Cressler’s Credo

The Essentials for Effective Teaching

- **The Granite**: Be Passionate and Excited About Your Subject
- Be VERY Organized
- Know Your Students by Name and Get to Know Them
- Show Your Students That You Care About Their Well-being
- Let Your Students Know You and the Things You Value
- Be Very Approachable
- Match the Level of the Material to the Level of the Audience
- **Go Old School**: Avoid Powerpoint “Lectures” + no eGadgets
- Class-time Should Be Informal, With Lots of 2-Way Q&A
- Constantly Connect the Material to the Real World
- Never Be Easy, But Always Be Fair
- Believe the Student Evaluations *(use EC for 100% sampling)*
- Seize Your Opportunity To Teach Life Lessons *(quotations)*
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The Essentials of Effective Mentoring

• The Granite: Foster an Informal, Collaborative Team Vibe
• Show Your Students That You Care About Their Well-being
• Let Your Students Know You and the Things You Value
• Regular Contact Time Is Essential, But Don’t Overdo It
• Provide Candid Appraisals, But Always Be Constructive
• Lead by Example - Work as Hard as Your Students
• Actively Encourage Your Students To Become Mentors
• Empower Your Students to Use You Only as a Sounding Board
• Always Be Patient, Upbeat and Optimistic
• Provide a Safe Environment for Failure
• Celebrate The Accomplishments of Your Students and Team
• Give Credit Where Credit Is Due (Always Them, Never You!)
• Be Joyful and Always Remember the Golden Rule
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The Essentials for Work-Life Balance

• The Granite: Strive to Establish a Sustainable Mode of Living
• Success at Work Without Success at Home ≠ Real Success
• Outside of Work Hobbies are Essential to Your Well-being
• Put Family Before Work, Always
• Let Your Grad Students Help You by Helping Themselves
• Delegate … Delegate … Delegate
• Be Hyper-alert to the Symptoms of Stress and Burn-out
• Type-A Symptoms: Hurry Sickness + Free Floating Hostility
• There are NO Email Emergencies
• Reminder: all eGadgets are Addictive - No Cell Phone!
• Step Away During Semester Breaks to Recharge
• A Vacation With Your Work in Tow ≠ Vacation
• Daily Contemplation & Prayer + Biannual Silent Retreats
• Remind Yourself What You Love About Life (Work + Home)