



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.*

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. For more information about *sustainable teaching*, contact CSUWP Director, Cindy O'Donnell-Allen: cindyvoa@mail.colostate.edu.