

Agenda

May 3rd-7th, 1-4pm (EDT) via Zoom (link emailed each morning)

Registration: [CLICK HERE](#)

Monday, May 3rd: TiA Core Curriculum

- TiA's origins, models of thriving and learning, pedagogy
- Curriculum: Gratitude, Optimism, Self-Compassion, Grit, Time Management, Note-taking, Studying, Test-taking, Group Work
- Research: TiA and Self-efficacy
- "How you do TiA" guest speaker

Tuesday, May 4th: TiA Online

- TiA Online approach, pedagogy, uses, faculty/staff guide
- Curriculum: Sleep, Habits, Curiosity, Creativity
- Research: TiA Online and scalability
- "How you do TiA" guest speaker

Wednesday, May 5th: TiA For-Credit

- Journey to the classroom, curricular structures, career transition integration
- Curriculum: Active Wellbeing, Growth Mindset, Beginner's Mind
- Research: Low barrier active wellbeing as learning strategy
- "How you do TiA" guest speaker

Thursday, May 6th: Thriving at Home

- TiA's pivot to online: 7-week staff training, 6-week student intensive, webinars
- Curriculum: Hope, Meaning/Purpose, Micro-Resilience, Pendulation
- Research: Outdoor immersion and transition

Friday, May 7th: TiA Now & Next

- Implementing TiA at your campus, logistics, findings, partnerships
- Additional resource-sharing (workbooks, manuals, recordings)
- Community of Practice invitation and co-created resources

** Please note, the curricular topics taught each day may shift