



# Class Acts

Supporting Teaching & Learning • Enhancing Careers & Leadership • Fostering Diversity & Community



## The Slow Professor by Laura Madson



*Laura Madson is an Associate Professor of Psychology and a Teaching Academy Fellow who regularly leads book discussion groups and who teaches team-based learning short courses at the Academy.*

This year, I'm going to be a Slow Professor (see Berg and Seeber, 2016). Grounded in the Slow Food movement, the Slow Professor Manifesto argues “that adopting the principles of Slow into our professional practice is an effective way to alleviate work stress, preserve humanistic education, and resist the corporate university (Berg and Seeber, 2016, p. ix). If you'd like to join me in my (slow) pursuit, this is my plan.

I will change how I think about time. I will resist the zeitgeist of crisis and urgency. I will decide to have plenty of time as “[p]lenty of time joy is no more wrong than the not-enough-time nightmare” (Jönsson, 1999, pg. 48). I will fuse the shards of my fragmented schedule to create space and time to explore possibilities and nurture ideas.

I will prioritize process over product (Rettig, 2011). I will cordon off negativity and cynicism from within and without. I will stop using shame and coercion as self-motivational tools (Rettig, 2011).

I will prioritize pleasure, professional and personal. I will stop appeasing the delusion of “first, clear out my email.” Instead, I will nourish my mind with meaningful tasks, especially when I feel tired or listless.

I will honor my own rhythms. I will stop forcing my days into standardized units of productivity. I am not a machine and I will stop striving to work like one.

I will embody my Grandmother's cross-stitched mantra: Sometimes I sits and thinks and sometimes I just sits. Because thoughts take time (Jönsson, 1999). Being

creative and caring for students requires I be the best version of myself, not a “beleaguered...frantic, stressed, and demoralized professor” (Berg and Seeber, 2016, p. ix).

I will acknowledge the reality of workplace isolation. I miss “[t]he conviviality of thinking together” with colleagues and students (Berg and Seeber, 2016, p. 89). I will no longer accept the propaganda that our social and emotional needs are superfluous to the work of the university. I must be whole to teach with my whole self.

If you would like to become a slow professor, please join Laura Madson for her workshop on the topic, Wednesday, September 21 in the Teaching Academy:

**Rat Race or Snails Pace? Sowing “Slow” in the Academy - “The Slow Professor” Introductory Workshop**

September 21, 2016

2:30 PM - 3:20 PM

[Register Here](#)

## Advancing Leaders Program Reunion Dinner

The Teaching Academy's Advancing Leaders Program (ALP) reunion dinner took place this past January at the Stan Fulton Center Rooftop Bistro. The event was held to celebrate past and present ALP participants, mentors, donors and committee members and to announce the newly revamped Advancing Leaders Program (ALP) at the Teaching Academy. Former NMSU Provost and Interim President Waded Cruzado was the Keynote Speaker at this special event. Cruzado spoke about her road to leadership and provided inspirational guidance for those wishing to lead in their roles as faculty and administrators at NMSU.

For information about the Advancing Leaders Program (ALP) at the Teaching Academy, please contact Shawn Werner at 575-646-2583.



*Waded Cruzado has served as President of Montana State University since 2010.*

# Teaching Academy Recognizes NMSU Teachers, Leaders, & Mentors at Annual Gala

The thirteenth annual Teaching Academy Gala was held Wednesday, May 4th, 2016 to celebrate 350 Teaching Academy members and over 100 donors. Teaching Academy members participated in at least ten hours of faculty development during 2015-2016. Chancellor Garrey Carruthers, Provost Dan Howard and Deputy Provost Greg Fant announced and presented awards.

The Most Distinguished Member Award was presented to the faculty member and graduate student who participated in the greatest number of hours of professional development. The faculty member who received this honor was Henrietta Williams Pinchon, an Assistant Professor in the Department of Educational Leadership and Administration. Yuliana Zaikman, a PhD student in the Department of Psychology, was the graduate student awarded this year.

The Outstanding Mentor Award was won by Mary O'Connell, Regents Professor and Distinguished Achievement Professor in the Department of Plant and Environmental Sciences, after being nominated by several of her past and present mentees for her exceptional commitment to mentoring pre-tenure faculty.

The Outstanding Workshop Award was presented for the workshop at the Teaching Academy that participants rated the highest among the 100 such workshops given in 2015-2016. Satya Rao, Professor in the Department of Public Health Sciences and Liz England Kennedy, Lecturer in the Department of Kinesiology at California Polytechnic State University won for their heartfelt workshop on preventing suicide among our students and staff.

The Truly Innovative Teaching Award was endowed in 2014 through a gift of Elise "Pookie" and Michael Sautter. The award is presented to the individual who best applies learning at the Teaching

Academy to their teaching. Alla Kammerdiner, Assistant Professor in the Department of Industrial Engineering was honored with the Truly Innovative Teaching Award this year. Alla won for her work to make student learning a richer, more joyful experience through the innovative paradigm of game-based learning.

The highest award bestowed by the Teaching Academy, an Honorary Membership, is conferred upon an individual who has made extraordinary contributions to faculty development at NMSU. This year the award went to Jean Conway, former Teaching Academy Associate Director for Classroom Teaching and Learning who has devoted herself to faculty development for over a quarter century.



Jean Conway, former Associate Director at the Teaching Academy, was awarded an Honorary Membership.



NMSU President Garrey Carruthers presented Henrietta Williams Pinchon with the Most Distinguished Member Award at the Gala.

## Spotlight: Marsha Lovett at the Teaching Academy



Dr. Marsha Lovett is Director of the Eberly Center for Teaching Excellence & Educational Innovation, and Teaching Professor in the Department of Psychology, both at Carnegie Mellon University. At the Eberly Center, she translates relevant research from learning science to help instructors create meaningful—and demonstrably effective—educational experiences.

On Thursday, September 22, Dr. Lovett will be presenting two sessions at the Teaching Academy:

**How Learning Works: Translating learning research to teaching practice**

September 22, 2016

8:15 AM - 10:15 AM

[Register Here](#)

**Metacognition: Helping our students become self-directed learners**

September 22, 2016

11:00 AM - 1:00 PM

[Register Here](#)

### Backers, Builders, Founders, & Benefactors

We'd like to invite you to participate as a donor to the Teaching Academy and be recognized as such. Payroll deduction makes this easy and affordable. Our donor levels are:

Benefactor • \$50 per pay period

Founder • \$25 per pay period

Builder • \$10 per pay period

Backer • \$5 per pay period

We very much hope that you will give special consideration to our request. To donate, please click Give Now.

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