

Teaching and Learning with Care and Hope: Ways of being with crisis, trauma, and uncertainty in the classroom and beyond

ACM Online Course Design and Pedagogies Workshop

Monday, June 8, 2020 @ 9:30am-11am

Led by Macalester College



Karín Aguilar-San Juan, Ph.D.
(she/they/siya)

Professor and Chair of American
Studies; a martial arts practitioner;
and a leader of the Race, Love, and
Liberation Lab (for growing
spiritual things) at Clouds in Water
Zen Center, St. Paul, Minnesota

A Map to the Next World

Joy Harjo

U.S. Poet Laureate 2020

<https://www.poetryfoundation.org/poems/49621/a-map-to-the-next-world>

In the last days of the fourth world I wished to make a map for
those who would climb through the hole in the sky.

My only tools were the desires of humans as they emerged
from the killing fields, from the bedrooms and the kitchens.

For the soul is a wanderer with many hands and feet.

The map must be of sand and can't be read by ordinary light. It
must carry fire to the next tribal town, for renewal of spirit.

In the legend are instructions on the language of the land, how it was we
forgot to acknowledge the gift, as if we were not in it or of it.
[...]

We were never perfect.

Yet, the journey we make together is perfect on this earth who was
once a star and made the same mistakes as humans.

We might make them again, she said.
Crucial to finding the way is this: there is no beginning or end.
You must make your own map.



Devavani Chatterjea, Ph.D, MPH
(she/they)

Professor, Biology & Public Health;
Writer; Parent; Yoga teacher

How can I help students create community online?

How can I help students stay motivated?

Are there ways of being with crises that will help students thrive?

How do race, gender, ability intersect with trauma?

How to recognize and engage racial disparities in effects of pandemic?

How to support students whose communities have been particularly affected?

How can we care for trauma experienced by international students?

How can we be especially attentive to first year students?

How to balance privacy vs. awareness of student situation?

How to support higher-risk students online?

How do we balance rigor and compassion and not turn a course in 40+ independent studies?

How can I balance high expectations with being more understanding?

How to better organize peer to peer mentoring?

How can we engage topics like trauma and race in classes that are not humanities?

Should the content of courses reflect current crises?

How can faculty take care of each other?

Given the current US/world situation - how can I keep my own hope alive?

How to center care+hope in Teaching and Learning Centers?

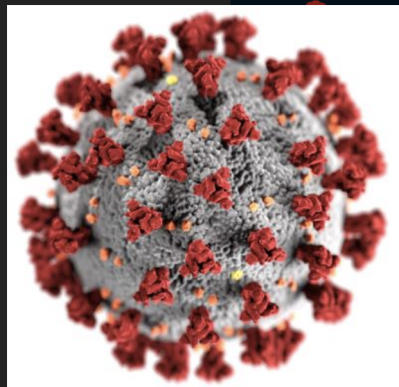
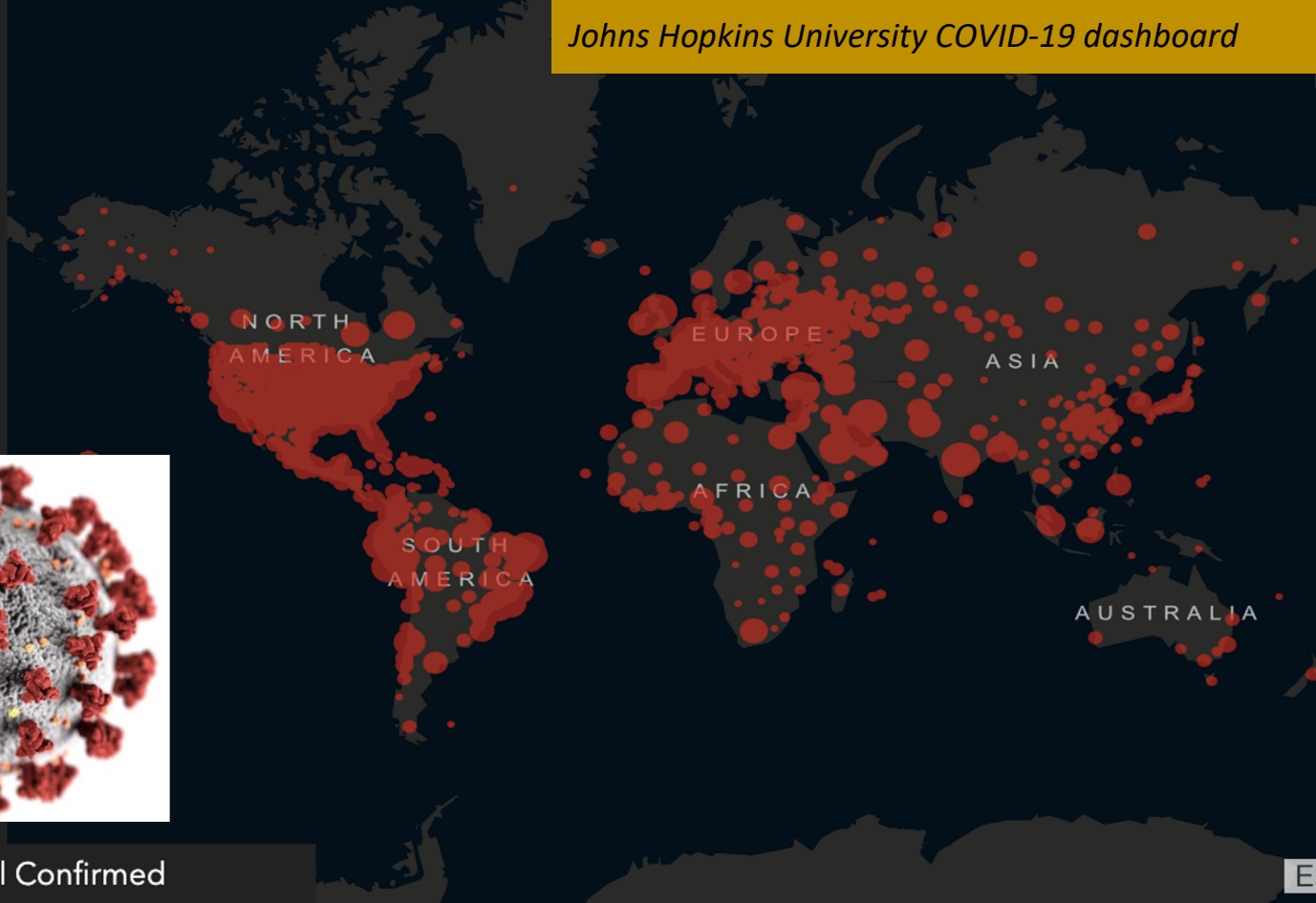
How to center care+hope with student employees?

What are you bringing with you today?

Two urgent contexts



38th & Chicago
South Minneapolis
Memorial for
George Floyd.
Photo by Karin
Aguilar-San Juan,
June 5, 2020



Total Confirmed

6,952,505

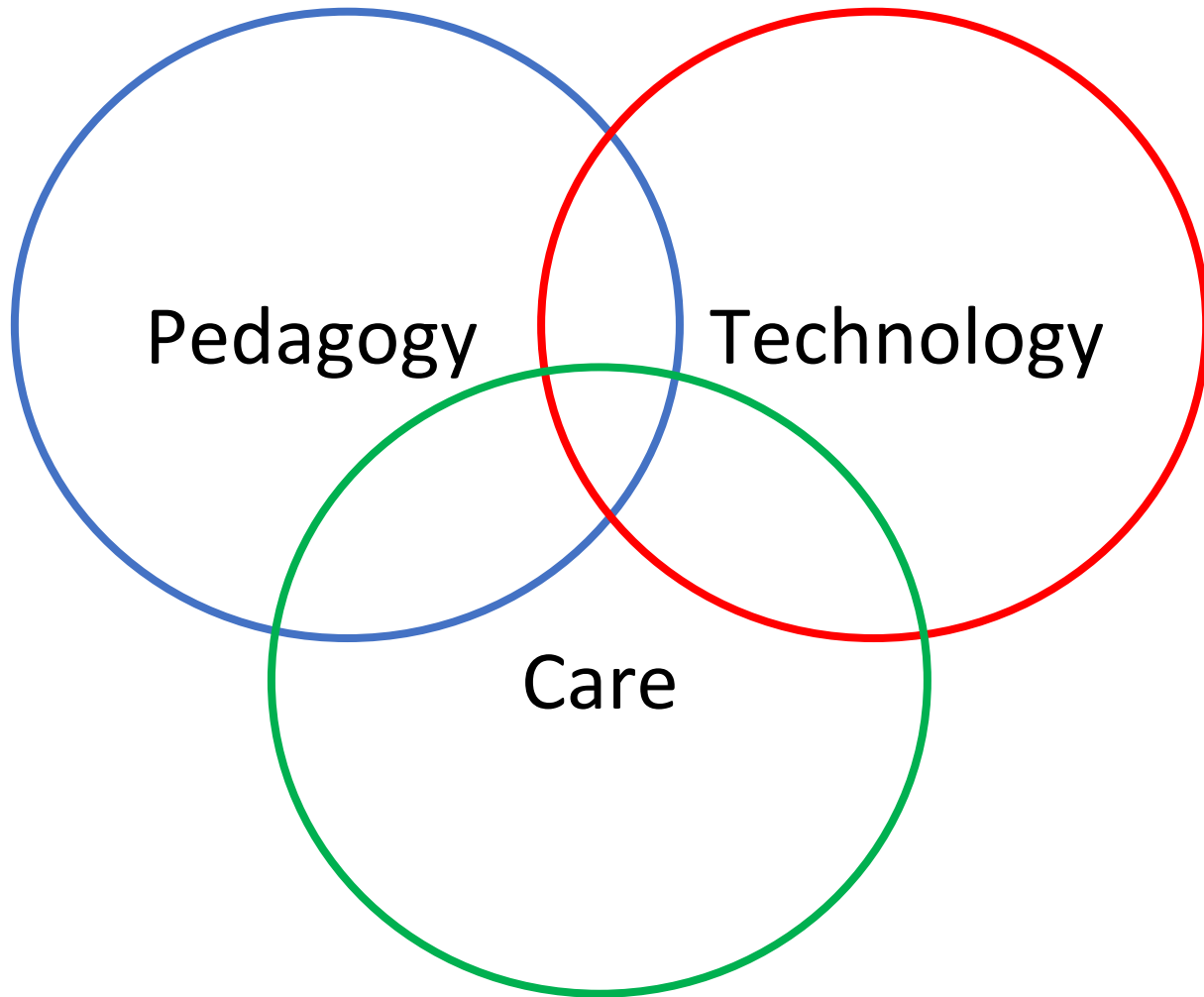
Cumulative Confirmed Cases

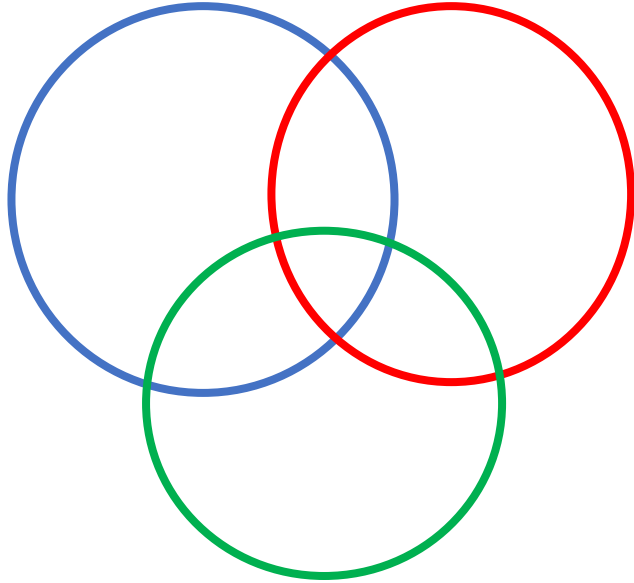
Esri, FAO, NOAA



Photo credit: Gitanjali Matthes







- Show up
- Be yourself
- Put yourself in their shoes



The Single Most Essential Requirement in Designing a Fall Online Course

We need to be human first, professor second. We need to design as humans for humans in a global crisis. We need to design our courses with the awareness of pain, dislocation, uncertainty, and trauma now central to all our lives. It's a lot to ask. It is the one and only essential as we design our courses for this disrupted fall.

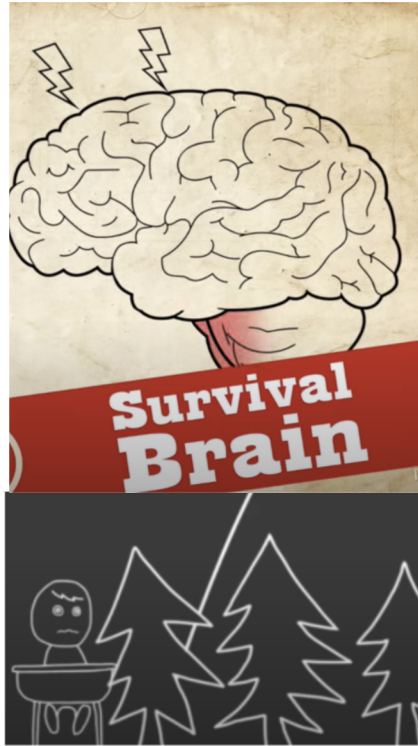
Cathy Davidson; Humanities, Arts, Sciences and Technology Alliance and Collaboratory, CUNY



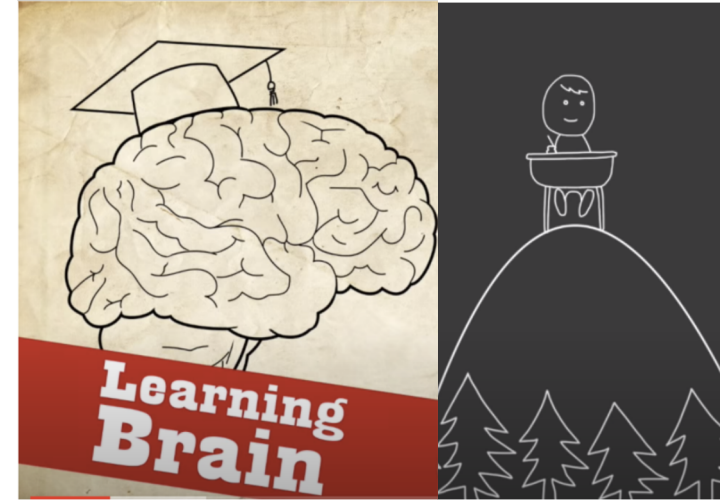
Jacob Ham, PhD

Center for Child Trauma & Resilience;
Icahn School of Medicine, Mt. Sinai,
New York

<https://www.youtube.com/watch?v=KoqaUANGvpA>



- hyper focused on threat
- seeks absolutes
- feels panicky
- afraid of making mistakes
- want to get things over with



- Curious
- Open to new ideas
- Okay with making mistakes
- Comfortable with ambiguity
- Is able to see the big picture
- Playful and ready to have fun
- Calm and confident

<https://www.youtube.com/watch?v=KoqaUANGvpA>

We are all more resilient when our needs are met

Connection

Meaning

Peace

Honesty

Autonomy

Joy

Humor

Physical well being

Photo credit: Louisa Bradtmiller





Arundhati Roy: Pandemic as portal

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. **Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.**



**In this season of
unimaginable death,
especially black and
brown death, these
young people rose to the
occasion.**

ARTS IN SOCIETY

Teaching African American Literature During COVID-19

"In a season of unimaginable death, my students emerged as visionaries. I hope to live to see the world they create."

FARAH JASMINE GRIFFIN

Columbia University

As we pass through this portal, let's think about what we might take to the other side, and what we want to leave behind. One or two sentences per question. No more.

1. What one book from class would you want to take with you?
2. What, if anything, from your old life do you want to leave behind?
3. What do you appreciate that you would like to take with you?
4. What change, if any, would you like to see, and commit to bring about, on the other side?

Photo credit: Gitanjali Matthes



Radical Hospitality

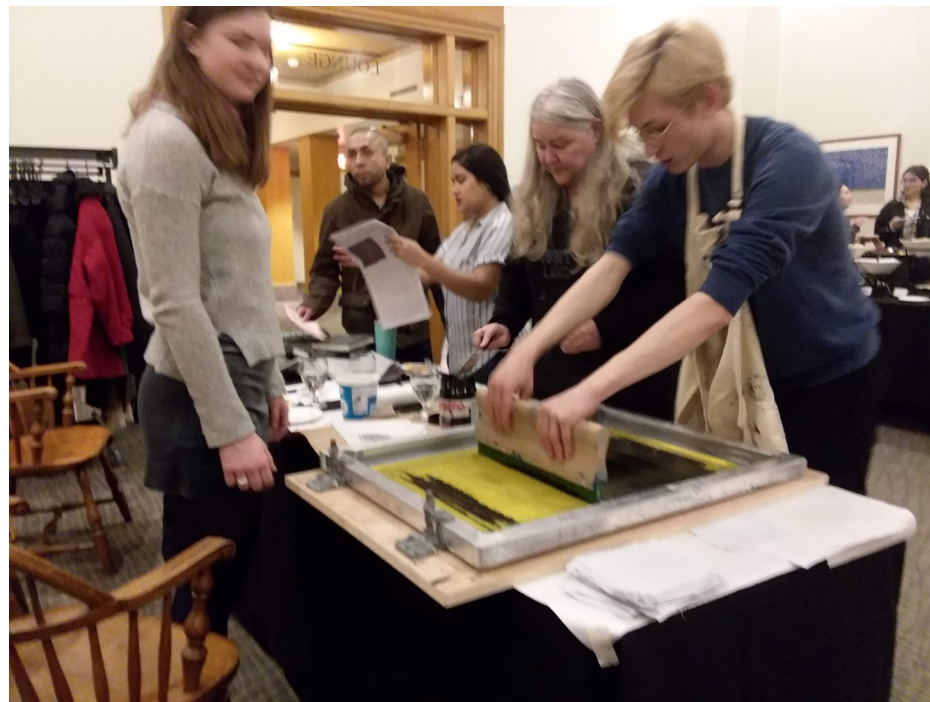
- What is our purpose for coming together?
- Create places for teaching and learning
- Facilitate belonging
- “Gathering matters because it is through each other that we figure out what we believe” --Priya Parker



Amelanchier canadensis or “serviceberry” tree.
Photo by Karin Aguilar-San Juan,
June 5, 2020

Toward an Embodied Practice

- “Teach with tenderness”
- Learning from my mistakes
- Internal resources: intellect, emotions, body
- *How are we going to be with grief, trauma and uncertainty?*



Prof. Ruthann Godollei (Macalester) with students. Photo by Karin Aguilar-San Juan, March 6, 2020

Photo credit: Gitanjali Matthes



Bio Break! (5 minutes)

Stretch, move, hydrate, relax...



Lake Nokomis, Minneapolis. Photo by Karin Aguilar-San Juan,
June 2, 2020

BREAKOUT GROUPS (20 min)

Why?

to meet and reflect with others

to listen, share, and practice with care and hope

to acknowledge the difficulties and inequities we face

How?

- introduce yourselves
- names and PGPs
- invite everyone in; notice the time and space taken

Prompts:

What drew you to this workshop?

What resonates for you?

What support do you have/need?

Discussion...please use the chatbox to offer your comments and questions.

Thank you and see
you Friday!

Acknowledgements:

- *Rev. Kelly Stone*
- *Liz Schneider-Bateman*
- *Prof. Brian Lozenski*
- *Prof. Joan Ostrove*



“My neighbor’s
peonies.” Photo
by Karin Aguilar-
San Juan, June 2,
2020