

OCTOBER 2022



# THE TFF *TATTLER*

Training Future Faculty Monthly Newsletter



Hello Future Faculty !

Welcome to the TFF Tattler! Each month, The Tattler will highlight a few teaching tips and resources to support you on your learning journey. We will also list upcoming events that may be of interest to you. Lastly, we may include some extras - a Ted Talk related to higher education, a simple seasonal recipe, or even a quick chair stretch for those long hours at your desk. We hope this newsletter will be a useful resource while you are in the TFF program.

Best,

Amy, Brenda, Graciela, Justi, Larry, & Jennifer

# TEACHING TIPS

## PRINCIPLES OF ANDRAGOGY

Andragogy is the art and science of teaching adult learners. Andragogy is learner-centered, and emphasizes active learning. Adults learn best when they are given the big picture, when the material is focused on real world problem-solving and immediately applicable to their lives, and when they can relate new learning to past experience. Adults want to be self-directed and need autonomy to be fully motivated.

## HOW TO MOTIVATE YOUR LEARNERS THROUGH AUTONOMY AND CHOICE

Offer choices in how they learn. Provide content in various forms such as video, ppt and text for them to choose from.

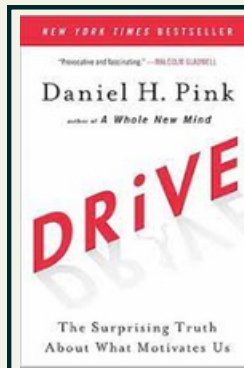
Give your students choices in what they generate: offer a choice between assignments, a choice of various paper topics, or invite them to run their own paper topic by you.

Ask for their feedback and incorporate it into your classes



## REFLECTION & RESOURCE

Think back to your best and worst learning experiences. What made them amazing vs terrible? Were you engaged by the instructor or workshop leader, or just lectured at? What kind of choices were you given, if any? Was the material applicable to your life? How were the principles of andragogy applied (or not)?



For more insights into our need for autonomy (and purpose and mastery) in school, at work, and at home, check out Daniel Pink's book Drive, based on decades of research on human motivation.

**WANT MORE? EXPLORE THE TEACHING RESOURCES ON SAKAI**

# UPCOMING EVENTS

## FROM THE TEACHING AND LEARNING CENTER



Photo by Jacob Lund Photography from Noun Project

### Training Future Faculty Fall Mini Conference

Wednesday November 2, 2022, 12:30-3:30pm

### Train Your Brain Fall 2022 Learning Series:

Starting at the End: Backward Design for Developing, or Improving, Your Course. Thursday Nov 10, 10:00-11:00am (Webex)

Faculty Spotlight - Discussion Teaching: Facilitating Active Learning in Large Group Settings. Tuesday November 15, 2022, 12:00-1:00pm (Webex)

Log onto Sakai for additional

Professional Development & Workshop Opportunities

SEE MORE EVENTS AT THE [OHSU EVENTS CALENDAR](#)

# EXTRAS



Photo by Anna Ivanova from Noun Project



Photo by Scpio from Noun Project

## GET YOUR BRAIN FOOD WITH THESE 4 INGREDIENT PUMPKIN PANCAKES

### Ingredients:

1 cup canned pumpkin puree  
2 eggs  
2 T sugar  
4 T almond or regular flour  
Butter for the skillet

### Directions:

Whisk the pumpkin, sugar, and eggs in a bowl. Add in flour, mix well. Heat butter in a pan over medium heat. Pour 2 generous tablespoons of batter for each pancake. Once surface bubbles (about 2 minutes), flip and cook other side until golden brown (about 1 minute). Keep going! Add your favorite toppings and enjoy!

Recipe adapted from [Playgroundparkbench](#)

## MOVES FROM THE MAYO CLINIC

[The Mayo Clinic says we sit too much!](#)

Too busy to take a walk? Get moving with a 1 minute video from the Mayo Clinic:

["5 exercises you can do without leaving your desk"](#)