



## DEFINITION OF SUSTAINABLE TEACHING

*Sustainable teaching is the process of fostering self-compassion, healing, and renewal in educators who support the growth and development of students in turn. Sustainable teaching puts **educators first** with the goal of creating an inclusive, collaborative community. Animated by a commitment to equity, advocacy, and hope, sustainable teaching offers an integrated approach to education where all participants can thrive.*

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### Components of sustainable teaching include:

- Acknowledging and embracing our own vulnerability
- Recognizing limits and stressors, then setting boundaries so that we can attend to our bodies and maintain our emotional well-being as we work for social change
- Developing a repertoire of mindfulness practices and actually using them to build personal resilience and professional longevity
- Cultivating self-compassion and a gracious mindset toward others
- Creating and protecting space for self-care, play, and joy
- Creating and actively participating in support systems for personal and professional growth
- Uniting as advocates to critique inequitable systems, promote equity for all educators and learners, and heed the call toward justice
- Building relationships with allies who will advocate on our behalf and help us locate and leverage resources to enable our career longevity
- Modeling for all stakeholders, including our students, how to live and work sustainably

**Updated March 2022 - NOTE:** Since its inception, the definition of *sustainable teaching* has been living and dynamic. As such, it continues to evolve organically over time. The latest iteration of the definition is updated regularly on the CSUWP website: [csuwritingproject.net](https://www.csuwritingproject.net). For more information about *sustainable teaching*, contact CSUWP Director, Cindy O'Donnell-Allen: [cindyvoa@mail.colostate.edu](mailto:cindyvoa@mail.colostate.edu).

**SUSTAINABLE TEACHING  
DASHBOARD**

**WORKING ASSUMPTION:** “There’s no objective personal balance...just a subjective personal sense that ‘I have enough’ or ‘something is missing” (from [Designing Your Life](#) by Bill Burnett & Dave Evans, 2016, p. 18)

**INSTRUCTIONS:**

1. Mark where you are (0 to FULL) on each gauge.
2. Write a sentence or 2 about how it’s going in each area.
3. As you look back over your dashboard, how’s it going really? Where do you “have enough”? Where is “something missing”?

Vulnerability					<b>FULL</b>
Setting Boundaries					<b>FULL</b>
Using Mindfulness Practices					<b>FULL</b>
Practicing Self-Compassion & a Gracious Mindset					<b>FULL</b>
Creating Space for Self-Care, Play, & Joy					<b>FULL</b>
Participating in a Personal & Professional Support System					<b>FULL</b>
Uniting as Advocates to Promote Equity & Access					<b>FULL</b>
Building Relationships with Allies					<b>FULL</b>
Modeling Sustainable Life & Work for Students					<b>FULL</b>