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Re-entry Fall2021

Fall 2021 Packing Smart and Traveling Light

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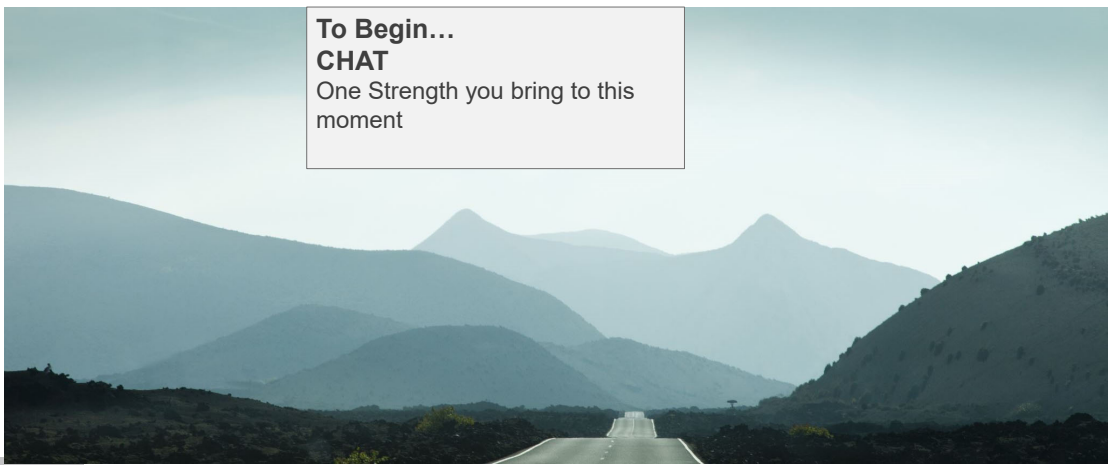


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Our Journey Ahead

To Begin...
CHAT
One Strength you bring to this moment



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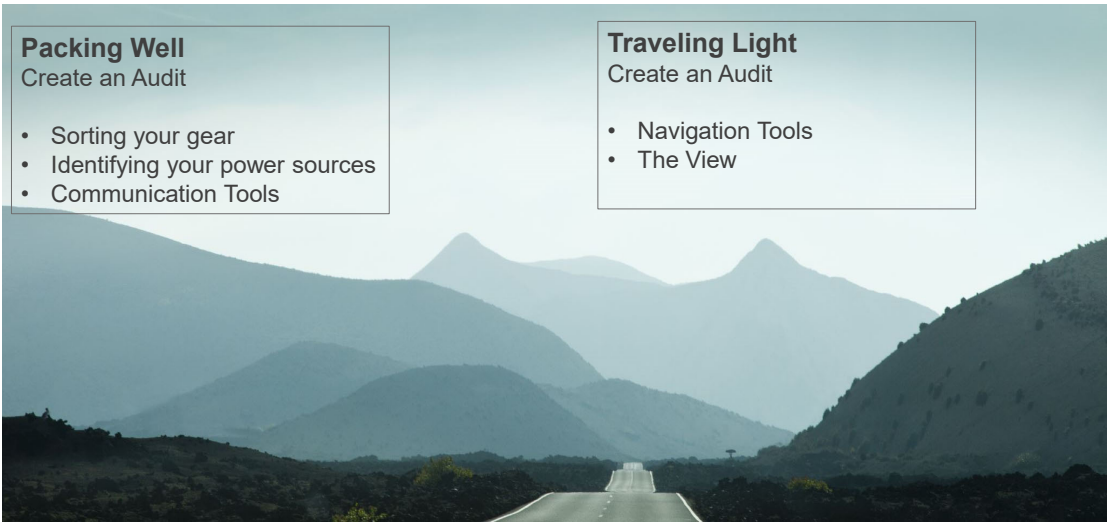
Our Journey Ahead

Packing Well
Create an Audit


- Sorting your gear
- Identifying your power sources
- Communication Tools

Traveling Light
Create an Audit

- Navigation Tools
- The View



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Sorting through our gear

What did we bring to this moment?

- Collected over the past 18 months?
 - skills? ---- insights? --- strengths?---
- Personal
 - Cognitive
 - Emotional
 - Social
 - Spiritual
- Professional
- Experiences

Sort the Gear!

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What is the most important thing you brought with you?

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What is the most important thing you brought with you?

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Sorting through our gear

What did we bring to this moment?


- Collected over the past 18 months?
 - skills? ---- insights? --- strengths?---
 - Personal
 - Professional
 - Experiences

Audit...
 What do we have that may be useful?
 What is getting in the way of finding what we need?



Sort the Gear!

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Our Power Sources


What is keeping us going?

- **Autonomy**
- **Relatedness**
- **Competence**

Self-Determination Theory (Deci & Ryan)


Audit...
 How are you promoting...

- autonomy?
- relatedness?
- competence?



Power Strategy

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Communication Tools


Consider...

What words do you use when you first email/talk with a student?

What are the questions you ask?

How do you engage in the conversation?





Fkhfn# rxu
Z rugv
Txhwlrqv
Frqyhwdwlrq

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Communication Tools

Vocabulary Shift
Reflecting

- Deficit or Strength?
- Negative or Positive?
- Help or Assist?

Question Shift


- What do you want to accomplish in the next __ minutes?
- What action steps are you taking?
- Who will keep you accountable?


Powerful Sequence:

- What have your tried?
- What would you like to try?

Conversation

- Revoicing
- Position
- Silence





Fkhfn# rxu
Z rugv
Txhwlrqv
Frqyhwdwlrq

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Communication Tools

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Audit...
 What words are we choosing?
 What questions are we asking?
 What is the conversation?

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 Z rugv
 Txhwlrqv
 Frqyhwdwlrq




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Sorting through our gear

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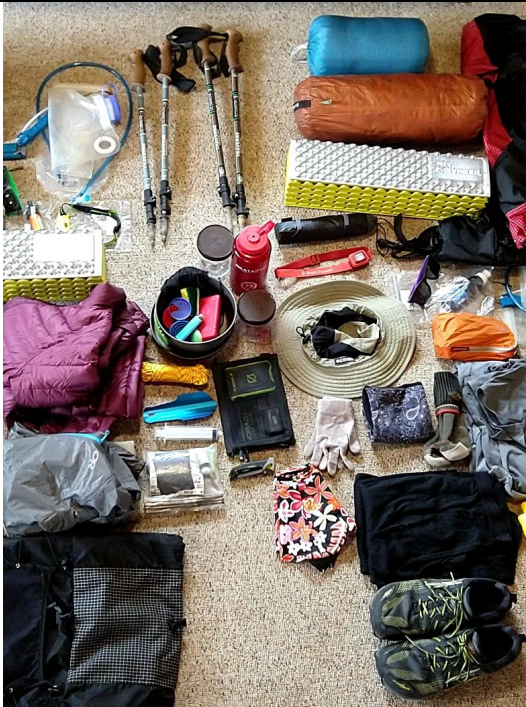

Consider...

- Coping Strategies
- Expectations
- Contextual Value

Audit...
 Consider the value

- What do we need to leave behind?
- What is getting in the way of finding what we need?
- What do we keep?

Sort the Gear!

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Our Navigation System

Reappraisal


- Reconstrual (Rethink)
- Repurposing (Refocus)

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Audit... 

What do you need to rethink?
Is there a view you need to refocus?

Check your View



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Packing Well Traveling Light

Looking Ahead
Journeying On!

Consider...
What reminders to post
in front of you?
Gear?
Questions?
View?

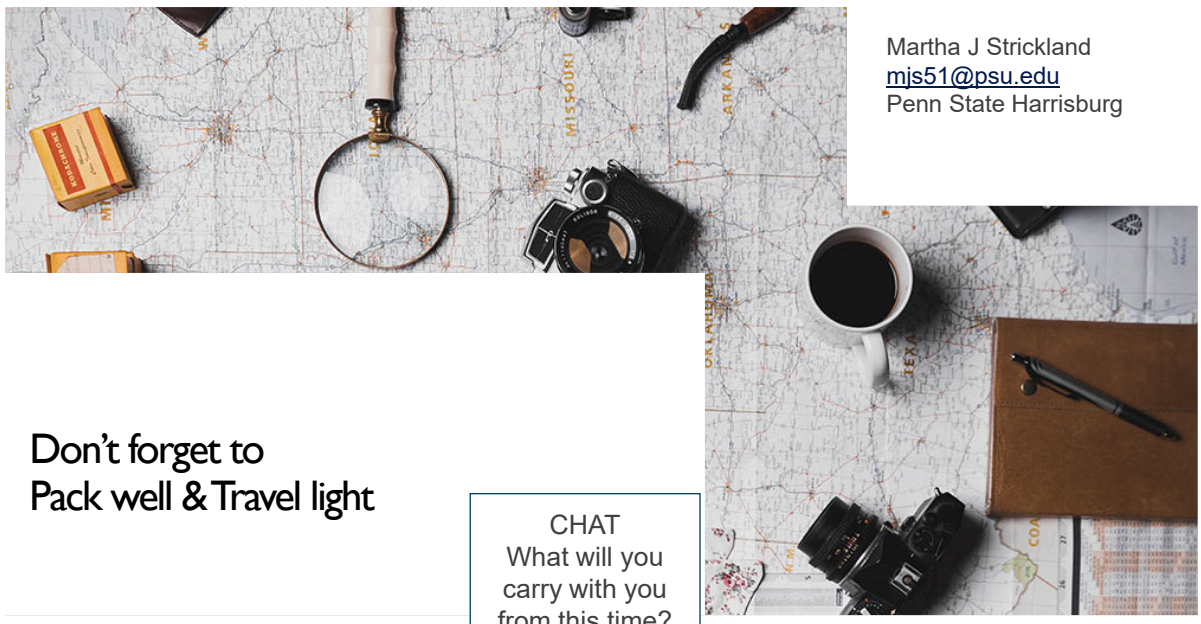
CHAT: Name ONE



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Don't forget to
 Pack well & Travel light

CHAT
 What will you
 carry with you
 from this time?

