

# LINDENWOOD UNIVERSITY

LEARNING ACADEMY

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## COURAGE OVER COMFORT

### LIVING INTO YOUR VALUES: DEVELOPMENT EXERCISE

**Choosing courage over comfort** starts with knowing who we are and what we value as individuals. According to [Brené Brown](#), we must go further than professing our values; we must practice them. **Be clear about who you are, what you believe, and "walk the talk."** Living into your values, as Brown calls it, takes a lot of work. We have to be willing to spend time in the stillness and consider who we are at the core of our being.

Brené Brown provides three steps for living into our values:

- Step 1: Name Your Values
- Step 2: Take Your Values from BS to Behavior
- Step 3: Show Empathy and Self-Compassion

**To start the journey of living into our values, we have developed an exercise to walk you through the three steps that allow you to define your values and take them from just *ideals* to *guiding principles of your life*.**

## THE LEARNING LOG

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### LINDENWOOD LEARNING ACADEMY

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[Click here to check out  
our webpage!](#)

*Daring  
leaders who  
live into  
their values  
are never  
silent about  
hard things.*



### Step 1: Name Your Values

Go to the [Learning Academy website](#) > Development Toolkits > Choosing Courage Over Comfort to access the **exercise material**. Start by watching the interactive video that will take you through the process of clarifying your top three values.

Three questions to consider throughout the exercise:

1. Does this define me?
2. Is this who I am at my best?
3. Is this a filter that I use to make hard decisions?

### Step 2: Take Your Values from BS to Behavior

After you've clarified your values, complete the **personal values log** that is available in the exercise material on the LLA website. This will help you bring your values to life!

Submit your personal values log to [learningacademy@lindenwood.edu](mailto:learningacademy@lindenwood.edu) by July 27th. **All submissions will be entered into a drawing to win your own copy of [Dare to Lead](#) by Brené Brown!**

### Step 3: Show Empathy and Self-Compassion

Empathy and self-compassion are the two most important qualities to embody, especially in difficult times. They guide us in not only the way that we treat others, but also in the way that we treat ourselves.

Now that you have clarified your values and determined the behaviors that both align with and diverge from your values, it's time to start living your values! **Look out for the July Learning Log, where we will explore how our values can strengthen our ability to give and receive feedback.**

## FACULTY DEVELOPMENT HIGHLIGHTS SPRING AND SUMMER 2020

### FACULTY WORK HARD TO DEVELOP SKILLS IN ONLINE TEACHING AND LEARNING

Faculty have continued to rise to the teaching and learning challenges brought by the pandemic! Throughout the spring, faculty relied on one another to learn skills they needed to quickly take courses online. Some also sought support through consultations with the Learning Academy, Lindenwood Online, the Lindenwood Library, or by way of disciplinary groups. Between March and June, 16 faculty completed either a synchronous or asynchronous version of *Introduction to eLearning*, offered by Lindenwood Online, and 60 faculty enrolled in the Learning Academy's guided Professional Learning Community (PLC), *Taking Online Teaching to the Next Level*.



Faculty are immediately applying what they've learned to current or upcoming courses. Reflecting on her experience in the guided PLC, Christine Roth, adjunct instructor in the School of Humanities, said, "I have already started implementing the information I've learned into my summer courses. I saw what I was doing right AND wrong with my courses. But I also was exposed to what others were doing. This is an educational experience itself. I gained ideas on what I can do with my learning assignments, [learned] that I do not need to follow the same old model, and found new ways to motivate and engage my students while matching the learning outcomes of the class. If anything, this course has made me purchase more books and sign up for more training because I believe I can do so much more with my online courses."

**This dedication to continuous improvement exemplifies the values of the Learning Academy and Lindenwood, as a whole. Thank you, faculty, for your commitment to your own learning and your students! Below are some ways we will continue to support you as you build on your skills for the Fall semester.**

LINDENWOOD LEARNING ACADEMY

### TAKING ONLINE TEACHING TO THE NEXT LEVEL

A GUIDED PROFESSIONAL LEARNING COMMUNITY



# NEW PROFESSIONAL DEVELOPMENT AVAILABLE FOR ONLINE / HYBRID TEACHING AND LEARNING

## VIRTUAL SESSIONS

During July and August, the Learning Academy will offer live, virtual sessions on pedagogical topics relevant to teaching in online and hybrid formats. Session information will be posted on the [Learning Events Calendar](#) and in the Digest as it becomes available.

Register now for one of two sessions on **Strategies for Designing an Online or Hybrid Course**

[Session 1](#): July 7th, 10-11 AM

[Session 2](#): July 9th, 1-2 PM

Save the dates for:

- **Organizing an Online Course**, July 15th, 9:30-10:30 AM and July 17th, 10:30-11:30 AM
- **Designing Assessments**, July 20th, 9-10 AM and July 22nd, 10-11 AM
- **Teaching with OWL**, July 21st, 1-2 PM and July 23rd, 9:30-10:30 AM

Registration for these will be open soon. More sessions are under development. Please email [knorwood@lindenwood.edu](mailto:knorwood@lindenwood.edu) if there is a topic you would like to suggest.



## ON-DEMAND RESOURCES

The Learning Academy has collaborated with Lindenwood Online to create and curate [on-demand resources](#) to guide faculty through the process of preparing online / hybrid courses for the Fall semester. Faculty can find things like course planning templates and sample schedules, strategies for on-ground sessions in a hybrid format, tips for including virtual and on-ground audiences simultaneously, tutorials on designing authentic assessments, ideas for creating active learning in an online course, and how-to guides for various functions in Canvas, among many other helpful resources. You can also enroll in the self-paced version of *Introduction to eLearning 2.0* by emailing [LindenwoodOnline@lindenwood.edu](mailto:LindenwoodOnline@lindenwood.edu).

## INDIVIDUAL CONSULTATIONS

Faculty also have access to consultations with various campus support departments.

**The Learning Academy** continues to offer individuals consultations and is excited to announce that we now have six Faculty Consultants for Online Teaching available to expand our reach. [Read more about the program or schedule a consultation.](#)

**Lindenwood Online** is available for individual consultations, as well. If you need help thinking through how to design or build your courses, learning to use Canvas functions, or identifying external technologies to enhance your course, contact [lindenwoodonline@lindenwood.edu](mailto:lindenwoodonline@lindenwood.edu).

**Accessibility Services** is available to consult on issues of accessibility in any course format.

The **Lindenwood Library** can support faculty designing and delivering online courses in a number ways. Interested in finding Open Education Resources for your course? Need help with making your readings available to students? Looking to integrate research resources for your students in your course? [Contact a librarian.](#)

The **Writing Center** offers faculty and students many resources to assist with the successful design and implementation of writing assignments.