

YELLOW

ALERT! RAISE SHIELDS!

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* SHOTGUN ROUND

- + What do you think **'Yellow alert'** represents?
- + In the next **30 sec** provide as many **key words** as possible denoting this concept (e.g. good, bad, serious, etc.)



* INTRODUCTION

- + Watch the following clip and try to discern the meaning of '**Yellow alert**'.
- + Does it **correspond** to your previously shared predictions?

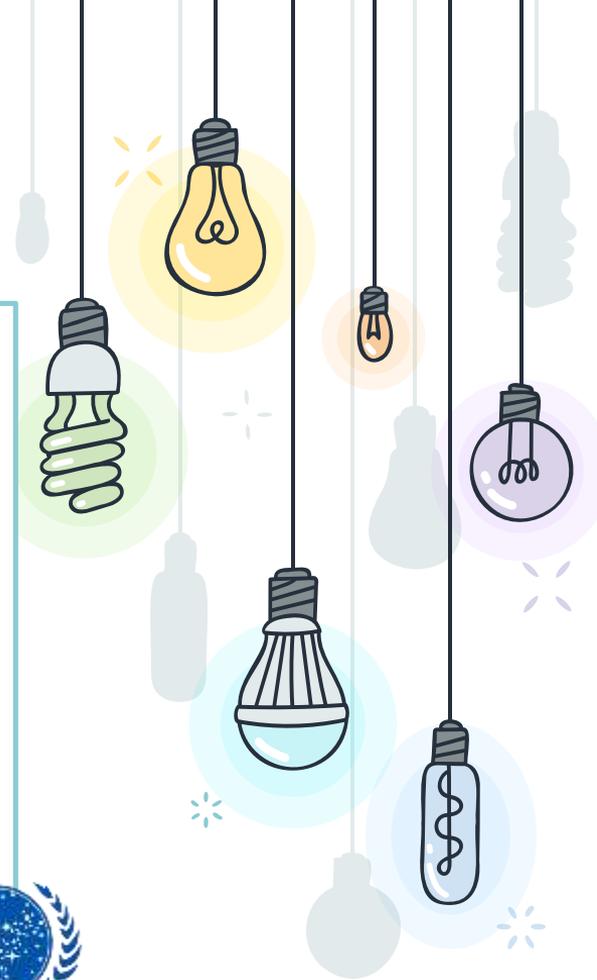
<https://www.youtube.com/watch?v=r3Dh8btYllw>



✧ YELLOW ALERT UNCOVERED

✦ the preliminary stage of alert (as when hostile or unidentified aircraft are nearing a defended area) (Merriam-Webster Online Dictionary)

✦ A yellow alert or **condition yellow** was the second highest alert signal status on Starfleet vessels and starbases, one stage below red alert. It designated a ship-wide **state of increased preparedness for possible crisis situations** (Memory Alpha fandom site)



* CONDITION YELLOW IN LANGUAGE TEACHING

- + Teaching is deemed one of the **most stressful** professions (McIntyre, McIntyre, & Francis, 2017)
- + Language teaching is laden with many **challenges** (high levels of burnout, language anxiety, poor working conditions, etc.) (Horwitz, 1996; Mercer, Oberdorfer, & Saleem, 2016)

- + To cope with adverse situations at work, language teachers must develop their **resilience**



LANGUAGE TEACHER RESILIENCE



* WHAT IS TEACHER RESILIENCE?

+ a teacher **using all the resources** available to **maintain** personal **well-being** alongside professional **productivity** in the face of **adversity and detrimental conditions**

+ the capacity to maintain **equilibrium** and a sense of commitment, agency, and moral purpose in the everyday world in which teachers teach
(Gu & Day, 2013, p. 26)



* LET'S SHARE

- + **Stop** for a moment and **reflect** on different work-related situations and events that **disrupt** your **equilibrium** (emotional wellbeing)?

- + Write down **3 examples** and rank them from *least* to *most* stressful.
- + Focus on your **thoughts** and **bodily sensations**.



* LET'S SELF-REFLECT

- + Take a look at the **stressful situations** you listed earlier
- + Choose **one** that **stands out** the most to you and **answer** the following **questions**:

1. How did I see myself in that situation and why?
2. Did I try to enlist help or seek guidance?
3. What actions did I take to cope with this adversity?



* A RESILIENCE MODEL (KOSTOULAS & LÄMMERER, 2018)



FOSTERING TEACHER RESILIENCE

Tips & Tricks



* CONSIDER SOME OF THE FOLLOWING

- + **Self-awareness** (emotions) + **permission** to feel
- + Positive **self-talk** + **sense of control**
- + Cognitive **reframing**
- + **Responding** vs **Reacting**

- + **Social group** or **network** of people that care
- + **Mindful** breathing & meditation
- + Taking a **meta-moment** (example on the right-hand side)

- + **Sense the shift:** You are activated, caught off guard or have an impulse to say or do something that you might regret. You notice a shift in your thinking or physiology.
- + **Stop or Pause!** You create the space before you respond. Step back, breathe, breathe again.
- + **See your best self.** You activate your best self. You might also think about your reputation: how do you want to be seen, talked about or experienced? What would you do if someone you respect were watching?
- + **Strategize and Act.** You reach into your toolkit and start closing the gap between you and your emerging best self. (Always the last step.) (Brackett, 2020)

* CHOCOLATE MEDITATION

- + Choose a chocolate (preferably one that you are not familiar with or that you rarely eat)
- + Listen and follow the steps, then answer the following questions:



- + How do you feel?
- + Different than usual?
- + Was the chocolate more enjoyable and tastier than when you simply shove it in your mouth? (Williams & Penman, 2019, pp. 54-55.)

THE 4 S'S

- + The aim of this exercise is to make a **personal resilience plan** that will help you cope with future adversity and challenges
- + In it we focus on the **past** and **present sources of resilience**
- + Follow the directions on the handouts provided; time to complete the exercise: 15 min



+ „I am not afraid of storms
for I am **learning** how to sail
my ship.” – Louisa May Alcott





THANK YOU FOR BEING HERE!