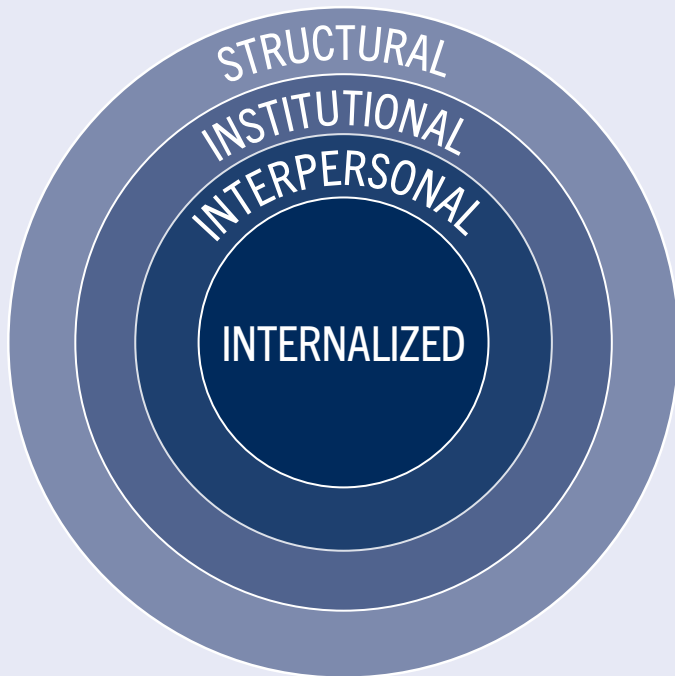


THE POWER OF STORYTELLING: REWRITING THE NARRATIVE

What are the stories we believe about success in university and what it means to be a learner? Did I create those stories or do they come from somewhere else? What systems influence the stories we tell about ourselves and others?



- Systems like public policies, norms, and ideologies which create a hierarchy of groups through dynamics of power, privilege and inequality.
- Policies, procedures, and resources within an organizational culture which result in advantages and disadvantages for certain social groups.
- The relationships or interactions we have with people often informed by assumptions, stereotypes, biases, and our own positionality.
- The beliefs, values, ideas, and actions whether conscious or unconscious which shape our sense of self and identity.

How does storytelling impact the brain and academic learning?

Learning Strategies:

Recognize how your inner critic and internal thoughts could be impacting the quality of your work.

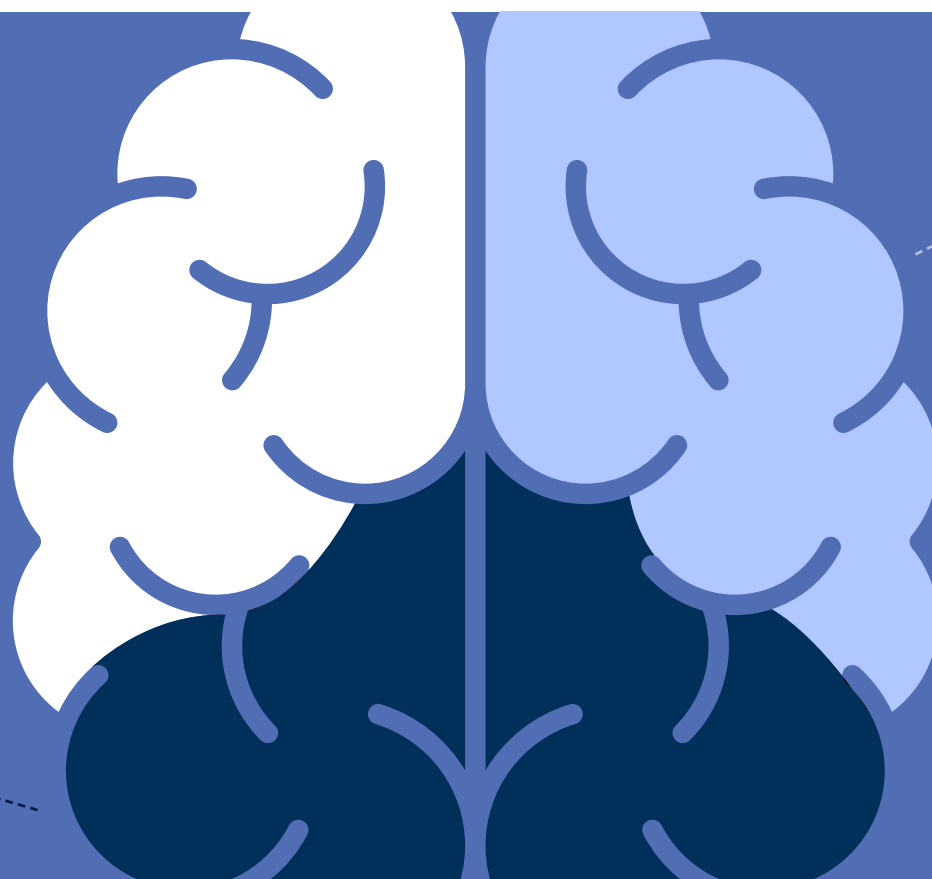
Externalize the problem: Write/speak about your thoughts and feelings rather than ignoring them.

Focus on the strengths and talents in your story.

Imagine your future self rather than simply dwelling on the past.

Stories shape identity - discover your authentic self and find intrinsic value in your learning experiences.

Stories are empowering - create your own stories of success which include meaningful reflections on failure.



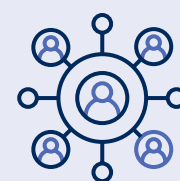
Stories influence how we think - learn to develop your thoughts, ideas, opinions, and feelings, which align with how and what you learn.



Dopamine:
Makes it memorable



Cortisol:
Increased attention and focus



Oxytocin:
Builds human connection