

## LRNG 193 – The Reflective Practitioner

### Description

The Reflective Practitioner Workshop Most reveals to faculty how their overall level of wellness influences his/her teaching in profound ways. The “reflective practitioner” is a teacher who is mindful and present while practicing the art of teaching. Participants will learn what it is to be a reflective practitioner, exploring topics ranging from critical reflection to self-care, to psychological research findings on mental health and the classroom environment, thereby assuring a well - balanced personal and professional life.

### Course Offering

Check the Center for Teaching Excellence for specific dates when this course is offered. Usually offered in fall and spring.

### Outcomes

Upon successful completion of The Reflective Practitioner workshop, participants should be able to:

- **Define** mindfulness, storytelling, and what it means to be a reflective practitioner
- **Identify** faculty life stressors
- **Discover** and **brainstorm** faculty wellness/wellbeing - self-care disciplines and practices
- Begin to **cultivate** an ideal, personal healthy faculty life model
- **Reflect** upon and **assess** classroom environments through the lenses of faculty wellness
- **Embark** upon how to integrate mindfulness, classroom assessment techniques, and reflection exercise to **support** student psychological well-being; **utilizing** feedback to grow as a reflective practitioner

### Completion Criteria

In order to receive a micro badge for the course, the following deliverables must be completed:

1. Satisfactory completion of three short reflection exercises, one activity sheet, and one self-care calendar (optional), as indicated in session.

## Micro badge

You can apply for the course badge by visiting the GGC Academic Commons, located at <http://commons.ggc.edu>. Once there, you can click on Badge Library menu item, and locate the LRNG 193 badge using the filters on the left of the page or the actual badge listings. Once you have located the badge and reviewed the criteria, you can click on the “Apply for Badge” button.

**NOTE:** Verification and badge application processing time will take 24-48 hours. Once the badge is awarded you can verify receipt by logging into the Academic Commons. Once logged in, you will receive a popup notice indicating a badge has been awarded.

## Faculty Foundations

Completion of this course fulfills the partial requirements for Experiential Learning Track. For full details on the track requirements, please visit the CTE web site at <http://cte.ggc.edu>.

## Version

1.1 Revised - (11/8/2016)

1.0 Initial version - (7/25/2016)