

THE 2020-21 CSU WRITING PROJECT INSTITUTE FOR SUSTAINABLE TEACHING

*Sustainable teaching is about the business of reclaiming teaching as **sacred work** rather than TGIF-ing our way through half of our waking lives.
It's about claiming the right to thrive, not just survive.
And that's what makes it radical.*



The Institute for Sustainable Teaching (IST) is a CSU Writing Project (CSUWP) program devoted to helping you “fill the well” as a teacher by giving you space and time for professional renewal and personal restoration. We will work together in a small community to explore the concept of “sustainable teaching” and to develop mindfulness and resiliency practices to help you stay in this profession for the long haul.

APPLICATION DEADLINE: Because the IST is geared toward development of a small, intimate community, we’re limiting it to 20 participants. Applications will be reviewed on a rolling basis. The deadline for best consideration is Monday, April 27; the hard deadline is Friday, May 15. Applicants will be notified of their status by Friday, May 29. Complete the brief application here: <https://tinyurl.com/toteehf>

WHO SHOULD APPLY?

The IST is open to twenty K-16 educators in all content areas, including teachers, counselors, instructional coaches, deans, administrators, community educators--basically anyone who’s connected to the profession. You should apply if:

- you just don’t know how much longer you can last in this profession, even though you still love it deep down
- you’re experiencing burnout or feel it coming on
- you’re willing to take emotional and intellectual risks oriented toward healing *and* growth in community
- you’re committed to writing, reading, reflecting, and thinking hard together with others
- you’re professionally responsible; that is, you’ll attend all sessions in the summer and throughout the school year, complete the reading, and participate in all activities
- you’re determined to “get better”--in both the sense of healing and the sense of progress. (As Anne Lamott would say, you might need to whine for a while, but you can’t be “whiny-baby.”)
- you’re excited about the possibility--though not the obligation--of being part of a growing community of sustainable teaching educators who are contributing to the education profession at large via publication, conference presentations, and other professional opportunities

WHERE / WHEN WILL THE INSTITUTE TAKE PLACE?

Location: CSU campus

Dates:

- Summer Weeklong Institute: August 3-8 (9:00-3:30)
- Saturday Seminars: September 12, November 7, February 27, April 24 (All seminars take place at CSU from 9:00-3:30.)

HOW MUCH DOES THE INSTITUTE COST? WHAT WILL YOU RECEIVE FOR PARTICIPATING?

- There is no cost to participate in the institute. Applicants who are selected to participate will receive: a \$500 stipend. Participants often use these funds to offset costs related to travel, meals, and/or 4-6 CSU optional graduate credits (4 credits available during summer and 2 during school year). **NOTE: To receive the stipend, you must attend all sessions, participate fully in all activities, and complete reading and writing assignments as described in the program requirements section below.**
- 3 free books: *The Gifts of Imperfection* by Brené Brown, *The Garden at Night: Burnout and Breakdown in the Teaching Life* by Mary Rose O'Reilly, and *The Courage to Teach* by Parker Palmer.
- Upon completion of the institute, you will be considered a member of the CSU Writing Project.

WHAT WILL YOU DO?

The institute structure is very straightforward, as follows:

Mornings

Writing and sharing

Whole-group time to discuss professional reading and explore the theory of “sustainable teaching”

Mindfulness and resilience workshop activities

Afternoons

Restoration Time: *Quiet time for personal writing, gentle body movement and breathwork, personal reading (anything you want, not just school stuff!)*

Whole-group workshops

Intentional closing activities

WHAT ARE THE PROGRAM REQUIREMENTS?

Pre-institute: Read *The Gifts of Imperfection* by Brené Brown and discuss reading in an online forum

Summer Weeklong Institute (August 3-8, 9:00-3:30): Attend every day, all day. / Complete required reading and writing tasks. / Participate fully in all institute activities.

Saturday Seminars: Attend all 4 sessions (dates above). / Read *The Courage to Teach* by Parker Palmer. / Participate in online forum between sessions. / Participate fully in all activities on day of seminar.

QUESTIONS? Contact Cindy O'Donnell-Allen at cindyoa@mail.colostate.edu.