



Office of the Vice Provost for Instruction

A note from the Vice Provost

Dear Colleagues,

Balance. We seek it. We are comfortable in it. And, change often throws us off balance. Sometimes that change is good and sometimes, not so much. Certainly, striking a balance with home responsibilities, with work challenges, and with interpersonal relationships is no small feat. And when change happens at home or with a friend, we are thrown off balance. Even striking a balance at work between teaching, research, clinical practice and service is relentlessly challenging. But, there will always be change. And change is almost always hard to manage.

I might suggest that a similar thing is happening to our students who are walking into our labs, our clinics, our classrooms. They are trying to balance the many challenges life thrusts at them. Sometimes, they are really on edge by being in such a state of disequilibrium. We are pretty sure that when students are out of balance for an extended amount of time, their capacity to grow and be open to challenges is reduced. I am grateful that our faculty do amazing work with students as they provide clear and consistent guidance for how to perform in learning spaces. And given that learning is by some definition a “change” process, the degree to which we can remove ambiguity by offering structure and predictable practices, can support learning.



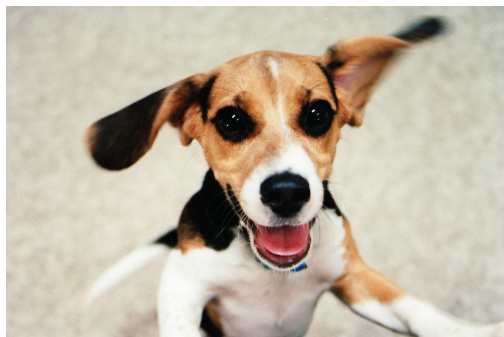
Being out of balance is stressful and in the anxiety that often accompanies sometimes we can lose a healthy perspective on what matters most. No doubt, pushing oneself into new spaces and new challenges creates opportunities for growth. However, too much of being out of balance can yield unhealthy results. As the fall term heads toward the final weeks, and as we prepare for another commencement (now there is a change of some significance), I hope you can find balance in your world. I hope you can find certainty in some non-negotiable's in your life, that you can reflect on what is good and decent. We are indeed in the business of leading change and I hope in conducting that business you remember that a priority ought to be that you care for yourself.

Sincerely,

Zach Kelehear

Whos Motivated?

Do you know anyone whose online students struggled with motivation? How did they identify which students were struggling? What did they do to help support these students' academic success? CII has explored this common challenge and provided a few ideas to help in this [interactive blog post](#). Supporting students' motivation in an online environment can be tricky – especially once everyone's deep into the semester. Sustaining motivation throughout long-term effort amidst innumerable



competing priorities requires overcoming formidable challenges. For some students, this effort can become overwhelming and hinder their overall academic progress. However, providing frequent feedback and tailored, timely communication can help ignite students' motivation to persist through their challenges toward academic success.



Career Services November Events

Career Services has a variety of sessions scheduled for November. Students can register for any program by contacting Career Services at careercenter@augusta.edu or 706-737-1604.

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View Previous Teaching Matters Issues

Need to refer to a previous issue of the Office of the Vice Provost's Teaching Matters? Each monthly issue of Teaching Matters has also been preserved in Scholarly Commons. A note by the Vice Provost for Instruction, Dr. Zach Kelehear, introduces the issue each month. Table of Contents include information in the areas of Innovation Updates, Faculty and Staff Updates, and Student Updates. See the complete collection on the [Augusta University Open Repository](#)

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