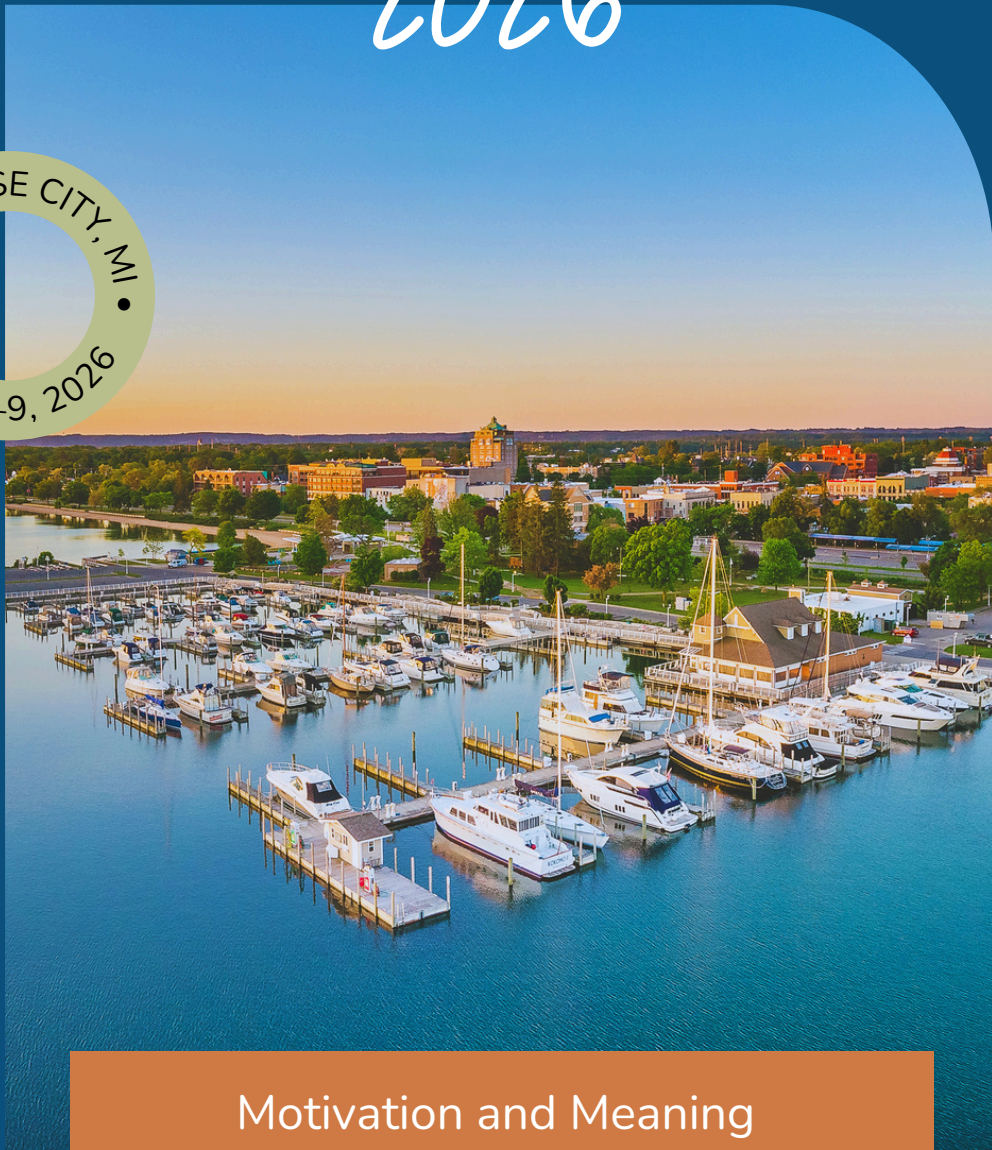


WORKBOOK

2026



Motivation and Meaning
in Higher Education



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Preface

Welcome to your ITLC-Lilly Traverse City 2026 Workbook!

This **Workbook** is a collection of exercises and space for reflection. This tool promotes:

- (1) making the most of your time at the conference,
- (2) setting you up for success before stepping foot in a breakout room, and
- (3) supporting your growth and professional development long after you return home with new connections.

This Workbook begins with pages for each day. Track your **Ideas Sparked** from the keynotes presented and from concurrent sessions and networking opportunities. The book continues with **Guided Exercises** that you can complete as you anticipate traveling to Traverse City; fill out in mindful moments during the conference; pick up once you are home and reflecting on your experiences; or share with colleagues as you tell them about what you learned. Or maybe all of the above! The Workbook concludes with **Resources** and **Suggestions** on how to prepare a proposal for an upcoming conference – and where those conferences will be!

We welcome any thoughts you'd like to share about how this Workbook facilitated your experience. We can't wait to host you at the ITLC-Lilly Conference Series!



DAY 1

OCTOBER 7, 2026



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NOTES & REFLECTIONS

FROM THE CONFERENCE WELCOME



Todd Zakrajsek
UNC Chapel Hill
School of Medicine



Todd Zakrajsek
UNC Chapel Hill
School of Medicine

NOTES & REFLECTIONS FROM THE KEYNOTE ADDRESS

*Why Try?: The Hidden
Forces That Drive Learning,
Motivation, and Meaning*

IDEAS SPARKED FROM DAY ONE SESSIONS



REFLECTIONS FROM DAY ONE





DAY 2

OCTOBER 8, 2026



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Tamara Rosier
ADHD Center of
West Michigan

NOTES & REFLECTIONS FROM THE KEYNOTE ADDRESS

*Rethinking the “Typical Learner”:
Designing for Cognitive Variability*

IDEAS SPARKED FROM DAY TWO SESSIONS



REFLECTIONS FROM DAY TWO





DAY 3

OCTOBER 9, 2026



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Kathleen Gabriel

California State
University, Chico

NOTES & REFLECTIONS FROM THE KEYNOTE ADDRESS

*Teaching Unprepared Students:
Building Skills, Grit, and Success
in Today's College Classroom*

IDEAS SPARKED FROM DAY THREE SESSIONS



REFLECTIONS FROM DAY THREE





EXERCISE 1

THE ONE-MINUTE PAPER



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THE ONE-MINUTE PAPER

*Start the Timer and
Answer the Following*

What do you most enjoy about teaching? Write about what brings you energy and happiness or list the reason(s) you wanted to become an educator.





EXERCISE 2

COURSE ENRICHMENT



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***Take a few moments to think about
the courses you will teach in the
upcoming semester.***

1. Identify one concern or challenge you are anticipating in one or more of these courses.

2. Describe the ideal outcome for the challenge identified.



3. To what extent are the contributing factors to the identified challenge related to student behavior (or lack thereof) and to what extent are the contributing factors related to instructor behavior (or lack thereof)?

4. What strategies might be implemented to assist in moving toward the desired state?



EXERCISE 3

REVISIT YOUR TEACHING PHILOSOPHY



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Step 1:

Write your teaching philosophy. (Ideally, do this before you attend the ITLC-Lilly conference, or pull from an older document.)

Step 2:

Spend some time reviewing notes, doodles, and reflections written during the conference.

Step 3:

Look again at your teaching philosophy. How have the past three days impacted your previous understandings and assumptions? Consider your philosophy in light of questions like the following:

- What new pedagogical research ideas or implications were shared?
- What are you curious about?
- How has this information impacted your stance/assumptions about student learning?
- What instructional activities did you see modeled or described that you would like to incorporate in your teaching practice, based on your new or reframed understandings?

There is no right or wrong amount of change you might feel compelled to make. However you choose to make updates, we encourage you to periodically review your philosophy based on new information, such as additional ITLC-Lilly Conferences, or simply the passage of time



***As you keep your reflection going,
apply principles of metacognition to your
teaching philosophy. As you reflect on your
practice of evaluating student learning, use
questions like the following:***

- What method of teaching is your “go-to” strategy? How is it working?
- What is your understanding of your teaching behaviors/classroom culture as they facilitate or impede students’ learning?
- How and when do you intentionally design strong connections between teaching activities/assignments for the purpose of student learning?
- In what instances are specific group activities or assignments not as successful as planned?
- How do you address the affective domain to assist students in finding the value of knowledge gained in the course?
- How do you make clear the implications for what is being taught as related to the student beyond the program of study?
- How do you measure student learning?
- How do you verify that your goals for student learning are being met?
- How do you account for student-defined learning goals?
- What low-stakes and high-stakes opportunities do you include to assess learning and promote risk-taking in the classroom?



EXERCISE 4

TAKE HOME EXAM



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Instructions: Complete this reflection exercise 2-3 weeks after the event. In light of what you learned at the conference, consider the following questions.

1. Recall the challenges you anticipated in your Course Enrichment exercise. What strategies have you implemented? Have they been successful? If not, what adjustments can be made?
2. Did you contact any new campus resources upon your return from the conference? If so, how have they helped? If not, who might you contact?

3. Review your notes from the conference and select one new concept or idea to try in the coming two weeks. Describe here briefly what you will attempt. Check back in and write your results in a different (encouraging!) color.
4. Check your networking page. Have you reached out to any new contacts? If yes, reflect on the fruits of those conversations and your next steps. If not, choose one or two contacts, and drop them a note. Write your results here!

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NETWORKING & CONTACTS



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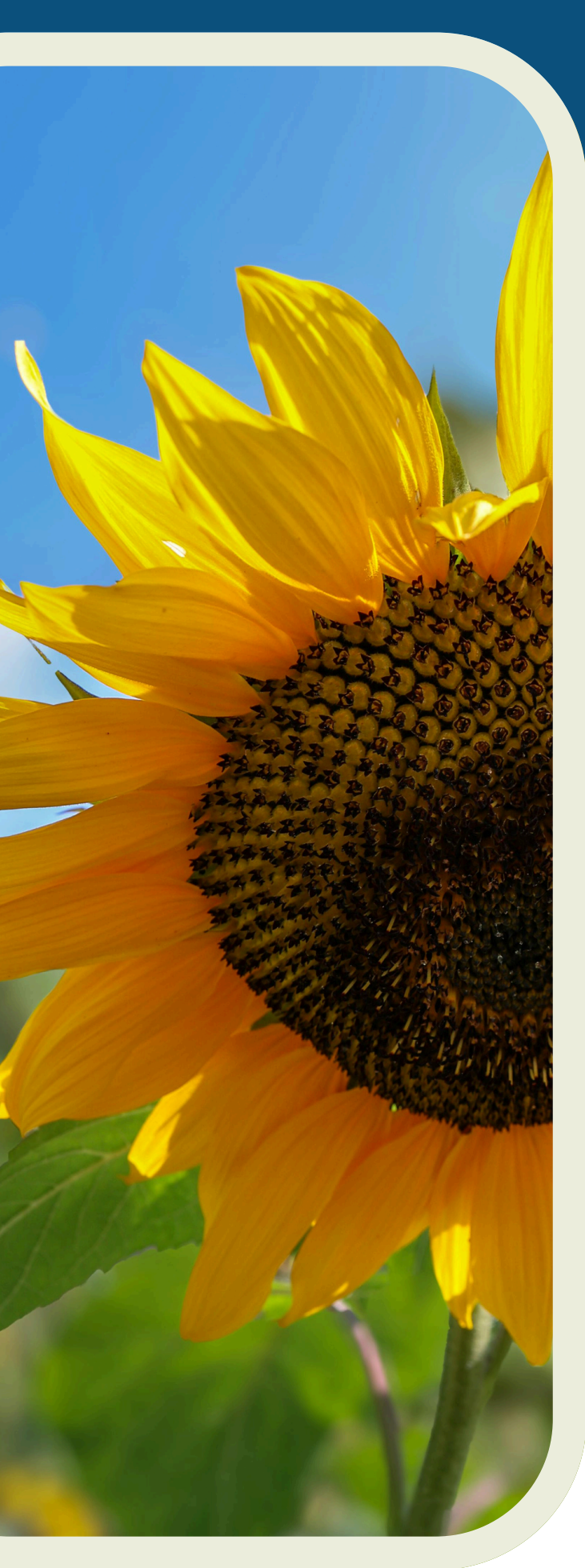
NEW CONTACTS

NAME & INSTITUTION	EMAIL/CONTACT	ABOUT



NEW CONTACTS

NAME & INSTITUTION	EMAIL/CONTACT	ABOUT



ADDITIONAL RESOURCES



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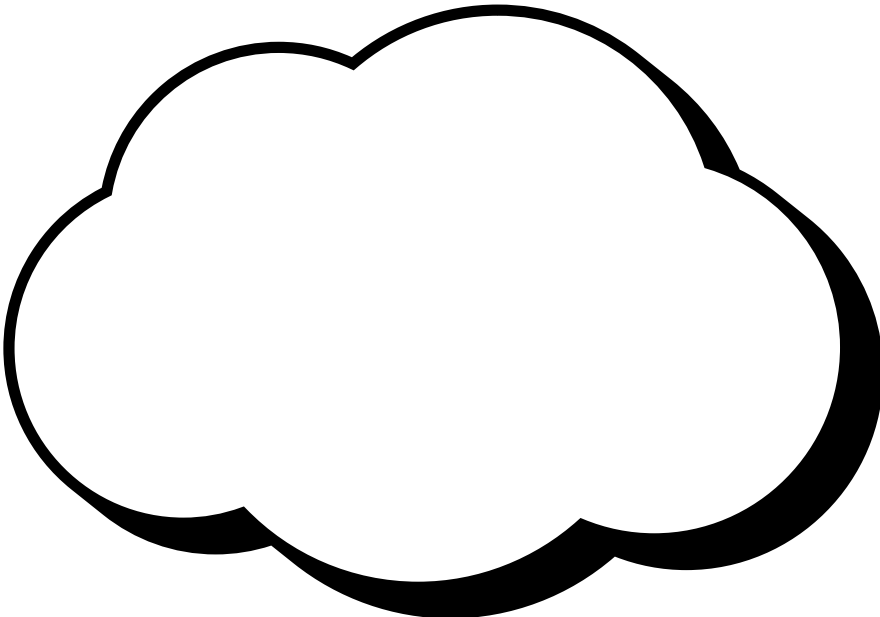
MIND SWEEP!

BOOKS TO READ / LIBRARY ACQUISITION REQUESTS

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CREATE A WORD CLOUD



DOODLES,
SCRIBBLES,
ZENTANGLES,
TESSELLATIONS



RESOURCES TO REMEMBER



Read This:



Subscribe To This:



Learn More About This:



PROPOSAL LIFECYCLE



1

CALL FOR PROPOSALS

Early Deadline
Regular Decision Deadline

WHAT WE'RE DOING:

- Proposals are open, and we're collecting scholarly submissions
- Weekly blinding of submissions and preparing them for review

WHAT YOU'RE DOING:

- Preparing and submitting scholarly work for consideration

PROCESSING PROPOSALS AS RECEIVED

- Materials blinded
- Materials sent to reviewers

2

3

PROPOSALS UNDER REVIEW

- Collecting reviewer feedback
- Sending Early Decision letters

PROGRAMMING DECISIONS

- Developing program based on reviewer feedback
- Drafting tentative program schedule

4

5

BUILDING PROGRAM MATERIALS

- Editing/typesetting session listings
- Loading conference program/Sched
- Creating Poster Gallery

PREPARING FOR PRESENTATIONS

- Loading slide decks/handouts
- Implementing session activities
- Loading Poster Gallery

6

7

ATTEND CONFERENCE

- Complete conference workbook
- Present/participate in sessions
- Enjoy, learn, and grow with peers!



UPCOMING EVENTS

Teaching for Active & Engaged
Learning in the Age of AI

San Diego, California

January 7–9, 2027

AI and the Future of Evidence-Based
Teaching in Higher Education

Austin, Texas

May 17–19, 2027

Innovative Strategies
to Advance Student Learning

Asheville, North Carolina

August 2027