

# Trauma Informed Teaching

Teaching with Compassion

# Agenda

- What is Trauma Informed Teaching?
- What does it mean to teach with compassion?
- Small group discussion – what issues were apparent to you during the pandemic?
  - Report on discussion
- Small group discussion – what practices did you use that were successful?
  - Report on discussion
- What are some approaches that can be used to support yourself and students and increase success?

# Trauma Informed Teaching

Where we recognize and respond to the cognitive impacts of traumatic stress on students.

Traumatized students are especially prone to difficulty in self-regulation, negative thinking, being on high alert, difficulty trusting teachers, and inappropriate social interactions.

To be trauma-informed in higher education settings means to understand the ways in which violence, victimization, and other forms of trauma can impact all members of the campus community, and to use that understanding to inform policy, practices, and curricula.

This shift can minimize the possibilities of (re)traumatization and/or (re)victimization and maximize the possibilities of educational success.

# Teach with Compassion

- *Focus on building relationships that are rooted in safety and connection.*
- *Establish classroom norms and routines in concert with students that promote predictability.*
- *Teach social and emotional skills.*

# Small group discussion

What issues were apparent to you during the pandemic?

# Small group discussion

What practices did you use that were successful?

# Approaches to Support Students

- Recognize the clear power dynamic of the classroom environment
- Communicate clearly and frequently in multiple modalities
- Establish transparency in goals and objectives
- Be consistent in classroom practices and activities
- Offer flexibility with assignments and deadlines
- Foster a sense of classroom community and collaboration
- Build purposeful relationships with students
- Give students a clear voice in the classroom and campus
- Link students to support networks on campus

# Support for Educators

- Practice self-compassion.
- Take time to check in with yourself to gain insight into any areas where you may be struggling.
- Utilize social supports as needed.
- Create a routine and incorporate into your day some physical movement
- Remember that, as adults, we can be the best guides for our students.



## Sources for further reading

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