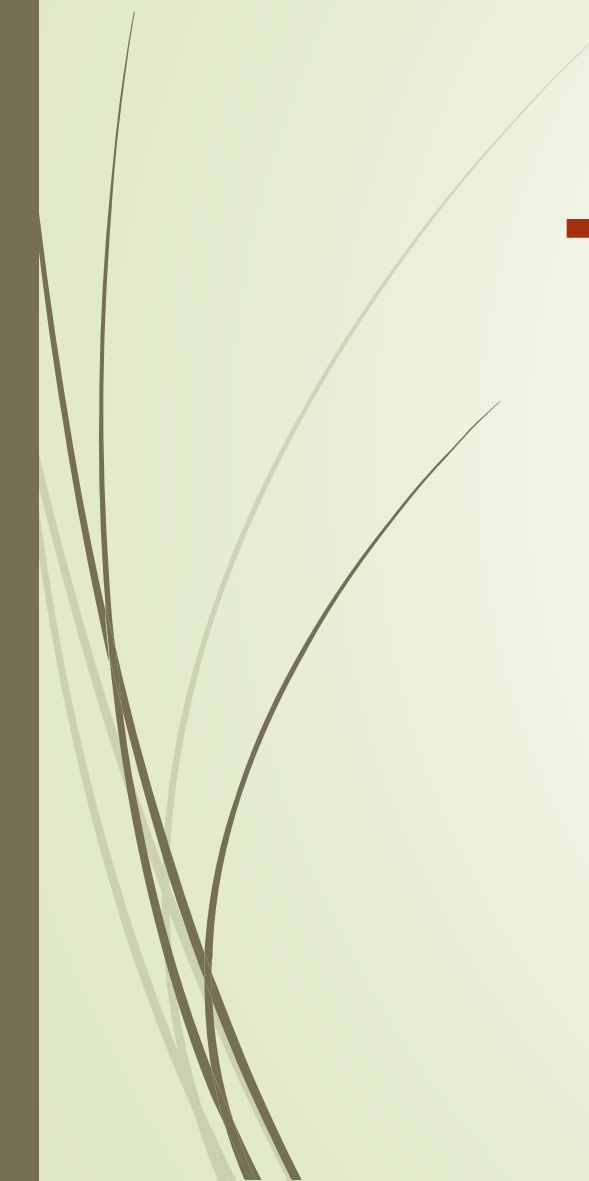


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  - ▶ Apply Bloom's Taxonomy to Identify Difficulty Spots and Strategize
  - ▶ Apply Maslow's Hierarchy to Identify and Address Real Needs




# Procrastination

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





# Understanding Emotions



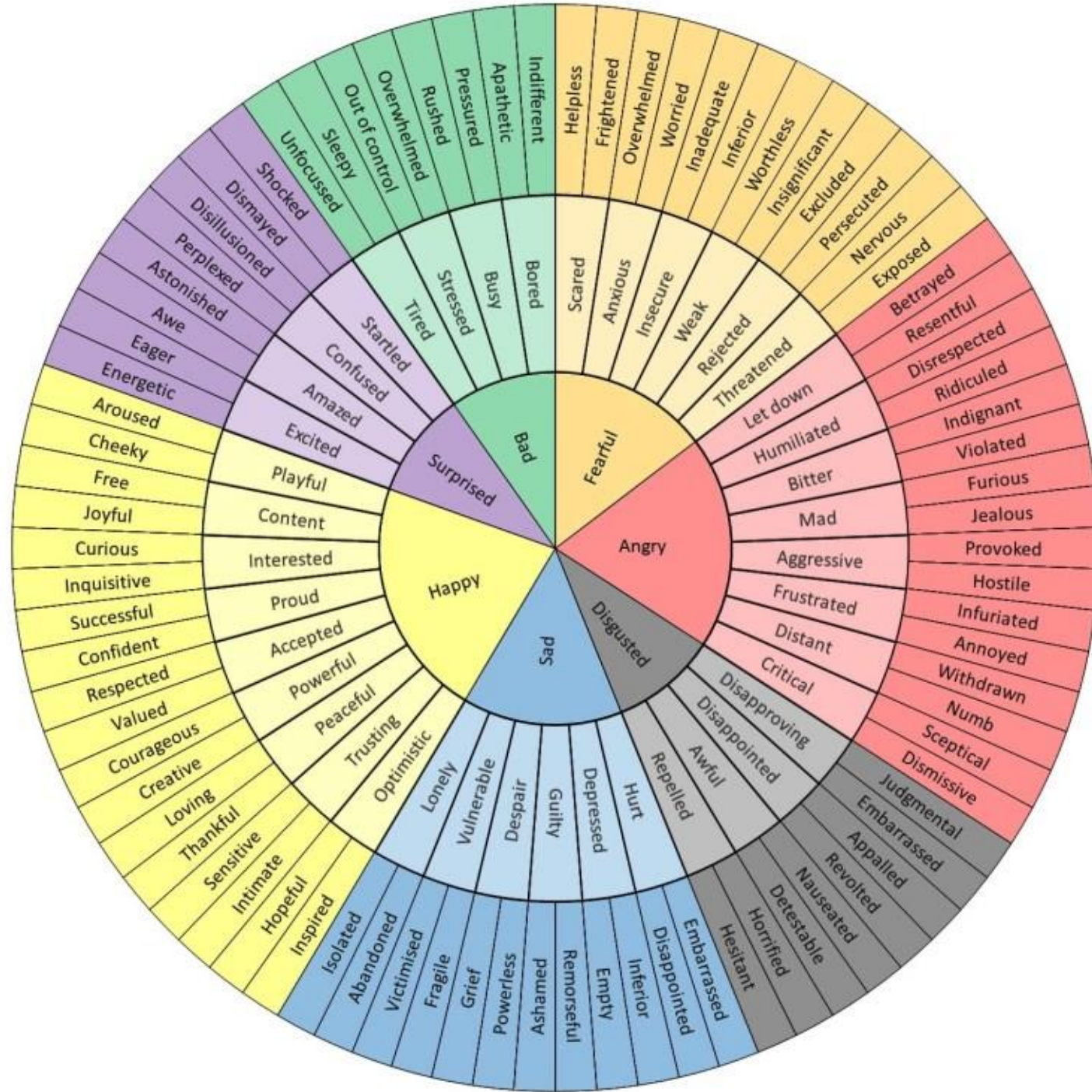
# What are emotions?

- ▶ 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

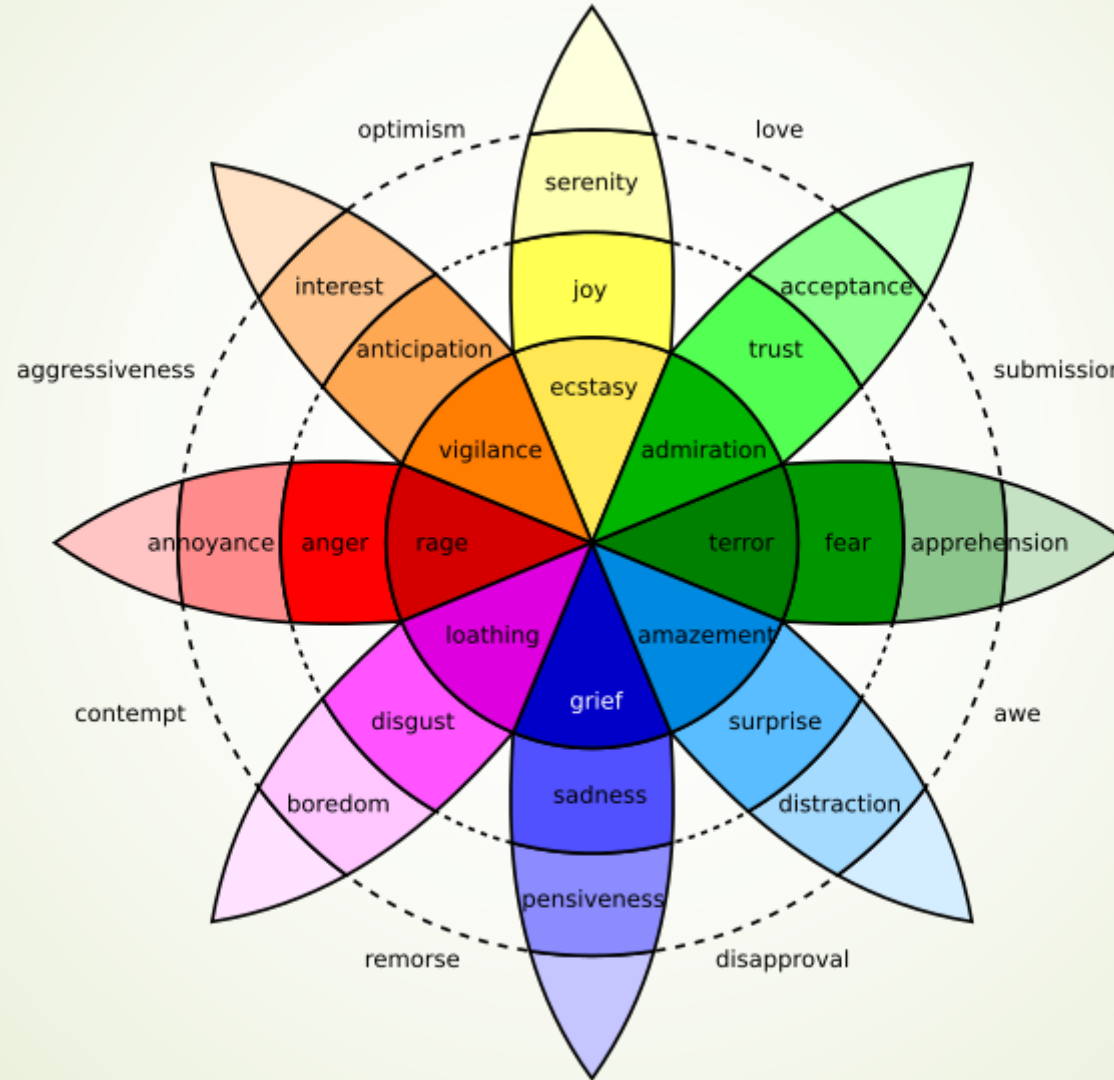


# Needs and Emotions

- ▶ 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





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  - ▶ Apply Bloom's Taxonomy to Identify Difficulty Spots and Strategize
  - ▶ Apply Maslow's Hierarchy to Identify and Address Real Needs
  - ▶ 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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