

# Center for Excellence in Teaching & Learning

University of Colorado Denver



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How to Balance a Busy Schedule & A Healthy Lifestyle

[Save the date: Teaching & Learning Recognition & CETL Turns TWO](#)

January Newsletter winners & enter this months newsletter below!

## WINTER COURSE PREP RETREAT: A RECAP

We hosted the first-ever Course Prep Retreat virtually in January with two structured days and two independent workdays where faculty could meet one-on-one with a CETL Instructional Designer. Faculty were invited to pick up a goodie bag from our office with snacks and resources for the workshop to really kick off the event from the comfort of our own homes! What did they think?



23 faculty members attended the virtual course retreat and **96% would recommend the course prep retreat to colleagues.**

**100% found the retreat relevant to their work.**



"There are few chances for CU Denver faculty to connect about teaching, research, life in general, so the retreat was a valuable opportunity both professionally and personally."



## NEW! CEREBRO: A PODCAST ALL ABOUT TEACHING & LEARNING

We're excited to launch **The Cerebro Series**, our first podcast series with a new educational topic in each episode. Seven minutes or less - the perfect, bite-sized earful for the busy educator to absorb new concepts that can be later put into practice. [Start listening here](#) and get those brain juices flowing.

### Episode #1: The First Day of Class

How to plan for and make the most of the most important day of the semester—the first day of class!

### Episode #2: Seven Principles of Good Practice in Undergraduate Education

Essentials from Chickering & Gamson's Seven Principles of Good Teaching Practice.

VISIT [WWW.UCDENVER.EDU/CETL](http://WWW.UCDENVER.EDU/CETL) TO FIND THE PODCAST



"The retreat moved me from procrastination to activity, from boredom "you mean I have to write another syllabus..." to enthusiasm!"

"It was helpful and reassuring to know I had a condensed week where I'd have to focus on course prep and had support whenever I needed it."

"It was really nice to connect with others on campus. It was great to have the structure provided while granting us the autonomy to work on our own courses."

## STAY TUNED! VIRTUAL AUTUMN COURSE PREP RETREAT

We will be offering the Course Prep Retreat again in Fall 2022! We will continue to offer the program virtually, a few weeks before each semester begins to help you prepare and start the year off with success. **Exact dates and times are to be decided**, so stay tuned on the dates by checking our [CETL Website](#).



## TEACHING ENHANCEMENT GRANT APPLICATIONS OPEN!

We believe great teaching is at the heart of student success - we want to support you in your teaching at CU Denver.

### DETAILS:

- Maximum of \$3,000
- **All faculty members** (includes Lecturers, IRC faculty, tenure-track, tenured, part-time/full-time faculty, etc.)
- Denver Campus faculty and educators

### EXAMPLES OF PROJECTS:

- Develop modes of teaching that are learner-centered
- Promote diversity and inclusive practices in the classroom
- Enhance the use of high impact practices
- Seek to develop digital pedagogies
- Undertake scholarly activity focused on teaching and learning in higher education
- Seek to develop innovative course-based or program-level assessments.

[Click here to apply now](http://www.ucdenver.edu/TEG) or visit [www.ucdenver.edu/TEG](http://www.ucdenver.edu/TEG)

## BECOME A CETL FELLOW: SUPPORT STUDENT LEARNING & TEACHING ON CAMPUS

Join our CETL team by becoming a faculty fellow. Our Faculty Fellows are a vital part of our team as they facilitate workshops, facilitate faculty coaching conversations, and support CETL mission to support faculty in the pursuit of teaching excellence to promote the intellectual and personal growth of all students at CU Denver.

We're seeking faculty who are passionate about:

- Student success
- Faculty development
- Open Educational Resources
- Communities of Practice
- Inclusive Teaching Practices
- Immersive Experiences for Learning
- Online Teaching and Learning support
- Hispanic Serving Institution

Learn more about being a CETL Faculty Fellow by visiting [our website](#) also found on our website [www.ucdenver.edu/CETL](http://www.ucdenver.edu/CETL).

[Join our team today, click here!](#)



## LEARNING FALLACIES AND NEUROMYTHS QUIZ

Are you up to date with the latest research of how learning works?

Take our quick quiz and then check the answers on the next page.

**TRUE OR FALSE** Handwriting notes and typing notes in class are equally effective.

**TRUE OR FALSE** Encouraging students to have a growth mindset on their own is an effective way for them to develop a growth mindset.

**TRUE OR FALSE** Helping students develop executive functioning improves learning and benefits all students, even strong ones.

**TRUE OR FALSE** Students' learning can be optimized by matching learning types (auditory, visual, kinesthetic, etc) with teaching style.



## LEARNING STYLES: MYTH OR FACT?

**“Individuals learn better when they receive information in their preferred learning styles.”**

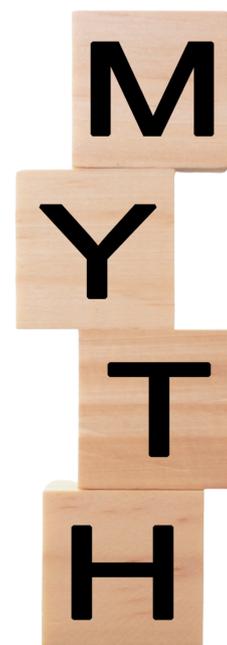
It's a myth. Although learning style has been widely used, the above statement is not supported by science. Individual variance in learning preferences does exist. Yet evidence suggests that assigning learners to groups or categories is unhelpful based on a supposed learning style (Vaughan 2017).

The danger of this myth lies in its potential to mislead students to think: “The content is not presented in my preferred learning styles, so I can not learn it well. Therefore, I don't even need to make an effort to try to learn it.” Instead of focusing on positive attitude and efforts, students can blame content or curriculum not delivered to meet their individual learning styles.

Why is it important to debunk this myth? It helps redirect our efforts into developing real learning, real progress, and real success through universal design for learning, such as multiple means of representations, multiple means of interactions, and multiple means of expressions (cast.org, n.d.).

Practical applications of learning for debunking learning styles include:

- Provide content in multiple formats if possible
- Interact and engage students at all levels: student-to-content interactions, students-to-students, students-to-instructor interactions.
- Provide a variety of opportunities for students to demonstrate and express their learning.



## LEARNING FALLACIES AND NEUROMYTHS QUIZ

Here's the answer key to the quiz on the previous page.

- ✔ **True:** Based on a number of studies, there's no definitive evidence that handwriting or taking notes on a computer is superior (Morehead et al., 2019).
- ✘ **False:** Guiding students to link strategies they can control to academic success is key to developing a growth mindset (Yeager et al., 2019).
- ✔ **True:** Executive function skills like the ability to plan, execute, and adjust tasks and monitor progress are universally beneficial. Our brain continues to develop into our mid-20s, indicating an ability for potential improvement through neuroplasticity (Eyler, 2018).
- ✘ **False:** There's no evidence to suggest there are learning types. Such labels can actually be harmful to students. Neuroplasticity suggests strengths and weaknesses change over time. Teachers should use a variety of learning style methods based on the content they are teaching (Pashler et al., 2008).

## ➔ Get Active

Get active at the [Lola & Rob Salazar Student Wellness Center](#).

- See the [CU Denver Affiliate membership options!](#)
- \$30 for 30 days, options for 10 pack or day pass also available
- **Make a plan for your wellness:** complimentary wellness coaching consultation
- Personal training & group fitness classes
- Adventure gear rental shop and bike shop
- Climbing wall & pool
- Fitness center and reflection rooms
- Flexible workspaces

## ➔ Earn your way to fitness with Move

Earn \$25 a month for logging at least 30 minutes of exercise, 12 days a month! Learn more [here](#).

## ➔ Eat healthy on campus

Try the new City Heights dining hall, packages available for faculty/staff.

[View plans & see what your pass get's you, here!](#)

## ➔ Enhance emotional wellness

Enhance emotional wellness with the State of Colorado Employee Assistance Program

- Counseling benefits
- Complimentary meditations available
- Mental health resources

## HOW TO BALANCE A BUSY SCHEDULE & A HEALTHY LIFESTYLE

By Amber Long, Executive Director Wellness & Recreation Services

The start of a new year is a great time to establish a routine - especially true as we continue to battle the long-standing impacts of living within the confines of a pandemic. If you are interested in attaining wellness or fitness goals the most impactful thing you can do is create a routine that allows you to be consistent in practicing healthy habits. There is **no magic program** or diet that creates a well person. Rather, consistent choices of healthy habits most of the time are the formula for lasting change and results. Think of wellness as a long-term journey dedicated to small healthy choices day after day.

To become more consistent, schedule and prioritize wellness time. Make your scheduled time as consistent as possible, for example, every day at noon or three evenings a week at 5:30 pm. Consistency will make it easier to stick with it in the long run, even when you feel busy and overwhelmed. Guard your wellness time as the time and space you need to re-charge. You can also make wellness part of your daily life rather than an hour at the gym. Be intentional - walk your commute, use lunch hour for a quick meditation or schedule a grocery pick up so you can make a healthy meal when you get home.



Wellness habits are personal and every person defines wellness in a unique way. Listen to your mind and body and honor the practices that help you feel like your best self. Sometimes, adding wellness practices during the workday can help ensure consistency in the schedule. Many folks enjoy a mid-day break for a workout or a walk. CU Denver has a host of opportunities to help faculty be well (*outlined to the left*). This list is not all-inclusive so if you know about more offerings, please share the knowledge with your peers!

As you plan for the spring semester, take time to plan your wellness. You deserve to hold time and space for your health. Be as bold as to add a meeting to your calendar for wellness, and hold firm to protect that time. The first step towards feeling more healthy and well is finding time to practice things that make you well. The second step is to maintain consistency in those habits. With consistency, you will find results that will enable you to be the most healthy you.



## ADDITIONAL TRAINING & SUPPORT

**CU Denver Red Folder:** Resources and guidance for faculty and staff on how to identify and respond to students in distress.

**Mental Health First Aid Courses:** Free, 8-hour certification course for faculty, staff, and students.

**You can Help a Student:** Free, 1-hour, online course for faculty.

**CU Denver CARE Team:** The Campus, Assessment, Response and Evaluation (CARE) Team provides support and resources to students who are struggling. Anyone can submit a CARE Report if they are concerned for a student's wellbeing.

**Make it Accessible Series:** includes topics such as Microsoft Word, PowerPoint, email, surveys (Qualtrics), and Zoom.

## Enter the February Newsletter Drawing

Enter to win by completing the form and responding to our question:

Did you listen to our new podcast? Tell us what you think or suggest a topic for a future podcast!

**TELL US HERE**  
or scan the code



## January Newsletter Winners

- Rachel Stein (SEHD)
- Kristin Whitmore (SEHD)
- Rianne Ototivo (CAP)
- Lisa Johansen (CLAS)
- Margaret Garcia (CLAS)
- Wendy Bolyard (SPA)

*Check your University email to learn how to claim your prize!*

### LAST MONTH WE ASKED:

"How does having Canvas help make your teaching easier?"

### FEATURED RESPONSES:

"I love using Canvas in my teaching. It is nice to be able to store all of our documents, links, resources, etc. in one place. I particularly like to post in-class resources and activities in Canvas because it makes it easier for me to provide oversight and give feedback than using paper and pencil assignments in-class."

All the assignments and quizzes can be digital, so I don't have to carry around stacks of papers that need to be graded. I never spill coffee on student work anymore!



I can organize all parts of the class into weekly modules. That way, if a student missed class, they can easily see what we did in class and have access to all the same materials. I also like to have a new Home Page each week to provide the students a preview of what we will be learning and what is due that week.

## SPRING 2022 WORKSHOPS & EVENTS

LEARN MORE & REGISTER AT [WWW.UCDENVER.EDU/CETL](http://WWW.UCDENVER.EDU/CETL)

### THE ABC'S OF HOW WE LEARN (VIRTUAL)

- Wednesday, February 2nd, 11:00 am – 12:15 pm
- Wednesday, March 2nd, 11:00 am – 12:15 pm
- Wednesday, April 6th, 11:00 am – 12:15 pm
- Wednesday, May 4th, 11:00 am – 12:15 pm

### LUNCH & LEARN (VIRTUAL)

#### ***Mindfulness in the Classroom***

Tuesday, February 8th, 11:00 am – 12:30 pm

#### ***Designing a Playful Classroom & Increase Student Learning***

Thursday, February 17th, 1:00 – 2:30 pm

#### ***Gender Inclusive Teaching***

Tuesday, March 8th, 11:00 am – 12:30 pm

### **SAVE THE DATE: CETL RECOGNITION & CETL TURNS TWO**

Wednesday March 9th, 12:00 pm - 1:00 pm

### **COMMUNITY OF PRACTICE: UNGRADING (VIRTUAL)**

Thursday, February 10th, 12:30 pm– 1:45 pm

Thursday, March 10, 12:30 pm – 1:45 pm

Thursday, April 7, 12:30 pm – 1:45 pm

### **BOOKS@WORK (VIRTUAL)**

#### ***Me and White Supremacy***

Wednesday, February 23rd, 1:00 pm – 3:00 pm

#### ***While Justice Sleeps***

Wednesday, April 27th, 1:00 pm – 3:00 pm