

## **Dual Credit Teacher Forum & Community of Practice Event**

**May 6, 2021**

**1:00-4:30pm**

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### **Live Virtual Event**

The May 6<sup>th</sup> event will be delivered live via Zoom.

### **About the Speaker**



Dr. Andrea Dinardo is a psychology professor, TEDx speaker, and former school psychologist who applies positive psychology to facilitate personal growth and transformational change. During her TEDx Talk and on her psychology blog, she discusses how to thrive under pressure using three stress resilience tools: challenge, commitment, and control. A framework for mental health and motivation used throughout her psychology talks and seminars.

### **About the Workshop**

#### **Workshop Introduction and Discussion:**

COVID Burnout: Risk and Protective Factors

This ½ day virtual workshop will begin with an introduction to covid burnout and fatigue, including risk and protective factors. Followed by an in-depth discussion of stress hardiness, a key factor in psychological resilience.

#### **Main Event:**

3 C's of Thriving Under Pressure

By the end of the workshop, participants will have a general understanding of the three components of stress hardiness, namely: control, challenge, and commitment. Control is the belief in one's ability to influence life events. Challenge is the understanding that change is normal, adversity is to be expected, and both can act as an incentive for self-improvement. Commitment is the ability to engage fully in all aspects of life, no matter how big or small, with a sense of purpose and meaning.

**Helpful Resources:** [Andrea Dinardo: Thriving Under Pressure | TED Talk](#)  
[Thriving Under Pressure – Psychology Blog \(DrAndreaDinardo.com\)](#)