

# UNDERSTANDING MENTAL BANDWIDTH

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**THIS SESSION IS  
*A BRAVE SPACE***

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Express your feelings, experiences,  
and thoughts

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Respectfully disagree – address the  
idea, not the person

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Everyone struggles, listen to  
understand not respond

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The devil has enough advocates,  
speak from experience

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A place to plant the seeds in your  
change garden....

**BANDWIDTH?**

**MY INTERNET IS  
FINE!**

**Mental Bandwidth** = cognitive capacity for basic functions

Cognitive overload = bombarded with 11 billion bits of information per second, our conscious minds process 45



HAVE YOU EVER  
FELT OFF FOR NO  
REASON?





# WHY DOES THIS MATTER?

Finite amount of time, energy, motivation,  
and discipline daily

Resources are depleted throughout the  
day

Choices made with resources directly  
affect accomplishments

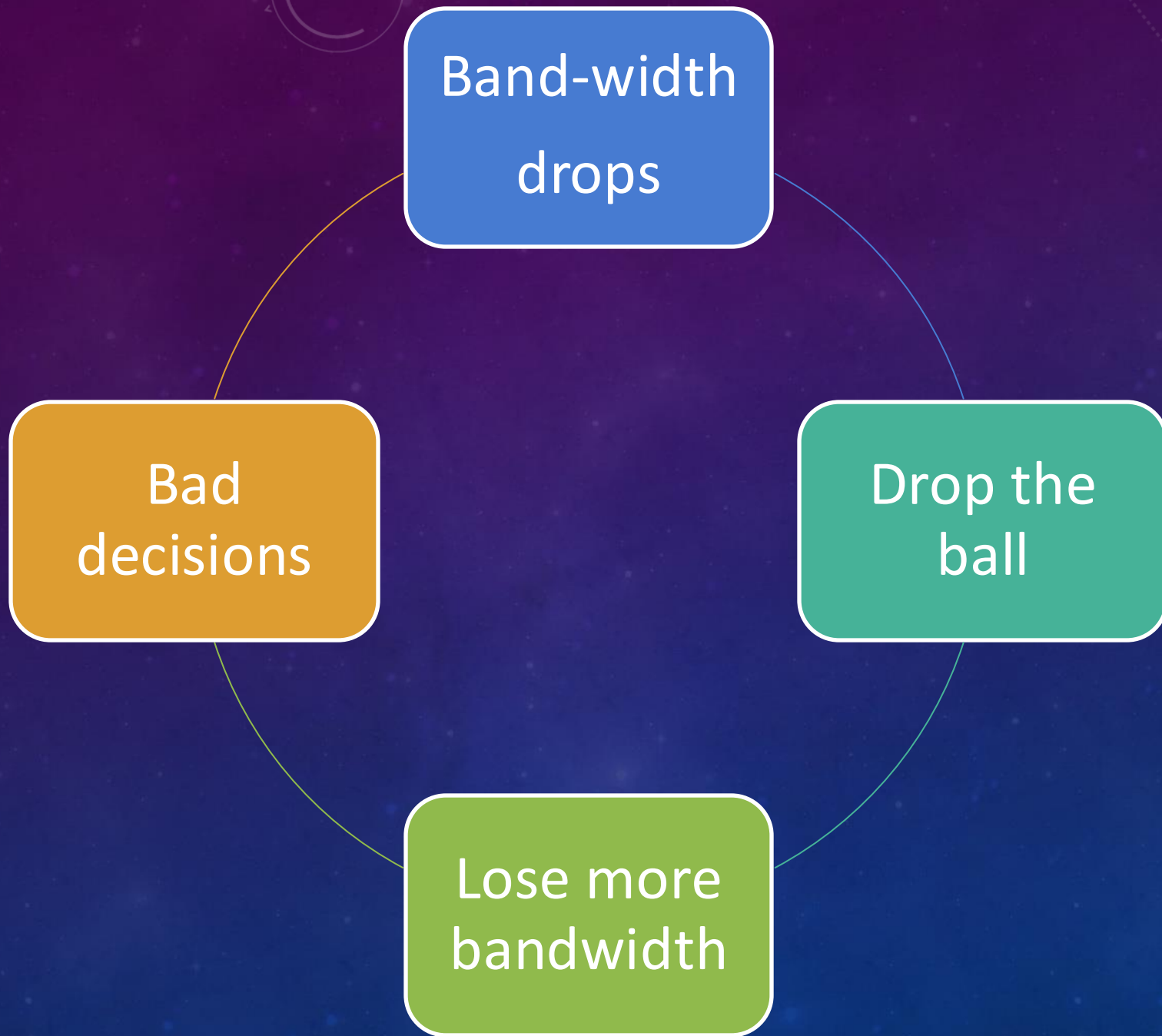
# VUCA IS NOT A BAND

Volatile, Uncertain,  
Complex, and  
Ambiguous (VUCA)

Fast-paced, performance  
driven profession







Band-width  
drops

Drop the  
ball

Lose more  
bandwidth

Bad  
decisions





Maslow's hierarchy of needs



# DO YOU *KNOW* YOUR STUDENTS?

- Unmet needs are a roadblock to academic success
- ~ 50% housing insecure
- 64% paying for classes with money from their full-time job
- 47% were parents or full-time caregivers

# SCARCITY AND BANDWIDTH



SCARCITY = UNREALIZED  
LACK THAT  
IMPEDES FOCUS



LACK OF WHAT????



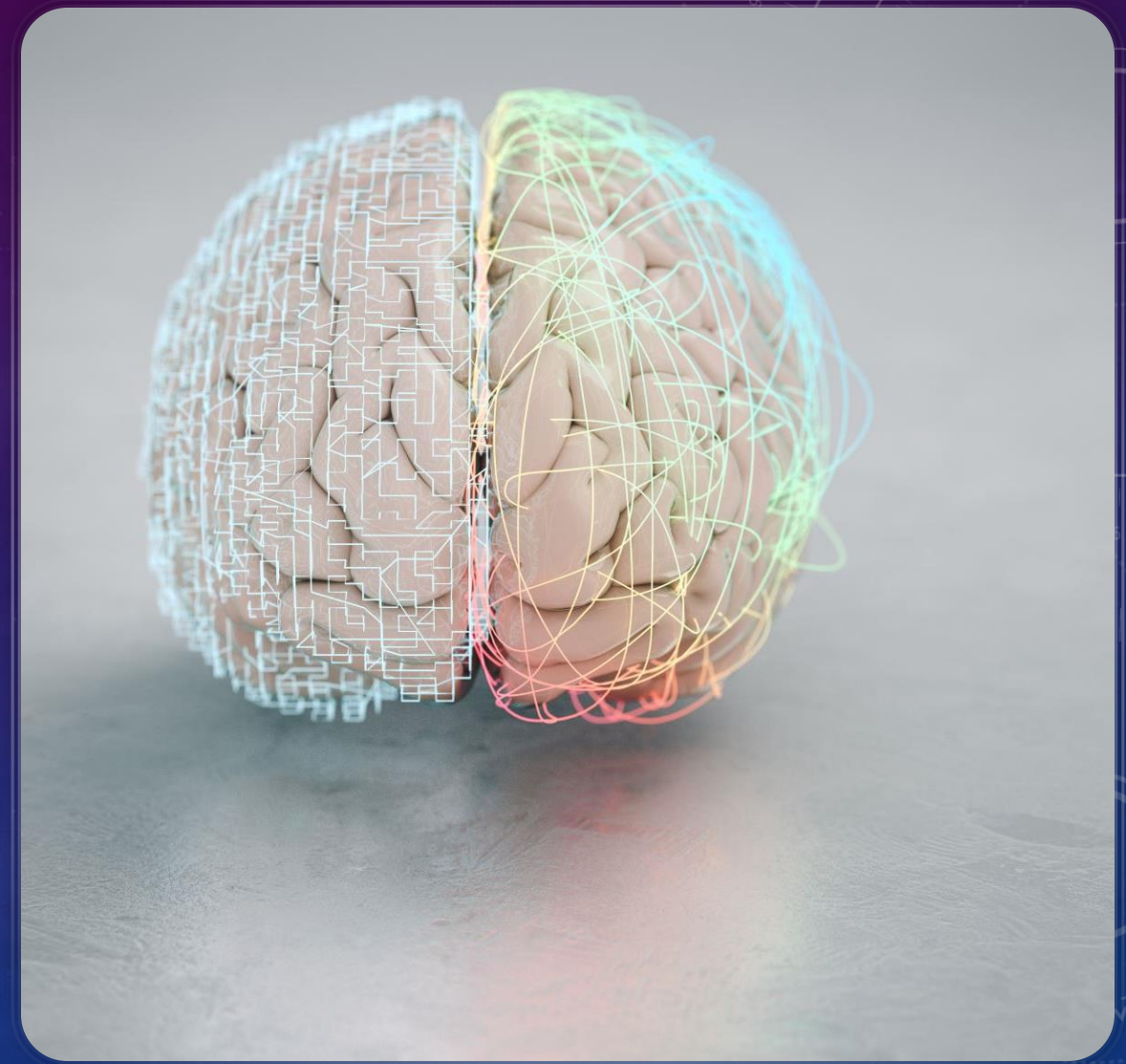
TIME, SLEEP, THE  
BALANCE OF YOUR  
CHECKING ACCOUNT.....





# WHAT CAN YOU DO?

To increase students' bandwidth and engage their brain's adaptive resources?





# TEACH LIKE A BOSS

- Clear is kind
- Keep it real
- Encourage intrapreneurship
- Connect with empathy
- Support with accountability



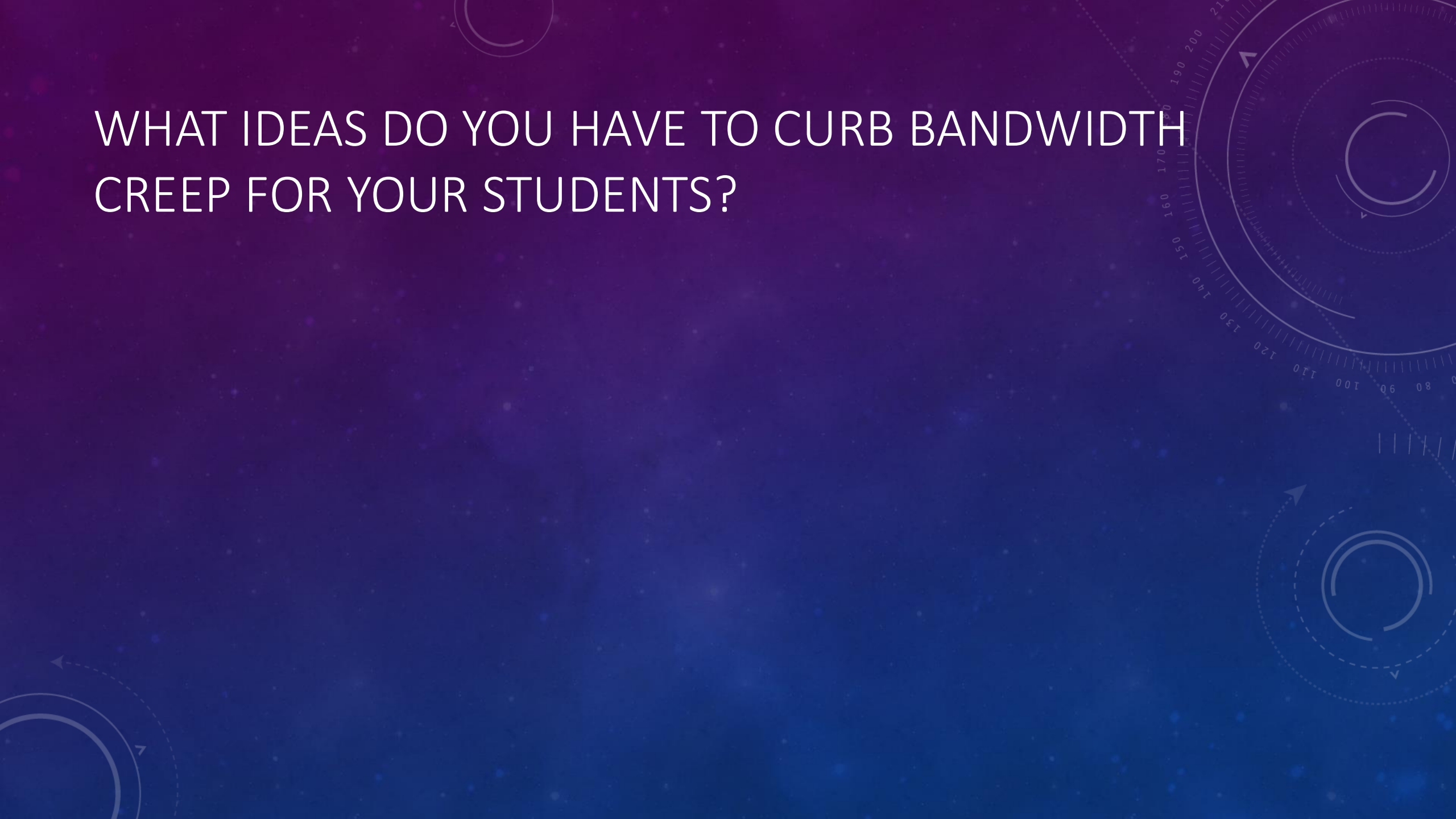
# CONTENT IS KING

- Simplify delivery
- Chunking
- Multimedia
- Storytelling
- Interleaving





WHAT IDEAS DO YOU HAVE TO CURB BANDWIDTH  
CREEP FOR YOUR STUDENTS?



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