

CELT Newsletter: December 2025

Dear CELT Colleagues:

Happy December! As we get ready to head off to a well-deserved break, CELT wants to thank everyone for joining in the conversation this semester. Let us know what new strategies you tried in your classes this semester, and if they worked!

The CELT Board has planned an engaging program for the Spring 2026 semester as we continue to bring innovative ideas to teaching at Middlesex College. **Save the dates** for our **Spring 2026 CELT Events** on Wednesday, January 14 and Thursday, January 15, 2026. Watch **your email during break** for the Spring CELT Calendar and more information about these and our other programs for **Spring 2026**.

What are you interested in learning? What do you need to support your teaching practice? Please let us know how CELT can help you with learning and teaching. Do you have an interesting idea for a workshop or would you like to lead a workshop? We welcome your ideas, and welcome you to present for CELT.

We will post the Spring schedule and a link to registration on the CELT Webpage sometime after the new year. While we welcome everyone at our events, registering in advance gives us some idea of how many to expect and allows us to send you a reminder email the day before the event.

Have a restful and restorative winter break, a good holiday season, and a safe and peaceful 2026 for us all!

Cheers, Susan and the CELT Board

Register for our January and Spring 2026 CELT Workshops

To help us keep track of attendance and facilitate sending reminders to registered faculty, please sign up in advance on Microsoft forms to join us! If you forget to register, you are still welcome to attend and bring a colleague!

Save the following dates for CELT Events! Detailed information for these workshops will be listed soon on our website, in our CELT flyers and Newsletters, email, and on our webpage at the start of the new year.

January 14 and January 15: CELT Workshops (before the semester begins)

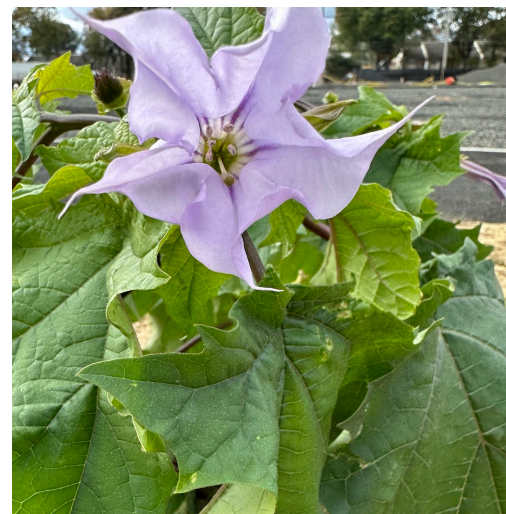
January 22: *CELT Open House in the ACE Space in JLC 230*

February 12, March 5 and April 9 at 2 PM: *CELT Tech Sessions*

February 24, March 24 and April 28 at 2 PM: *CELT SOTL Sessions*

CELT Board Update:

CELT thanks Junghee Kim for her work representing the adjunct faculty on the CELT Board and wishes her luck in her new job! Natasha Welcome has joined the CELT Board as our new adjunct faculty representative. We are happy to have



Upcoming Events

December 12: Deadline for [nominations](#) for Faculty Teaching Awards

January 14: CELT Workshops

January 15: CELT Workshops

January 22: CELT Open House in JLC 230, Join us for snacks, conversation, and camaraderie

February 6: Deadline for submission of support materials for faculty awards

Helpful Articles

As we reflect on the past semester, we should all spend some time on our work-life balance. Take a look at [Balance is for Gymnasts: Strategies for Work-Life Harmony](#) for some ideas.

[Yes, You Can Still Succeed in Academia and Still Have a Personal Life](#) offers some additional ideas including taking time to rest. Winter break is the perfect time to try this and enjoy your time off from teaching.

Natasha join us! Do you want to get involved? Watch for information about our CELT Elections in the Spring semester.

Opportunity for a CELT Learning Community for Full-time Faculty – Culturally Responsive Pedagogy

CELT is working with the office of the Vice-President of Academic Affairs and the Middlesex College Foundation to facilitate a Learning Community on **Culturally Responsive Pedagogy**. Open by application to all **full-time faculty**, this 5 session Learning Community will start on January 15. Only **Full-time faculty** can [apply](#) to participate in this opportunity by December 10th.

New Ideas/New Pedagogy

AI: A Continuing Conversation: Please join our student panel on January 14 and hear from students their thoughts on AI and how they use it or not use it in their classes. As always, student panels are always informative and eye-opening! Brian Stone, a Cognitive Psychologist at Boise State University asks [How does AI Affect How We Learn?](#) The article explains how you learn when the work is hard and gives examples of how students learn. [AI's Transformative Impact on Higher Education, Beyond the Chatbots](#) talks about redefining how students learn. While much of the talk about AI concentrates on cheating, *The Conversation* shares [Student Cheating dominates talk of Generative AI in Higher Ed, but Universities and Tech Companies Face Ethical Issues too](#). What about the use of AI in specific professions? In [Ethical Use of Artificial Intelligence in Health Professions Education](#), the authors discuss ethical issues regarding the education of students in these professions. The Learning Strategy Team at Northeastern University has just launched its' new *AI in Learning* newsletter. In the article [AI Reckoning: Panic, Pedagogy and Possibility](#), the authors state that AI is not just a passing fad and we need to re-think what and how we teach.

Reflective Teaching: Thank you to everyone who joined us for our session on reflective teaching. One suggestion from a colleague was a recommendation that faculty should keep a list or notebook with every new pedagogical strategy that you tried over the year, and note whether it was effective or not in your classroom. What do you want to change the next time that you teach the class? Keeping notes on your teaching is another way to reflect on your practice and think about ways to improve learning and teaching for your students. What new ideas did you bring to your classes this year? In [Advancing Pedagogical Excellence through Reflective Teaching Practice and Adaptation](#) the author shares their research on reflective teaching and how it supports student learning. In the journal, *Teaching in Higher Education*, Mary Ryan from Queensland University of Technology shares [The Pedagogical Balancing Act: Teaching Reflection in Higher Education](#). This article shares ideas to help our students be more reflective on their own learning. In [Guiding Student Reflection](#), the author suggests four ways to encourage more thoughtful student engagement with your prompts. In [Using Reflective Writing to Deepen Student Learning](#), there are suggestions on how to use reflective writing and offers 7 ways to integrate authentic and purposeful reflective writing in your classes.

Mindfulness for Faculty: After a busy and demanding semester, we all need rest and restoration. As we have done in past semesters, bring a mat and join us on January 15 at 10 AM for **Workplace Yoga for a Balanced Body and Mind** taught by our colleague Arianna Illa and an excellent way to start the semester. Every semester we have gained more participants and it is a very fun session! *The Harvard School of Education* recommends [Making Time for Mindfulness](#) for both students and faculty and suggests that creating a culture of mindfulness can reduce student stress (and yours) and lengthen attention spans. Dartmouth College recommends using the [STOP Method](#) which is a micro-mindfulness practice that can take as little as 30 seconds but helps reduce burnout, anxiety and stress. Hawai'i Community College has a resource of [Mindfulness in the Classroom](#) that has numerous exercises listed from 1-3 minutes to longer exercises of 10 minutes. Patricia Jennings, PhD has [Seven Ways Mindfulness Can Help Teachers](#) based on her research in the field. CELT hopes you have both a reflective and restorative break!

Reading over Break and into Spring Semester: Looking forward to break and need some reading material? Lots of good books to support your teaching practice are available. The University of Oklahoma Press shares a list of [new books](#), including *The Pedagogy of Kindness* by Dr. Cate Denial who was our Fall keynote speaker. CELT has 12 copies of her book for faculty who are interested in reading it and forming an informal book group. The participants will receive a copy of Dr. Denial's book and meet on Zoom. We will come up with a schedule that works for you! Interested in joining? Please [sign up](#) and CELT will get in touch with the first 12 participants sometime after the start of the Spring semester.