



# TexaSpeaks

*Monthly Newsletter*  
December 2021



CONVENTION 2022  
ROCKWALL, TX  
OCTOBER 5-8, 2022

NEXT YEAR'S THEME:  
KEEP IT SIMPLE!

- [Click here](#) to read TSCA's White Paper on: "Enhancing Student Choice by Allowing Oral Interpretation to Fulfill ELA Elective Credit and Fine Arts Credit"
- The goal of this white paper is to provide support for Oral Interpretation as a course on campuses across Texas.

- HELPFUL LINKS
- [2021 Resolutions](#)
  - [November 2021 Newsletter](#)

## RESOLUTIONS AND NEW HABITS



### Forming Change Through Building Habits

The new year is an exciting time to reflect on our successes and areas of growth. It's easy to consider all the things you want to improve on and make a laundry list of resolutions. Lose weight, stay on top of grading every single day, go to the gym, read every day for pleasure. All excellent goals but often goals that are left forgotten or labeled as failure a few weeks into the new year. Dan Ariely, an author and professor of psychology and behavior economics at Duke University, explains that

often our resolutions are our goals - our outcomes we want to see; but they are not the behaviors that need to change. Instead of trying to be the perfect version of yourself on January 1, 2022 - try layering in changes through small steps you can take to improve in your day to day life. Drinking water each morning is a small, simple step that can make it easier for you to wake up and feel productive. Setting a book by your bed can serve as a trigger and motivator to get you to read more frequently. Setting walking shoes by the door can inspire you to take a morning or evening walk - maybe even turn it into a run. And each week, as you grow a small habit, you can layer on another one to create amazing progress. It's not a race - it's a journey. Enjoy your journey to accomplish your goals by taking your time and doing it right.

## STARTING 2022 STRONG

As we return from break, it's easy to fall back into the same routines and risk diving headfirst into burnout as educators. Here are a few suggestions to help you ease back into the new semester in a successful and meaningful way that will hopefully make you feel in charge of your year!

- Clean out your email inbox - it's easy to hold onto every single email forever. But look at what it's time to let go of entirely, archive, or file away into a particular folder. A decluttered inbox can relieve a lot of stress, increase productivity, and help you focus on what needs to get done now.
- Do a cleanup of your online classroom space - if you're teaching a year-long course, archive/delete old assignments. If you're teaching a semester-long course, think of one thing you can do to improve the usability of your classroom space for yourself and your students. A fresh, clean digital space can help everyone feel focused and increase feelings of success in the classroom.
- Visit the copy machine - if you know you have paper copy assignments you want to use in the first two weeks of class, take the time the day before students return to get the copies made and organized. Nothing is worse than that moment you get to school a little later than planned only to realize you forgot to run copies earlier in the week and having to pivot your lesson quickly.
- Step away from your desk and visit a colleague - Education can often feel like an island. We are so quick to dive into our respective to do lists, we forget to form and maintain positive relationships on our campuses that keep us afloat. Grab lunch or coffee with a friend (maybe invite someone new that you haven't gotten a chance to know)...and make a rule to limit how much you talk about work!
- Morning Mind Dump - we expend a lot of energy trying to keep our mental to do list straight in our heads. Take ten minutes each morning to write out a list of everything that you can think of that needs to get done. This gives a physical place to keep yourself focused, relieving the strain on your mental energy. It's best to keep a notebook open on your desk that you can add to each day. If something stays on your list for three days without making progress, make it a priority to complete on Day 4 so the stress of avoiding it doesn't wear you down! And know that it's okay to not get every single thing done in a day - we're only human.

## JOURNAL CALL FOR SUBMISSIONS



[Click here](#) to read the call for submissions for our 2022 Academic Journal. We are seeking papers that focus on research in human communication.

Submissions must be received by:  
March 31, 2022.

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## CALL FOR SUMMER CAMP INFORMATION

We will be publishing summer camp information for various camps hosted throughout Texas that will serve as educational resources for students - and teachers! Email [socialmediaTSCA@gmail.com](mailto:socialmediaTSCA@gmail.com) so we can include your camp information in upcoming newsletters!

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## NEWSLETTER SUBMISSIONS

Were you named Teacher of the Year? Did your team partake in an awesome community service project? Do you have an amazing resource or lesson plan you would like to share with your fellow educators? Would you like to nominate someone for the member spotlight? Email [socialmediaTSCA@gmail.com](mailto:socialmediaTSCA@gmail.com) so we can include it in a future Newsletter!