

## Domain 1: The Self

### Reflective activity to explore and express a sense of self

**Note down some of your thoughts on the following:**

- In your role, what are your main strengths, areas for development, attitudes, beliefs
- Why do you have these?
- How have they influenced your approach to teaching?
- How do you see yourself when you teach?
- Consider how much of the way you teach is because of how/who you are
- Think about the role that your institutional context has on your teaching:
  - How does this impact on your autonomy as a teacher?
  - What are the opportunities and challenges that this brings?

### **Other approaches**

Could positive psychology concepts such as mindfulness, positive emotions, strengths, gratitude, and growth mindset potentially improve professional practice by enhancing the academic, social, and emotional functioning of the stressed-out HE educator? There are many ways that educators could accomplish this 'positive shift' no matter their area of expertise.

- **Focus on your strengths.** Understanding what you already do well is a powerful strategy for increasing engagement and decreasing negative emotions. For every constructive criticism that you include for yourself, offer three genuinely positive comments. Then, look for opportunities to reinforce these strengths throughout the semester (e.g. during discussions in your pilot study group, or in meetings with the pilot co-ordinator).
- **Build intrinsic motivation.** As part of a professional development process, you can be more motivated and positive if you learn how to set and attain your own learning goals. You can identify 'long term' learning goals, and then in each pilot group support session, you could set a smaller goal that contributes to your achievement of your bigger goals.
- **Encourage a growth mindset.** Design activities that facilitate self-reflections on the process of learning. You could write a personal reflection along with any PD activity/event (workshop, conference, seminar, etc.) that you have undertaken, indicating how you completed the PD activity, what strengths you used, how you could use these strengths in upcoming PD activities/events that you may be undertaking, or what you learned about yourself (or your own learning) by completing the PD activity/event.

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