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Kurt Kowalski TSSA Spring 2018

Kurt Kowalski

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Spring 2018 Teaching Skills Study Award Report

Name: Dr. Kurt Kowalski
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Conference Name: *25th Annual APS-STP Teaching Institute*, co-sponsored by the Association for Psychological Science and the Society for the Teaching of Psychology
May 23-24, 2018, San Francisco, CA
<https://www.psychologicalscience.org/conventions/annual/teachinginstitute>

Teaching Methods and Strategies Studied: Areas studied included addressing student stress and belonging, especially in first generation college students and students from underrepresented groups; and using strategies to foster students' psychological thinking and ability to use psychological theory and research in practical teaching contexts.

Impact on/How Applied to Current Teaching: I have started to include a short section on student stress in my courses, what it means, and how it can affect performance and belonging. I note that stress is expected (college is hard), that it can be *reframed* (e.g., almost all students feel considerable stress, it doesn't set me apart or make me different, and I can view it as a natural response to challenge and a source of energy), and I belong here! (I'm not an imposter). We then also discuss chronic or toxic stress, and coping mechanisms. In previous research, this simple intervention has been demonstrated to increase wellness and retention in college students, especially first generation and those from underrepresented groups. I am also continuing to think about how to structure the content I teach to maximize transfer to practice (see link below) so that students not only learn the content, but can actually use it in their future work.

<https://www.youtube.com/watch?v=kPW2LwDDgOU>



Daniel T Willingham: Improving the Use of Psychological Science in K-12 Education

The APS-David Myers Distinguished Lecture on the Science and Craft of Teaching Psychological Science, presented May 25, 2018 at the 30th APS Annual Convention in San Francisco.