

California Conference on Library Instruction

Keep Playing

Innovative Strategies for Analyzing Dilemmas in Library Instruction

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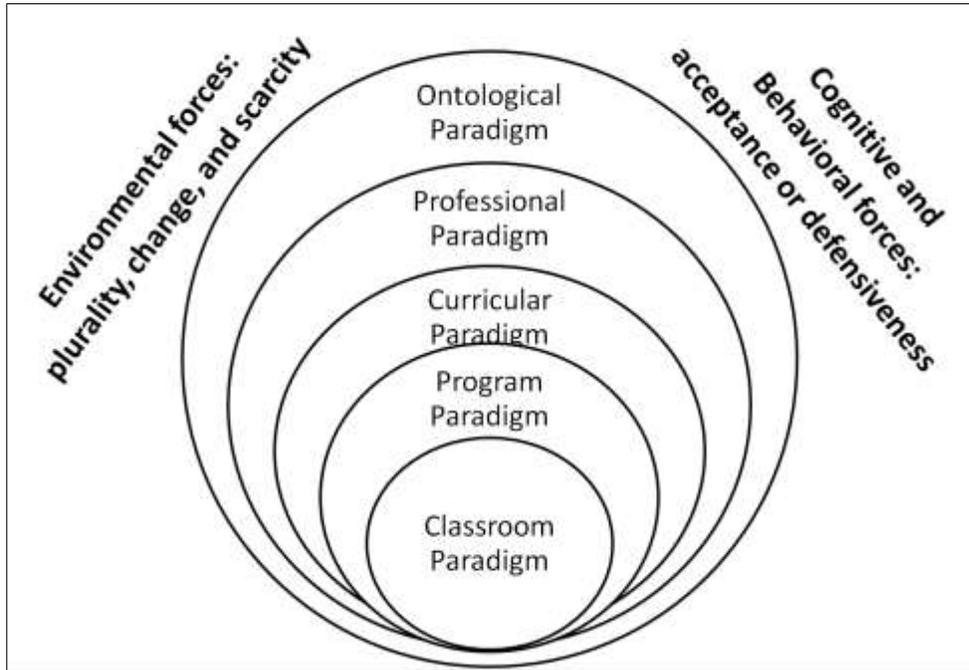
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What if optimism is something you can learn?

Adversity:	Recall a time someone said something to you that made you feel misunderstood, ashamed, frustrated, angry, stuck, etc. Make a few notes about it here:
Beliefs:	How did you interpret the meaning of that adversity? Which of your beliefs did your experience with adversity reinforce?
Consequences:	What were the consequences of your beliefs and interpretations?
Disputation:	a. What evidence can you think of to dispute your beliefs and interpretations?
	b. What are some alternative explanations for what you observed?
	c. Would it really be that big of a deal if your negative beliefs were accurate?
	d. How useful for achieving your goals is your negative belief, whether it's accurate or not? How useful is your disputation, whether it's accurate or not?
Energization:	Seligman's research suggests that by practicing this routine, you will dispute your negative beliefs and "beat them into the ground."

Your work happens in a set of nested paradigms: from the micro- to the macro-level.

1. Think of an issue (i.e., a mess) that has been persisting in your work. **Shade** in the paradigm(s) where you're encountering that problem. **Circle** the forces that are adding to the mess.



2. Write some words that you associate with the mess:

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3. In this mess, what are the two competing priorities or values that are creating the dilemma?

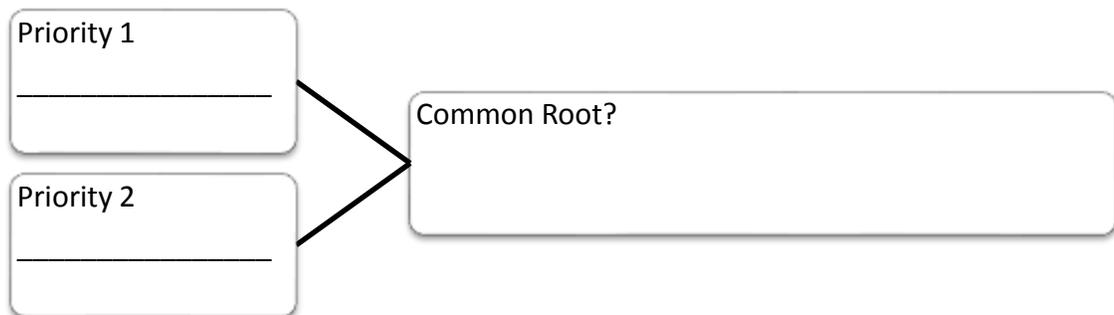
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4. With a partner, discuss this question:
Why hasn't this mess been resolved yet? What's keeping it messy?

Consolidate your discoveries.

Based on what you discovered as your partner was asking you to reflect on your thinking, make some notes about your competing priorities and try to determine if your ongoing problem is created by a paradox somewhere in your work.

1. At the root of your dilemma, how are your competing priorities really coming from a single source of paradox? The common root they share is usually an underlying goal or value.



2. What are the strengths of each competing priority in this paradox?

1:	2:
Strengths:	Strengths:

Consider how you could work strategically to get the benefits from each of these.

Acceptance strategies for working with paradox:

