

Discussion on Stress-Aware/Trauma Informed Teaching

Presented by the Center for Teaching and Learning Excellence at Syracuse University

Panelists: [Linda Stone Fish](#), [Colleen Cameron](#), [Rachel Razza](#), Faculty in Falk College of Sport & Human Dynamics

Session Recorded on February 11, 2021. [View the video.](#)

All materials and video used with permission of the panelists.

Overview and minute markers

Min (approx.)	Discussant	Description
0	Martha Diede, CTLE	Introduction
1	Linda Stone Fish	Defines levels of stress reactivity (session PPT linked here) Typical vs. traumatic stress Stage model for safe spaces Sample in-class exercises
8	Linda Stone Fish	Collaborative change model: Stage Model for Safe Spaces Gives examples of exercises to do in class to help students be present
10:45	Colleen Cameron	Teaching practices Some Principles and Practices to Enhance Classroom Emotional Safety
20	Colleen Cameron	Trigger warnings Quote: "Because we are committed to professional competence, employing a trauma-informed and human rights approach in the context of curriculum delivery does not mean that students will be able to avoid exposure to traumatic content or to sensitive or difficult topics; that students will never experience stress or distress; or that the curriculum will lack rigor. The purpose of such an approach is not to protect students from learning about trauma, but to respect survivors of trauma." From " What is trauma-informed teaching? "
24	Rachel Razza	Grounding and mindfulness (see resources below)
34	Questions & discussion	Topics that emerged <ul style="list-style-type: none">• <i>Midsemester check in</i>• <i>Reflective journals</i>
39		Recognizing <i>state of hyper vigilance</i> How address <i>oversharing</i> ? How can <i>faculty respond</i> ? Use <i>traffic light</i> model to monitor
54		What about <i>historically rooted collective trauma</i> ? How can we respect the historicity of those traumas?

Resource links:

[Trauma informed teaching – Linda Stone Fish PPT slides](#)

[Some Principles and Practices to Enhance Classroom Emotional Safety](#)

Grounding and mindfulness

- [DeStress for Success](#) program for students, facilitated by Mary Kate Schutt, Lerner Center for Public Health Promotion. She can bring tailored workshops into your classrooms.
- [SU Contemplative Collaborative](#)
- [Positive psychology: 10 simple grounding techniques](#)
- [5-4-3-2-1 grounding exercise](#)
- [Grounding and mindfulness handout from the Trauma Awareness and Resilience Training Institute for Youth Workers](#)
- [Mindfulness and Contemplative Studies minor](#)

Please let us know if you find an incorrect or dead link via email at CTLE@syr.edu. Thanks!