

# Examples of emotional experiences in your teaching. How would more emotional literacy help in this context?

Teamwork; better emotional literacy would promote better engagement and collaboration

Anxiety- being more comfortable with uncertainty and not being perfect

Nervousness of peer observation of teaching. Knowing that my peers were aware of their own perspective on teaching would help me to position their feedback more helpfully.

When I need to go through Threshold Concept, knowing that they may not understand anything at first, but they need to persist, it will reduce the anxiety

Encouraging others that experiencing negative emotions doesn't have to be paralysing

Tension between post pandemic Gen Z and teachers. Bidirectional emotional understanding between tutors/students. E.G. frustration among tutors with students more likely to disrupt classroom activity.

Students struggling with their first term at university. Recognising this and asking students to share their feelings can really help. The empathy from peers and support can be really effective.

To understand that most of the students go through the same feelings may reduce the impostor syndrome



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Graduate research students feel fear about whether they can complete their research. This can be harnessed productively, or can be destructive.

Anxiety around not knowing the "correct" answer (even where one doesn't exist) and not wanting to admit to not knowing something

Students can develop an identity that they can't do something (maths, programming, public speaking, etc). This makes them feel unable to progress. It's helpful if they learn they can learn things.

Accepting failures. Learn that failure is an opportunity to learn and improve.

Modelling emotions being "valid" when we interact with students ie breaking down the Cartesian dualism

Student discomfort at learning things which are pure maths and science which makes them resistant to learning about human context. Emotional literacy would help them recognise this

RULER as a tool for personal tutorials

Build trusting relationships between staff and students so students are happy to talk about emotions and to build credibility to speak into their situation

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Innovation needs imagination and creativity. How can we innovate then when we are purely objective and "rational"?

How to tackle inappropriate expressions of emotion in teaching sessions

Naming emotions helps the students and the teachers

Survivor bias: staff didn't have any emotional literacy teaching in the lir education and they are "fine" so surely the students don't need it either. Staff therefore need greater emotional literacy

The emotions of the tutor can have an impact on the students: if a tutor is feeling sad then the students may also feel sad.