

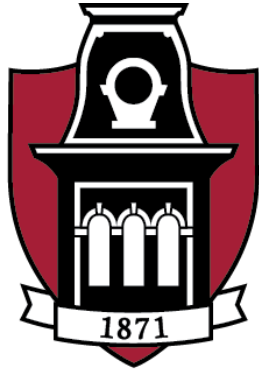
UNIVERSITY OF
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The Human Under the Hat:

Identifying Our Roles and Healthy Transitions from One to the Next

CHEC- 2022



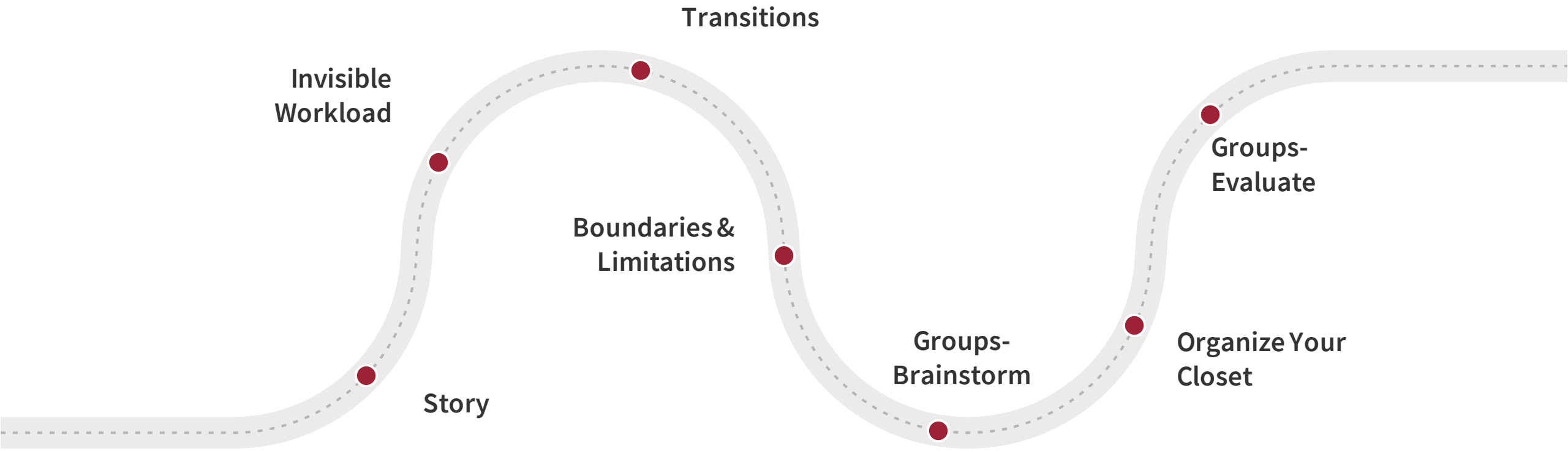
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Academic Coach in the College of Engineering
Counseling Graduate Student



Our Next Hour

Story Time



Invisible Workload



Coaching Programmer



Data Analyst



Secretary



Tech Support



Resource Developer



Counselor



Mentor



Event Planner



Learner/Student



Friend



Advocate



Academic Advisor

Definition of the HAT



hat

/hat/

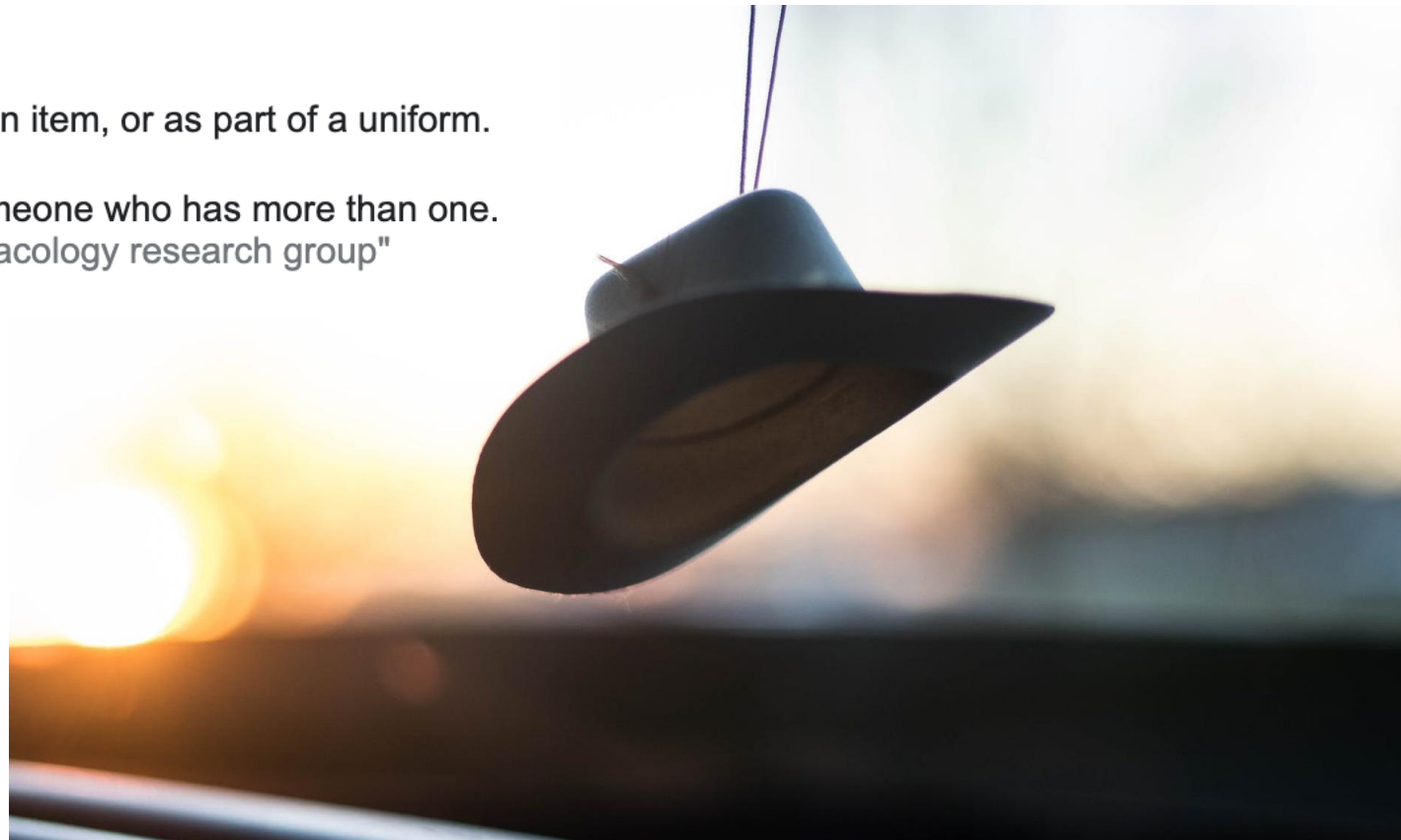
noun

noun: **hat**; plural noun: **hats**

a shaped covering for the head worn for warmth, as a fashion item, or as part of a uniform.

"a black straw hat"

- used to refer to a particular role or occupation of someone who has more than one.
"wearing her scientific hat she is director of a pharmacology research group"



Transitioning from one Hat to the Next

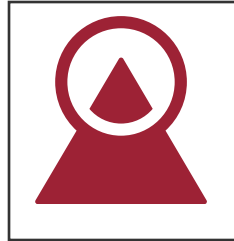


Human

"Who Am I without the hats?"

"What does unconditional love say about you?"

"Am I ready to step into the next?"

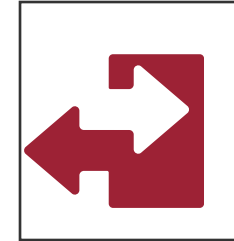


Acknowledge

"What am I feeling?"

"What is this really about?"

"Do I need to say no?"



Transition

Make the choice

Change (your attitude or direction)



Strengthen

Learn

Celebrate

Grow

Transition Rhythms

Starting Work Routine

”The point behind this is to prime your brain that this is now “work” time”

Make a Plan

Knowing everything has a place during the day and evening

Prioritize

Communication

Know who to talk to when, and how

Wrap-up Routine

This tells your brain it is not work time now

TRANSITION STRATEGIES

to prevent tantrums



1 MAKE IT CLEAR HOW MUCH LONGER THE ACTIVITY WILL LAST.

Use a visual timer, countdowns, give warnings ahead of time.



2 MAKE SURE THE CHILD UNDERSTANDS WHAT IS COMING NEXT.

Use a picture schedule, alternate between preferred and non-preferred activities, stick to a schedule.



3 USE A TRANSITION OBJECT.

Allow the child to bring a toy along with them.



4 DON'T RUSH IT

Give lots of extra time to make transitions that are likely to be difficult for the child.



5 TAKE A SENSORY BREAK.

When moving from one activity to another, try a movement break on a trampoline or play in a tactile bin, with resistance bands, or therapy putty.



6 BE PREPARED!

Structure and consistency are key. Organized materials and clearly defined spaces help too.



7 PRACTICE MAKES PERFECT

Use social stories and allow for many repeated practice trials!

8 MAKE "WAIT" TIME LESS FRUSTRATING.

Try songs, fidget toys, movement breaks, and timers.



9 PRACTICE THE ART OF DISTRACTION.

Try songs, bubbles, movement activities that will help the child move from point A to point B.

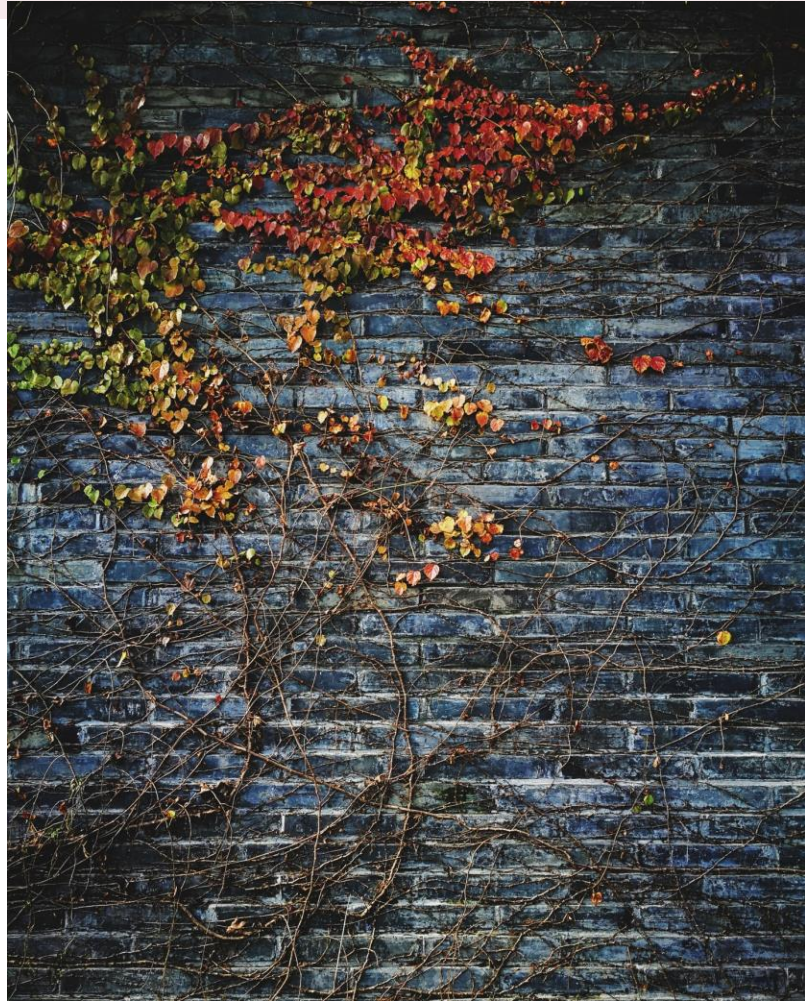
10 HAVE A WAY OF SIGNALING THAT AN ACTIVITY IS OVER.

Turn off the lights, sing a specific song, make sure everything is cleaned up.



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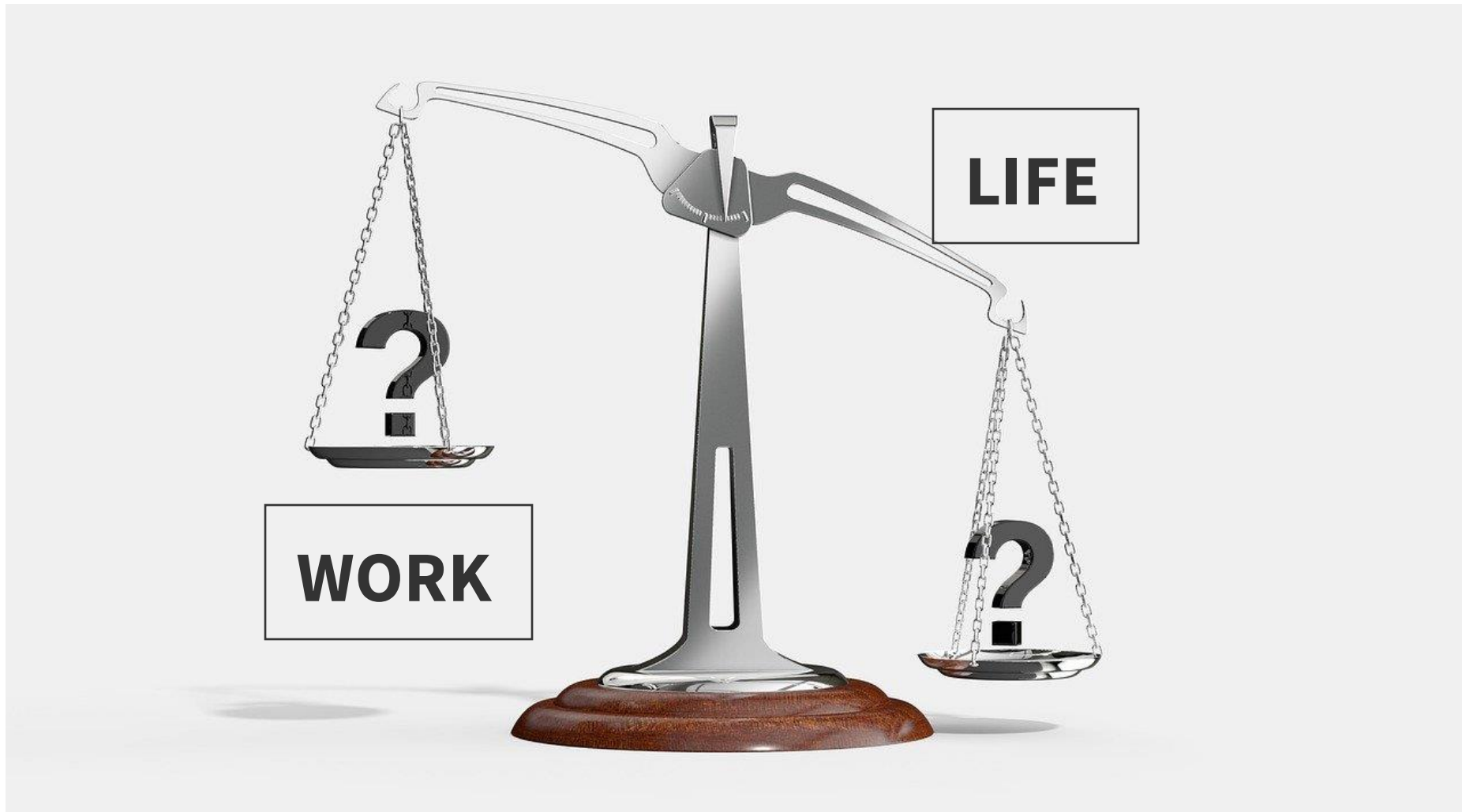
Boundaries



Vs.



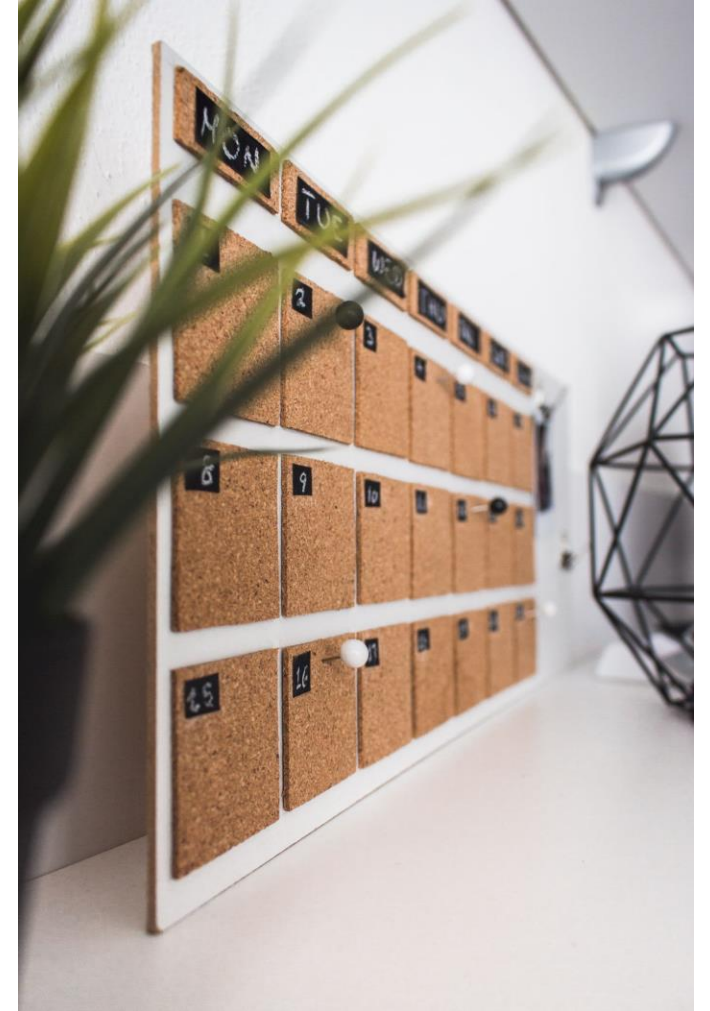
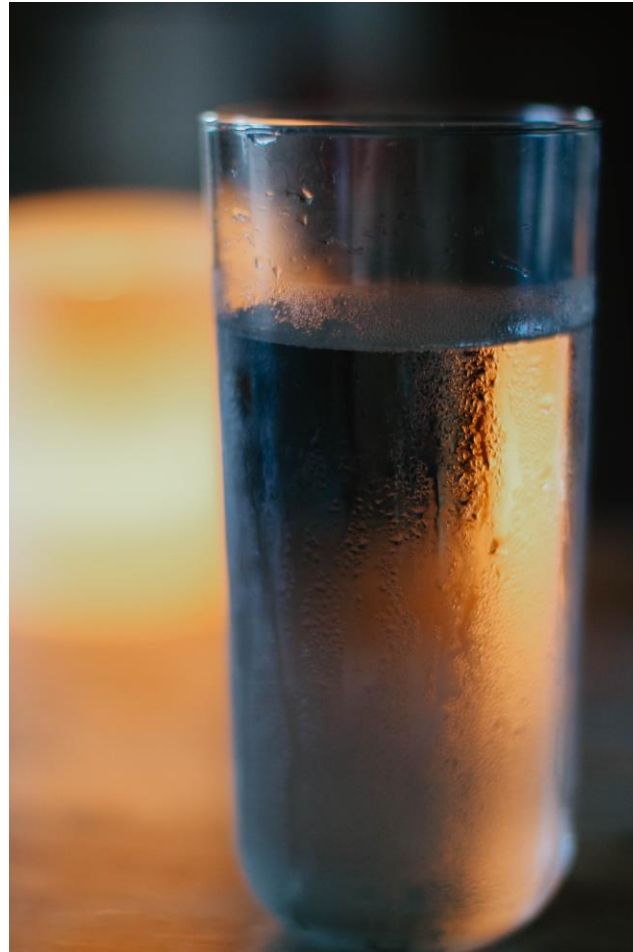
Boundaries



Boundaries



Limitations



Brief Introduction & Brainstorm a List "What Hats Do You Wear?"



Evaluating the HATS

Strength

Weakness

Growth Goals

Choose 1 Hat/Role
Coach each other on Strengths,
Weaknesses and Growth goals




Takeaways? Questions?



I'd love to continue the conversation.

Thank you!

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