Mental Bandwidth Worksheet

1. How will you better address your students' basic needs to increase bandwidth?

2. What is one thing your department can do differently to increase student bandwidth?

3. What is the first thing your school can do to address basic student needs?

4. **Clear is Kind** - How can you make your expectations more transparent and understandable?

5. **Be Authentic** - What is one idea for better transparency?

    A. How can you manifest your authenticity more in your actions and communication, fostering trust and respect in the learning environment?

    B. What is one way to "bring more you?"

6. **Create Intrapreneurship** - How can you offer your students more autonomy and responsibility?

7. **Sticky situations** - How can you connect with empathy and support with accountability?