

T-IES Tubingen Group B

Thriving in Tübingen: Learning and Practicing Self-Care in an Intercultural Setting
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COURSE DESCRIPTION

Students will learn about Self-Care and Creating a sustainable experience while doing your study abroad experience at the University of Tubingen. We will learn and practice self-care and ethnographic research to get acquainted with the city, culture and the university. Students will learn the step-by-step process of self-care and the ethnography of spaces on campus. This section will be hands-on learning and discussion based.

Pedagogical focus on self-care:

I believe that self-care is a practice that will allow us to have a sustainable, quality learning experience. We will start class with a mindful meditation and also end class with a guided meditation. We will include self-care practices you can use throughout your study abroad experience to make sure you keep your well-being centered and a lens of focus as you learn and explore this month. Your mental health and wellbeing are number one to me so please keep self-care at the forefront of your experience!

Discussion-Based Learning:

Discussion and reflection will be important for this class. We are working to learn and practice the growth mindset, be critical thinkers and to do these things we need to come to class prepared to share our insights from the readings and to reflect on the process of learning. We can use the term “compassionate pause” if in class you need something clarified, redefined, reworded, re-worked or if we just simply need a moment to reflect or pause anyone at anytime can ask for a “compassionate pause”.

Topic we'll explore:

- Workshops around how to create one's own unique self-care ethos, rituals and practices to help each student find their inner strength, self-compassion, positionality and self-care regime and support team.

Day One Session One Tuesday, June 4: 10:30 -12:00

Beginning Mindful Meditation.

Welcome and Introductions!

Why are we here? What will we do? Where are we going? Self-care during these turbulent and uncertain times. Goal Setting & Initial Reflection Workshop

Write the rough draft, first attempt of your short, 250 word self-care ethos

Getting to know one another Activity:

Grant Interview Questions Workshop

read Terry Gross NYT article pdf in class and

Together, as a class we will discuss: <http://ethics.americananthro.org/category/statement/>

Together in class: Watch [Listening to Shame](#) (20 min) and [The Power of Vulnerability](#) (20 min), Ted Talks by Brene Brown, vulnerability research and storyteller. Write down points that resonate with you.

Brene Brown Discussion

Small group discussion of self-care plans. Students will brainstorm together how they will create an intentional self-care plan for their time in Tubingen.

Students will have time to craft their self-care plan and self-care ethos. Students will sign up for a time slot to meet with me during this work time to conference one-on-one with me.

Student conferences on Personal Self-Care Plan

In this conference you will tell me where and who you plan to study for your grant project. You will also declare your energy/grade level you want for this class. When you are not meeting with the professor, use time to work on your grant project.

Together in class: Wofford Resilience [Exercise #3 Signature Strengths](#)

BREAK

Day One Second Session Tuesday, June 4: 13:30-15:00

Beginning Mindful Meditation.

Brene Brown discussion.

We will go to the library and observe what you see, who you see and how people interact with the space.

We will look over info about Library Ethnography Together in class [Library guide](#)

Class Session at University Library:

We will meet back in the class room for an In-Class Discussion of our Library Ethnography
Closing Guided Meditation.

Homework: finalize your 250 word self-care ethos and work on your 4-5 minute final presentation on your self-care ethos and self-care plan. Do Resilience Project [Exercise #2 Gratitude Letter](#)

Last Session Wednesday, June 5: 13:30 -15:00

Beginning Mindful Meditation.

We will go together to the old botanical gardens.

Class Session at Old Botanical Gardens:

What quality about you is your driving force? To sustain that power you must take time to find it, time to reflect and time to cultivate your super power. We will walk together in the Garden in a silent meditation and then spend time writing and reflecting.

Ethnography of Plants Activity (bring pen or pencil and paper)

Student Roundtable Presentations: In the classroom we will have students divide up into small groups and do a roundtable on their finalized self-care ethos and describe their self-care plans.

Closing Guided Meditation.
