

Take Home Lessons from Today 11-16-23. "You can't stop the waves, but you can learn to surf"
Jon Kabat-Zinn



Watch

Imagine

Select

Engage

Reflect

You are going home for Thanksgiving and you have already switched your major to Radio, Television, Film (RTF). Your parents agreed to send you to UT thinking you were going to be an engineer. When you tell your parents about your new major, they say you are not ready to make such a decision, you do not know what you are getting into and that they are extremely disappointed that you are not more mature.

What do you do?

“The world we live in is the world we create”

Buddhist teacher Shohaku Okumura

The WISER approach:

Watch: (Don't just do something, sit there)

- Have I faced the problem directly or tried to avoid it?
- Have I taken time to get an accurate assessment of the situation?
- Have I talked with the people involved?
- Have I consulted with others to get their understanding of what is happening?

Interpret: (Naming the stakes)

- Have I recognized how I feel and what is at stake for me in this situation?
- Am I willing to acknowledge my role in the situation?
- Have I focused too much on what is going on in my own head and not enough on what is going on around me?
- Are there alternative ways of understanding what is going on in this situation?

Select: (Choosing from the options)

- Am I clear about the outcome I want?
- Have I considered all the available options for responding?
- Have I done a good job of identifying resources available to help me?
- Have I weighed the pros and cons of different strategies to achieve my goals?
- Have I chosen the tools that would work best in meeting the current challenge?
- Have I reflected on IF and WHEN I should do something about the situation?
- Have I considered who else could be involved in solving the problem or meeting the challenge?

Engage: (Implementing with care)

- Have I practiced my response or run it by a trusted confidant to increase the likelihood that it would succeed?
- Have I taken steps that are realistic for me?
- Have I evaluated progress and am I willing to adjust as needed?
- What steps have I rushed through, or messed up, or skipped over?
- What have I done well?

Reflect: (Monday morning quarterbacking)

- How would I do things differently next time?
- What have I learned?