

# Adding to Your Instructional Toolbox

## Managing Difficult Discussions

Class discussions are thoughtful, meaningful, engaging ...  
... except when they aren't.

- Sometimes discussions become uncomfortable
- Sometimes conversations breed defensiveness
- Sometimes having the best knowledge and skills doesn't seem to be enough

### About the Workshop:

This three-part workshop will use aspects of a model called Acceptance and Commitment Training (ACT) that will improve your ability to respond constructively in difficult situations and engage students, even in the face of discomfort, resistance, or disinterest.

We'll meet three times over the remainder of the Spring Semester (lunch provided):

- Friday, March 9<sup>th</sup>, UC 69, Noon - 2 p.m.
- Friday, April 27<sup>th</sup>, UC 264, Noon - 2 p.m.
- Wednesday, May 16<sup>th</sup>, UC 264, Noon - 2 p.m.

### Registration Information:

Space in this workshop is limited. Please register for this event by **Friday, February 24<sup>th</sup>**, by submitting an e-mail to [learn@uww.edu](mailto:learn@uww.edu). The e-mail should include a one paragraph description that:

- describes an instructional situation where the participant was faced with leading a discussion on a challenging topic, or holding a challenging conversation; and
- includes a discussion of the factors or concerns that interfered with the ability to hold discussion/conversation.

A \$100 professional development fund will be set aside for those completing the workshop series.

For more information contact Barbara Beaver ([beaverb@uww.edu](mailto:beaverb@uww.edu)) or Carolyn Morgan ([morganc@uww.edu](mailto:morganc@uww.edu)), Department of Psychology (workshop facilitators).

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