

Be the motivation

You wish to see in the classroom



COLLEGE EDUCATOR
DEVELOPMENT PROGRAM



Dr. Andrea Dinardo

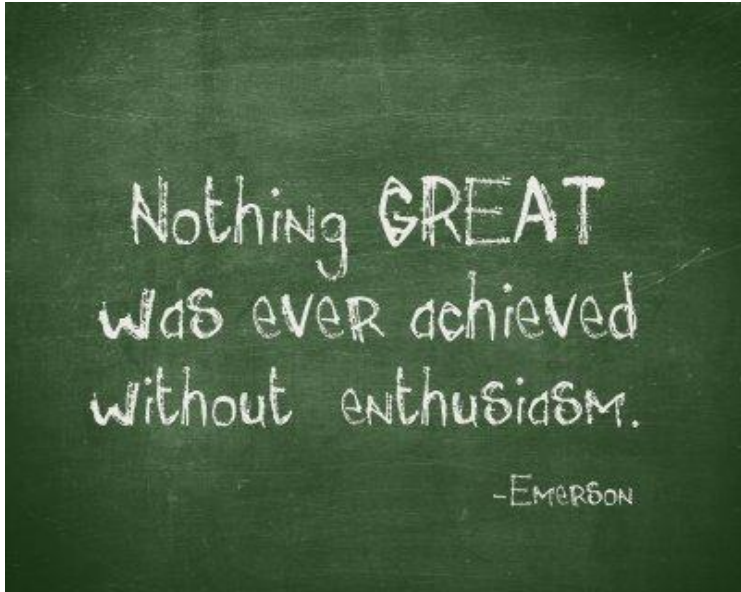
www.PositivePsychologyTalks.com

Nothing GREAT
was ever achieved
without enthusiasm.

-EMERSON

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Seminar Overview

1. First Impressions
2. Teacher Enthusiasm
3. Student Rapport
4. Positive Psychology in the classroom

Intention for Today

Awareness - Reflection - Insight



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First Impressions

**DO FIRST IMPRESSIONS
ACCURATELY PREDICT
TEACHER EVALUATIONS?**

THIN SLICES OF TEACHING

an international bestseller

blink

by the author of THE TIPPING POINT



The Power of Thinking
Without Thinking

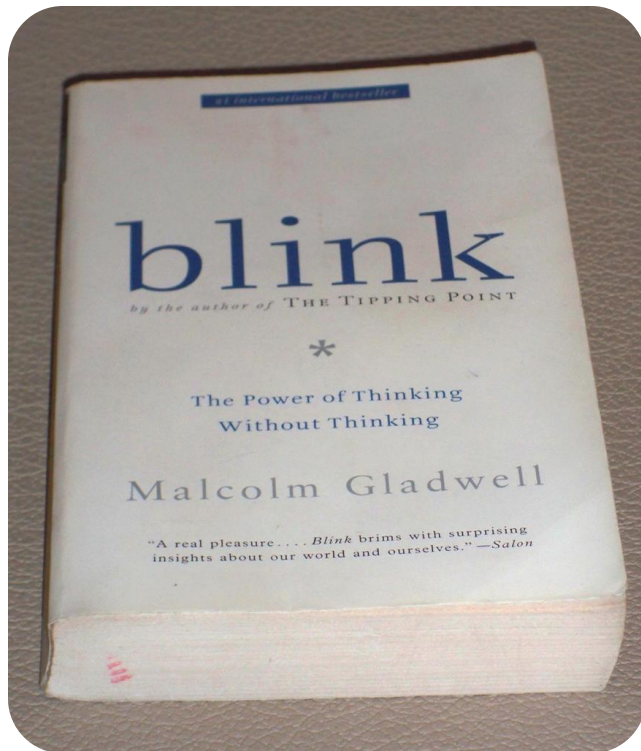
Malcolm Gladwell

...brims with surprising

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First Impressions

<http://www.gladwell.com/blink/>



Thinking in **Blink!** of an Eye

- Rapid Cognition vs. Gut Instinct
- Jumping to conclusion in 2 sec!

Unconscious Prejudice

- Why do we love tall men?
- 13% general population >6ft
- 60% CEO's Fortune 500 >6ft

Thin-Slicing

- Unconscious finds patterns from "very narrow slices of experience"

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First Impressions



PDF of Research Study

http://kburke.org/pdf/30_seconds_teacher_quality.pdf

Thin Slicing in the Classroom

- Students rated 30 sec silent clips of teachers
- “Thin Slices” correlated highly with teacher evaluations at end of course

Follow-Up Studies - *“Thinning” the Slices*

- Reduced time to 10 sec clips
- Equally high predictability

Why such a strong correlation?

- Classrooms have heightened “thin slicing” & first impression effects
- Teachers on display .. All the time !

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First Impressions



Empathy Exercise

Reflect on your own student experience
1st day, 1st class

Be empathetic to 2nd career and
millennial student experience

Attempt to walk in their shoes

Impression Exercise

Before first class, ask yourself ..

What is my intention 'beyond the content'?

Set the Tone /Create an Atmosphere

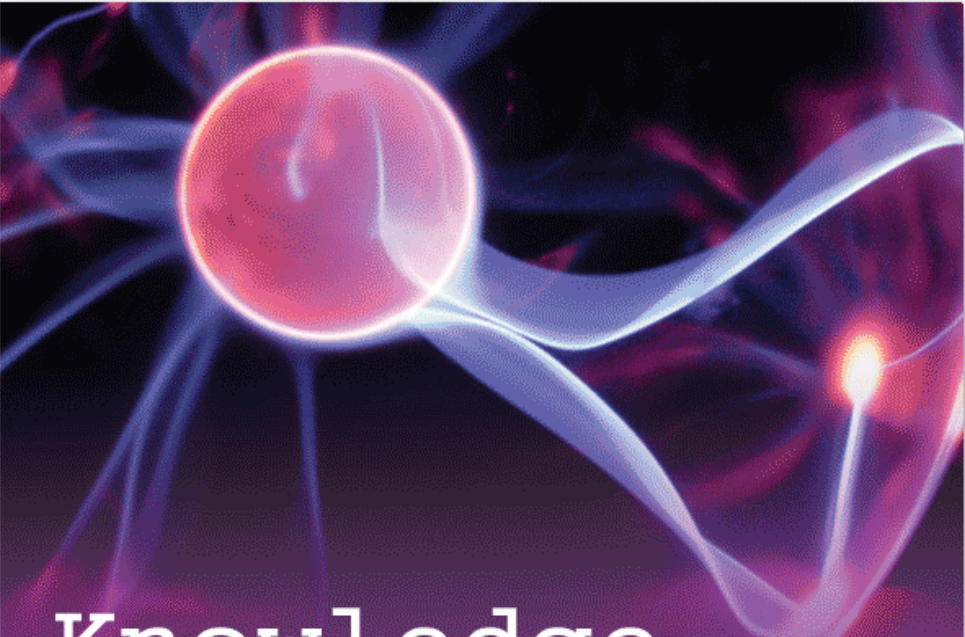
Teaching Blog - First Impressions

<http://www.mcgrawhill.ca/college/feldmandinardo/blog/?cat=3>

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Teacher Enthusiasm

TEACHER ENTHUSIASM

DR. FOX OR DR. LEARN ?



Knowledge
is power,
but enthusiasm
pulls the switch.

Ivern Ball

Teacher Behaviours Inventory (TBI)

(Murray, 1993; University of Western Ontario)

Teacher Enthusiasm

Nonverbal behaviour solicits student attention & interest.

Maintain **eye contact** with students

Speak in an **expressive or dramatic** way

Smile or laugh while teaching

Gesture with hands or arms

Move about while lecturing

Tell jokes or humorous anecdotes

Teacher Enthusiasm PhD Research

(Wood/Dinardo, 1998; University of Western Ontario)



Low Enthusiasm

High Enthusiasm/Uniform

High Enthusiasm/Random

***High Enthusiasm/Strategic**

Results

Selective Attention

Text Memory

Student Learning

Student Motivation

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Teacher Enthusiasm



PhD Dissertation (Teacher
Enthusiasm, Wood/Dinardo, 1998)
<http://psycnet.apa.org/psycinfo/1999-95005-009>

Memory & Learning

Match enthusiasm “signals” to content

Attention & On-Task

Vary delivery of content using voice modulation, tone, pitch, rhythm, movement, and gestures

Motivation for Further Learning

Tap into Emotional contagion

If professor is ‘excited’ about a topic, students become curious and wonder why?

Film Exercise: Analyze Al Pacino's use of Enthusiastic Behaviours

1. Uses eye contact
2. Speaks expressively
3. Smiles or laughing
4. Gestures with hands
5. Moves about room
6. Tells jokes



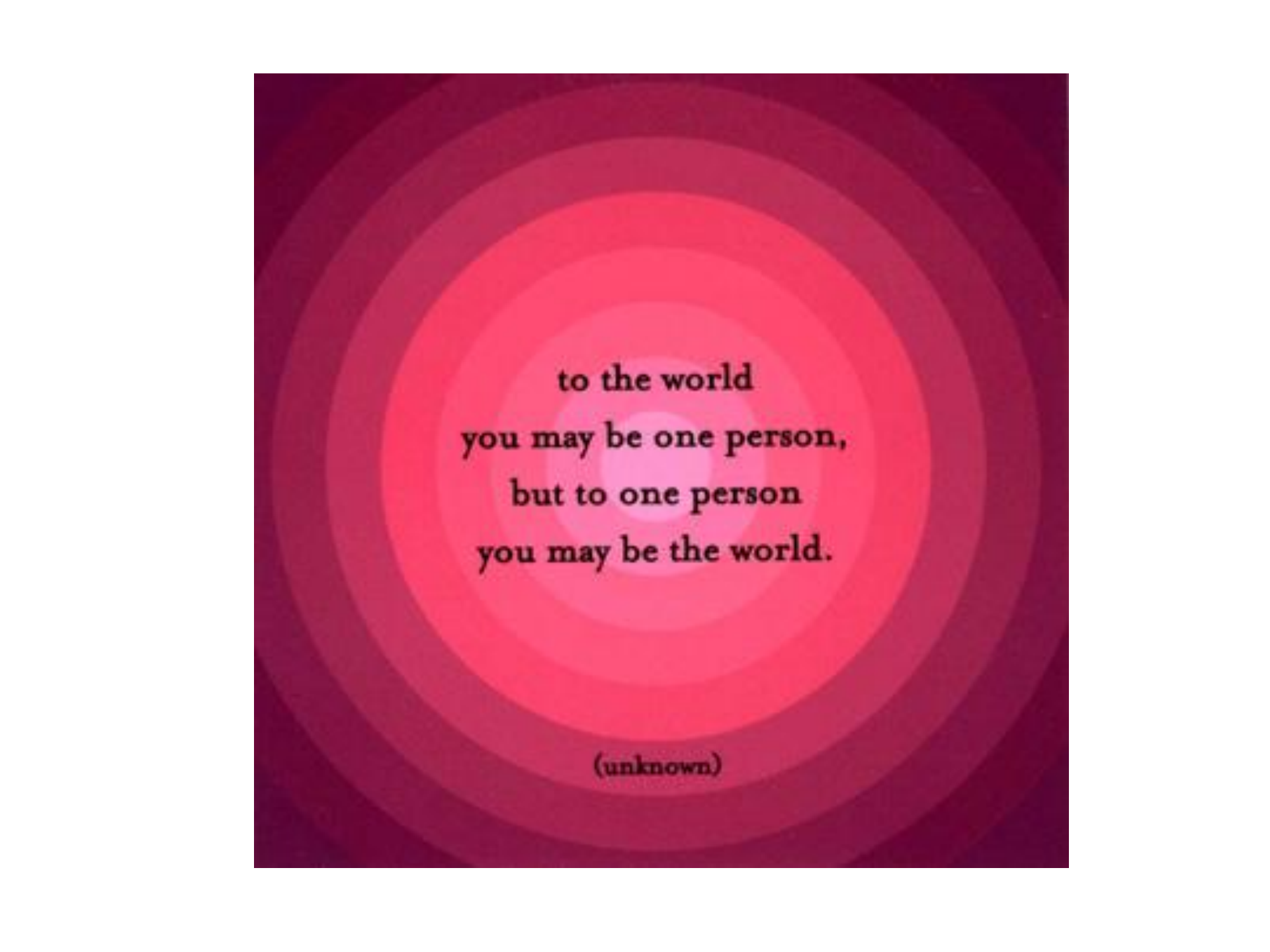
Enthusiasm on Film

<http://www.youtube.com/watch?v=9rFx6OFooCs>

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Student Rapport

WHY CONNECT WITH STUDENTS?

The background of the image consists of several concentric circles in various shades of red and pink, creating a ripple effect that draws the eye towards the center. The text is centered within this pattern.

to the world
you may be one person,
but to one person
you may be the world.

(unknown)

Teacher Behaviours Inventory (TBI)

(Murray, 1983; University of Western Ontario)

Student Interaction and Rapport

Quality of teacher-student relationships.

Address individual students **by name**

Incorporate student ideas into lectures

Ask questions of students/class

Respect **other points of view**

Encourage questions / class discussions

Use **variety of media** / class activities

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Student Rapport



Students have a
**psychological need
to attach**, bond and
relate to others

“Feeling connected” to
professors happens
when students feel
valued, accepted, and
important

When students & professors “connect”:

1. Students internalize professors' goals and interests .
2. Students become curious and want to know more



**Jaime Escalante, Teacher Who Inspired
Stand and Deliver**

http://www.msnbc.msn.com/id/36107844/ns/us_news-education

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Student Rapport



“Catch them” ..

- Paying attention
- Engaged in learning
- Preparing for upcoming tests
- Having fun !

1-on-1 conversations

- Perception is everything!
- Create atmosphere of 1-on-1 interactions during large class lectures

Group Folders with Pictures

- Who am I ? .. in 1 word

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Positive Psychology in the Classroom

**FOSTERING
POSITIVE EMOTIONS
IN OUR CLASSROOMS**

FEAR OR FUN?

**"Barbara Fredrickson is the genius of
the positive psychology movement."**

—MARTIN E. P. SELIGMAN
*author of **Authentic Happiness***

POSITIVITY

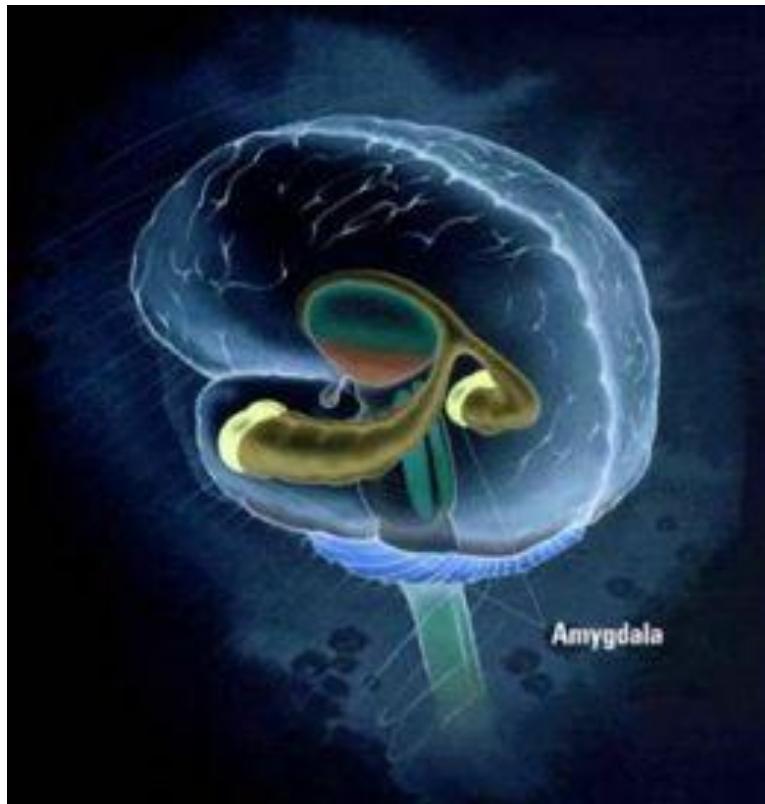
Groundbreaking Research Reveals
How to Embrace the Hidden Strength
of Positive Emotions, Overcome
Negativity, and Thrive

BARBARA L. FREDRICKSON, PH.D.

KENAN DISTINGUISHED PROFESSOR, UNC-CHAPEL HILL,
AWARD-WINNING DIRECTOR OF THE PEP LAB

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Positive Psychology in the Classroom



Research

Emotion of Classroom Experience

- Fredrickson's research on how positivity motivates us to persist
- <http://www.positivityratio.com/>
- Positivity exercise to demonstrate
 - Sad vs. happy music (It's going to be a good day, Black Eyed Peas)
 - Calculus exercise on overhead

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Positive Psychology in the Classroom



Model Positivity & Professionalism

- Pre-teaching rituals
- Sacredness of Classroom
- Personalize Each Class

Nonverbal Cues of Students & Professors

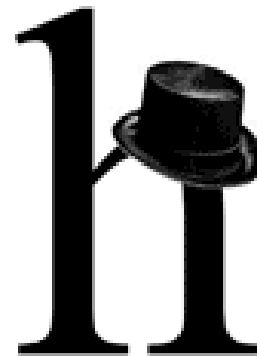
- Be 'in tune'
- Pay Attention to Students
- Pay Attention to Yourself

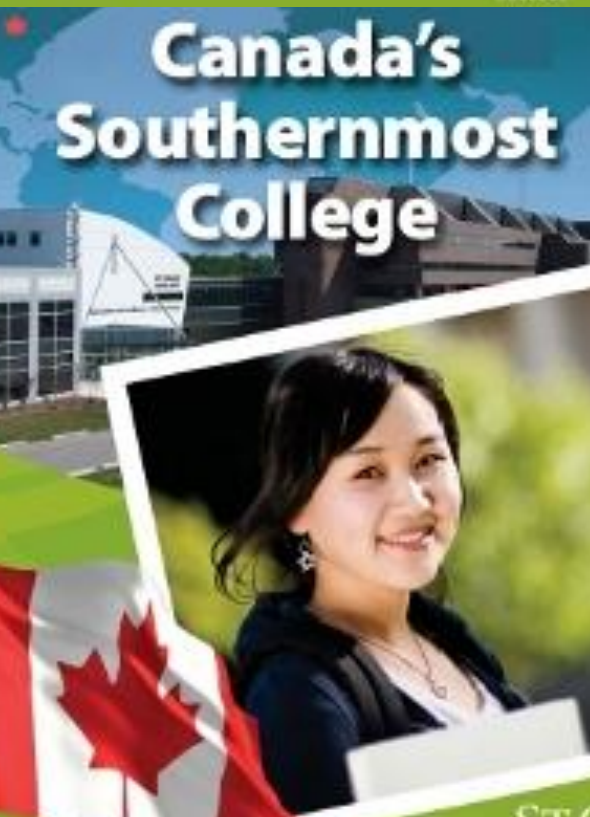
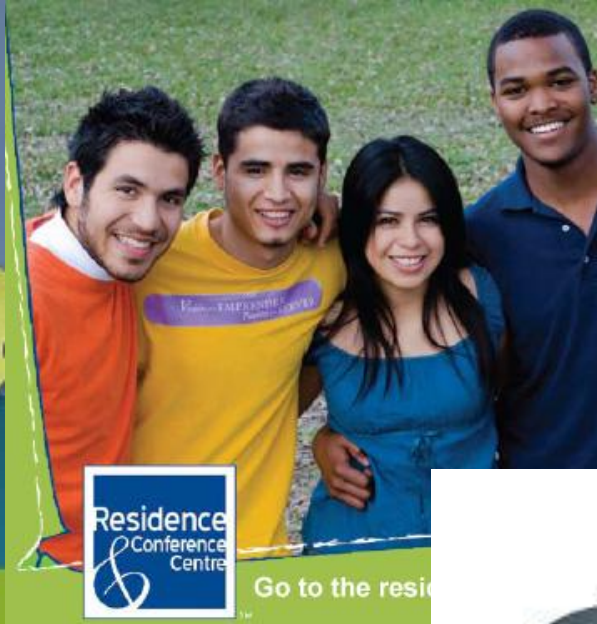
Why? Exercise – see next 3 slides

- Why are you here?
- Why do you teach?

Teaching Blog "Why?"

<http://www.mcgrawhill.ca/college/feldmandinardo/blog/?p=98#comments>







First Impressions

Inspire with Enthusiasm

Relate and Connect

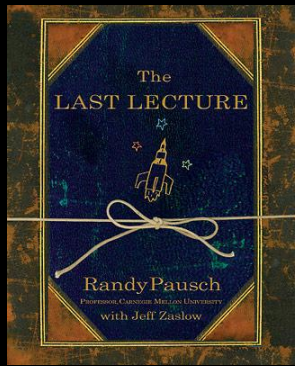
Strength-Based

Teaching !



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The Last Lecture



Randy Pausch
**LEAVES
A LASTING
IMPRESSION**

10 minute clip =>

<http://www.youtube.com/watch?v=R9ya9BXClRw&feature=related>

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THANK

YOU

MUCH!

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