

Faculty Focus on Teaching, Equity, and the Student Experience



Week 5 of our weekly newsletter to inform new faculty of vital teaching ideas and campus resources for student success

While in future semesters this will go only to new faculty, we are sending to all faculty this semester and welcome your feedback at apease@jjay.cuny.edu.

Teaching Tip 5

How Understanding Trauma and Resiliency Can Improve Your Teaching

- Students in public, urban universities like John Jay typically report high levels of trauma and stress in their lives
- In addition, [studies show](#) that pressures associated with racial or ethnic discrimination can affect students' belief in their ability to achieve and can make learning traumatic
- To help students learn, help students become more resilient by providing stability and community in your classes and expectations
- Encourage students to see themselves not as having a fixed or finite capacity for learning, but instead as capable of growth
- Identify problems to be solved and capacities needed to solve them. Help students identify how to develop these capacities so they understand themselves as capable of developing

- [Listen to Director of the TLC Gina Foster talk about how understanding trauma and resiliency can improve your teaching on this podcast](#)
- [Read more about the connection between oppression and learning on the TLC website](#)

EQUITY THROUGH CULTURAL IDENTITY AND RELATIONSHIPS

To counter the negative reinforcement low-income, immigrant, black and Latinx students frequently receive about their academic abilities, addressing such traumas directly by having students examine issues of race, income, citizenship, sexuality, ability, and other differences directly, and then apply them to the learning of a class. Students need to connect emotionally to their professors and their peers through such exercises, see the value of what they are being asked to learn, and believe they have a real chance to succeed.

Professors Should Know About...

Counseling Resources in the Wellness Center

- Students will often open up to professors when they are feeling stressed or down.
- Many of their challenges are typical for college students: academic challenges, identity development, career decisions...if you are willing to listen, you can be a big help to a student.
- However, some students may have more serious problems and may benefit from [professional counseling](#), which John Jay offers free of charge to current students.
- In an emergency, walk a student to the [Wellness Center](#) in L.68 NB and allow them to check in with a receptionist. Otherwise, simply refer them to the center.
- In addition to counseling, the Wellness Center has a [Food Bank](#), [Health Services](#), [Emergency Funding](#) for students struggling financially, and [Single Stop](#) which includes free legal services, financial services, help with public benefits and tax preparation.

