

Transcript for Lunchable Learning 28 - Final Show

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Hosts: Leva Lee and Helena Prins

Guest: Maureen Wideman and Njamba Koffi

<https://lunchablelearning.opened.ca/2022/05/30/its-a-wrap-celebration-show/>

HELENA PRINS:

Hello everyone. I'm Helena Prins. Thank you so much for tuning into our last live Lunchable Learning radio show. My co-host Leva Lee and I have enjoyed sharing trending topics, tools, and tips for all of you who teach and love to learn. And as you know, May is teaching and learning, man. So for the next hour, we really want to celebrate some remarkable people in our post-secondary sector, while also sharing some of our most memorable moments on the show. Thank you. Also to tech producer Harper Friedman, who's been with us through the whole journey. And he will be with us for the next hour as well. I am on the unceded traditional territories of the Lekwungen-speaking people, and deeply grateful for their hospitality. Leva, how are you on this fine Monday afternoon?

LEVA LEE:

Hello, Helena, Harper, and listeners. I'm well, thank you. And so happy to be here with you today from where I am on the traditional and unceded territories of the hə́nq̓əmiḥə́m and Sk̓w̓x̓w̓ú7mesh speaking peoples. Can you believe it's been eight months and 28 shows? Lunchable Learning has been a learning journey for us, for sure. We set out to offer professional development in small, digestible bites as an answer to hectic schedules and screen fatigue. We wanted to support connection during our time of being apart due to the pandemic. I'm pleased to say that we were able to do this and more and learned much. Remember our first radio show, Helena? The show with Sara van Borek? We didn't know what we didn't know. And it was memorable because it featured distinctly different voices not often heard. Highlighting her nature speaking podcast with students. The Sound of Those Frogs. Also a great song pick Jerusalema by Master K.G.

HELENA PRINS:

Oh yes, I do remember all the nerves we had too. And I really particularly love that Sara was in Cape Town, South Africa, when we, as some of you may know from my accent by now, that's my home. So I told my family to tune in too. They were a bit perplexed to listen to frogs while we talk about post-secondary, but they did tune in. I also remember the first song we chose that was Permission to Dance by BTS. And so before we invite our first special guest for today, let's kick off the celebration with the fun and fabulous beat of BTS. ('PERMISSION TO DANCE' BY BTS PLAYS).

LEVA LEE:

We are so pleased today to welcome Maureen Wideman to Lunchable Learning. Maureen is Associate Vice President, teaching and learning University of the Fraser Valley, and previous co-chair of the B.C. Teaching and Learning Council, or B.C.T.L.C. Welcome, Maureen.

MAUREEN WIDEMAN:

Well, thank you very much, Leva, for having me here today.

LEVA LEE:

Yeah, it's great to see you again. You know, I think I don't know about you, but I remember two years ago vividly that we were organizing for your keynote at the Festival of Learning, and then everything was stopped by the pandemic. I don't know if you remember that.

MAUREEN WIDEMAN:

Yeah.

LEVA LEE:

So a lot has happened. And as a learning leader, we wanted to check in with you. What was your experience in higher Ed through the pandemic?

MAUREEN WIDEMAN:

Well, I think my experience was the same as everyone else's. It was very difficult when the call came to go totally online in March of 2020. The response was like an emergency response. So for our school, for example, we had perhaps maybe six, seven, 8% of our courses online. Most of our faculty had never taught online, and we had to do this sudden shift, this sudden transfer to online learning. And it wasn't easy. It wasn't easy for our faculty. It wasn't easy for our students. And it really was I'm going to call it a transfer. So people were taking their face-to-face course and just transferring it to the online environment. And some courses didn't transfer well. And I have to say that our students were so flexible and forgiving as we all kind of stumbled through this in the beginning. Our response in the Teaching and Learning Center was to start ramping up the training that we provided to make sure people had everything from the basics of online learning to some more significant assessment of their pedagogies and other practices, new technologies and that kind of thing.

So it was the whole gamut from beginner to very experienced. And to be flexible in how we did that. So we were doing 10-minute consultations, department meetings. We were doing nights, weekends between Christmas, New Year's, all of that because our faculty needed us. And we made sure that we were as flexible as possible to meet their needs. But yeah. And as the pandemic went, continued, students actually became more demanding. It was like, OK, well, that didn't really quite work in the beginning, but you've had time now. This should be better. And so this whole notion of transfer became transform and courses began transforming themselves to work a lot better in the online environment. And so we made a lot of progress in two years. It was incredible, actually, but it was difficult. It was difficult for our faculty. It was a huge cognitive load for them to take this on and to move forward with it. And my team responded with empathy and support and the students were really great. So it was a very difficult time.

But we really came through it, I think, quite well.

LEVA LEE:

And what did you learn about yourself and the post-secondary system, would you say?

MAUREEN WIDEMAN:

Well, yeah, that's a that's actually a good question. So when you work in teaching and learning, you play a support role for faculty, right? In their courses and the curriculum and the pedagogy and that kind of thing. I think there's a responsibility also for introducing new techniques and new research and new pedagogies and new technologies. The goal should always be trying to improve the student learning

experience. We should always be moving forward. There's no status quo. So the department is an agent of change. But as you know, you know, change is difficult in a university to get things actually moving in changing. We actually lag behind most industries and other economies. But the progress we've made, I'd say we've made 15 years of progress in the last two years during the pandemic. It's been amazing. So it kind of proves that we can respond quickly and be nimble and resilient when we have to be. I don't think anybody considered, ever consider that we'd be able to do that. But we did.

I think we responded really well. So that's a huge success story.

LEVA LEE:

That's bravo.

HELENA PRINS:

Yes. I'm wondering, even just the transfer to transforming to me, sounds like a huge success. Are there any other success stories that you've witnessed that we can tell our listeners about?

MAUREEN WIDEMAN:

Yeah. So, I mean, so online learning didn't start with the pandemic, right? So I use I mean, I have a... one of my degrees is a master's degree in online teaching and learning that I got in the late 1990s. So online learning has been around for a long time and we've been advocating for these methods and pedagogies and tools for 25 years or more. And to have faculty be introduced to these tools and finally say, hey, this is actually pretty good. I'm not going back to the old way. This is actually a really efficient or really great way for me to get this work done. So we had a lot of stories about how people have changed the way they teach and change the way they use these educational technologies. How they use some of these assessment practices. Just with the pandemic. And, I mean, we can sit and wave the flag, like I say, for 25 years. But somebody has to jump in and actually make the time to do it. And they had to do it during the pandemic. And it actually worked out really, really well.

LEVA LEE:

That's really great because it does show that online teaching and learning can be great, can be great for the student, but it can be great for the instructor as well.

MAUREEN WIDEMAN:

Right.

LEVA LEE:

Depending on how it's designed. Right.

MAUREEN WIDEMAN:

Right.

LEVA LEE:

So, Maureen, what are your hopes as you look forward? We'd like to hear what are your hopes for the future of learning?

MAUREEN WIDEMAN:

I think one of the key takeaways of this whole pandemic thing is, first of all, the importance of human engagement in learning. And how important it is to maintain that even in an online environment. And even if a course is asynchronous, that time be put aside to actually meet these students, so that they are

part of a community. So this idea around flexibility too, and how the pandemic has really taught us that you can meet all your learning outcomes, you can provide a safe and comfortable learning environment. And build in flexibility and still make the course work. So this I... this empathetic sort of side of the course design that includes flexibility, I think is really important. Another thing that I'm just so grateful to be seeing is the government in B.C. finally introducing accessible accessibility laws that will improve learning across the board. When you make one course or one thing accessible, it's not just for a student with a disability, but it's it actually helps all students in the class.

And it's too bad it had to wait until a law had to be passed. But I'm so grateful to be seeing that happening and to be providing better learning experiences for our students, as a result. So that's just starting, I would say. I think the first step one begins September one and then it's just going to continue from there. And I would say it's about time. I, you know, when I moved here nine years ago and this is going to sound funny, but, you know, I came here and it was like B.C. was an accessibility wasteland. There was like there was no rules, no laws, you know, very little support. It was all nothing really for the student, the work the student had to make to try and make themselves fit into each and every class, to advocate for themselves, to find their own resources, no real support. It was really difficult, really difficult to watch and to see that. So I'm glad to see that that is changing for sure.

HELENA PRINS:

Yes. So we are really glad that you highlighted that, Maureen. And just again, that underlining human engagement in learning. I appreciate that as well. Do you have any final words of wisdom that you would like to share with us and our listeners today?

MAUREEN WIDEMAN:

Yeah, I just, I guess so. People who work in post-secondary learning, I think are special people. They love their students. They love their disciplines. They don't work in post-secondary for the money. You know, we all know that if we went into the private sector, we could probably make more money. But it's the gratification and the rewards we get from creating new knowledge and sharing that knowledge with others that really makes the people who work in post-secondary quite special. So I have to say, it's been an honor and a great privilege to work in post-secondary for as long as I have, and that teaching and learning is so important in our society and that it needs to be supported and nurtured in order for that to improve and to grow. So I guess that would be my last words of wisdom.

HELENA PRINS:

Thank you so much for sharing that advice. That's a very important reminder as we move forward.

LEVA LEE:

Yes. Thank you, Maureen. And we hear that you are moving on from your position at UFB. So in addition to thanking you for your time with us today, I'd like to say thank you for all your amazing work you've done for the B.C. post-secondary sector, and we wish you all the best in your future endeavors.

MAUREEN WIDEMAN:

Oh, well, thank you, Leva. Thank you very much. I think the biggest thing that I'm looking forward to in the future is I'm going to be a grandmother.

LEVA LEE:

Oh, yay. That's wonderful.

MAUREEN WIDEMAN:

A new journey begins.

HELENA PRINS:

Congrats and enjoy that Maureen. (INSTRUMENTAL MUSIC PLAYS). What a wonderful woman she is. That was a great conversation with Maureen, and she shared some important reminders for all of us. And listening to her just made me think of some of the other wonderful leaders that we've interviewed over the last few months. Did anyone in particular stood out to you?

LEVA LEE:

Yes, Helena. We were able to meet so many wonderful educators and students, but Sophia Palicki really stood out in her conversation with us on leadership during the pandemic. She has great energy and is an extraordinary speaker.

HELENA PRINS:

Yes, I remember I really loved her acronym. She used the acronym huddled. When we asked her how her team continued to support instructors that were also managing the new demands associated with the pandemic. That's when she brought huddled. And here's what she said. How did your team continue to support instructors at your institution while also managing the new demands associated with the pandemic?

SOFIA PALICKI:

Yes. Is this is a very timely question and one I've been asked many times before. Before I answer this though, I want to start with a process of visualization. I want you and the listeners to visualize the empty toilet paper shelves in stores when Covid happened. Now I want you to visualize a mother or father of five young children standing there looking up at the empty shelves, knowing there's one toilet paper roll at home. This parent has to find a way to get more toilet paper or they have to find an innovative way to conserve the one roll that they have left. For many of us in teaching and learning centers, we really didn't have the time and resources to get more toilet paper. And so we had to be innovative, we had to have to do things differently. And so we huddled. That's what we did. We huddled. So each of the letters of this word huddled, huddled represents something that we did. So H, we helped each other out. U, we understood that we had to do things efficiently and together as a team.

D, we dedicated time for planning. D, we divided the work so everyone was carrying an equitable load. L, we limited distractions by prioritizing. E, we embraced opportunities to do things differently. And D, we deepened relationships within the team. And how do we do this? We did this by listening, by being open, being respectful, and being supportive. So we huddled.

LEVA LEE:

Love that acronym huddled. I also think a lot about our March series, Helena on Black History Month, and our collaboration with Olalu Adele. Conversations with him are always thought-provoking and his song selections really expanded my musical repertoire.

HELENA PRINS:

Absolutely. And our next guest is also someone we met through our colleague Olalu. So let's introduce him to our listeners (INSTRUMENTAL MUSIC PLAYS). Njamba Koffi. Thank you for joining us today. You know, we were so touched by your introduction of our colleague and friend Olalu Adele during the

recent empty chair, from anti-racist to action B.C. post-secondary system event. That Leva and I both just wanted to invite you to come and be on our show. It is just really lovely to finally meet you.

NJAMBA KOFFI:

Thank you. Thank you for extending the invitation. Olalu is somebody I admire a lot and I look up to his.

HELENA PRINS:

Yeah, we do miss him.

LEVA LEE:

We do as well.

NJAMBA KOFFI:

He's a role model for me.

LEVA LEE:

Yeah, he was a great team member. We miss him, but do you mind why starting us off? Just with a little bit about yourself and the program that you're studying.

NJAMBA KOFFI:

Yeah. So I'm Njamba Koffi. I'm a student at the University of British Columbia. I just finished my undergrad, a major in international relations and a minor in creative writing. And I'm stepping into a master's degree in September. I'll be joining the School of Public Policy and Global Affairs, also at the University of British Columbia. I'm originally from the Democratic Republic of Congo. And I've been here in Canada for almost five years. Yeah, usually when I introduce myself I make it a point to mention my book. I'm the author of, *Refuge-e: The Journey Much Desired*. Which is a memoir detailing some of my experiences living as a refugee. The experiences that have really kickstarted a lot of my work in advocacy, which has led me to the Empty Chair event and to the anti-racism working group. Yeah. So that's a bit about myself.

LEVA LEE:

Wow. That's, that's great Njamba. I really look forward to maybe looking at your book, and learning more. So can you tell us a little bit about your experience as a student during the pandemic, we really wanted to get a student's perspective? And what it was like for you and maybe what you learned about yourself and about the post-secondary system.

NJAMBA KOFFI:

Yeah. So being a student in the pandemic is tough but also being a graduate in the pandemic is even tougher. I should start right there because I've seen like some of my friends graduate in the pandemic and it was really rough for them. For me, when the pandemic hit, I was very involved at UBC doing a lot of work with student groups, student clubs. Two weeks before we went into the first lockdown, we were planning actually one of the biggest events that my club, the ABC Africa Awareness Initiative, that does every year. And we had to cancel that. And that was the very first blow of the pandemic. I have been at ABC for five years. And anybody who knows me knows that I'm not a fan of academics, I thrive in the extracurriculars. So losing all that and then moving online was very hard for me. In the first days, inevitably, mental health took its toll on me. Yeah. And like I was here part of the time. And part of the time I was back home, my family was in Eswatini and I had to go see them because we lost a relative.

And now it's not only being in the pandemic and having online classes, but there is an addition of being 9 hours ahead of Vancouver. So having to wake up in the middle of the night at 2 a.m. to attend lectures at times and writing those exams at 1:50 a.m. It was not fun at all. That's like these are some of the telling details of my experience as a student in the pandemic. What did I learn about myself? About the post-secondary institutions? I mean, resilience is the word that comes to mind. Yeah, I really got to see how resilient we are as students. I got to see how resilient we are as students. I got to see how institutions, how resilient as well. And I also got to see some disparities in terms of like education. So here in Vancouver, as soon as we moved online, there were a little bit of glitches here and there. But academics continued. We were able to learn and here I am in Eswatini, all the... like post-secondary institutions. Secondary institution, primary school. Everything is shut down.

So it was one of those moments when I realized, Oh, it's really a lot of privilege studying in Canada, in Vancouver, in the like high-income country. So I had that contrast. Contrasting experience as well, being here in Canada and being in Eswatini. And then on my way back from Eswatini, I got stuck in South Africa for like a month because of my immigration processes. Which is often complicated because of my identity as a refugee. But then what that showed me again is how much support some of these post-secondary institutions really do give to international students. Because UBC supported me, the International Student Advising Office, my scholarship, like advisors rallied behind me from the very first minute I called them, telling them that I can't go ahead because of visa issues and pandemic-related restrictions. So a lot of experiences. A lot to talk about. Wow.

HELENA PRINS:

I'm very surprised to hear about the South African piece just because I'm originally from South Africa, too. And when you started telling about the difference in how the pandemic happened for you, I was thinking about how different it was for some of my family members. And when we exchanged stories, I was very aware of the privilege of being in Canada and the access to vaccinations and all of that, that goes with being here in Canada. So, I appreciate you sharing that.

NJAMBA KOFFI:

Yeah, and I was in South Africa at the height of the Omicron, like May, mid-May to mid-June 2021.

HELENA PRINS:

Oh, my goodness. Well, you're back here now. So I am wondering, through those difficult times what are the things that your instructors did that made the experience a little bit easier or better for you as a student? And maybe you have some other tips to share.

NJAMBA KOFFI:

Yeah, I know. So, first, I have to acknowledge that I'm a little biased. Like I said at the beginning, I'm not a fan of academics per se. So usually the instructors will focus on the learning piece rather than the testing grading exam piece. My favorite instructors. Then we had a number of instructors who were like, you know, we understand everyone is being affected, hand in what you can, what you can't, it's OK, you know. Like really trying to compromise and coming in with a compassionate empathy, kind of an understanding what the students are going through. And I had a number of those instructors. I remember I was taking a creative writing class with a former professor at UBC and like author, Alison Atchison. When they had to leave for Eswatini because of the tragedy that happened to my family. I was due like to write like one of the dig papers, one of the big, like, stories that you had to submit. And I

reached out. I was like, I can't do this. My mental health is not doing well. And she was, she said no, we absolutely understand.

She talked to the TA and they said, go, you know, feel free to continue attending classes as much as you can. Watch recorded lectures and whenever you are ready, submit the assignments. And that took a whole load from my shoulders because I was like, Oh, OK. Then I had another class like that as well, an African studies class where instructors were really understanding and they empathized with what was happening. So empathy, compassion. That's pretty much everything that I can say to that question. Yeah.

LEVA LEE:

Well, that's pretty powerful. In light of everything that has happened in the last two years. We often are thinking that we'd like to do better, that we can do better. What are your hopes for the future of learning?

NJAMBA KOFFI:

For the future of learning. So, I mean, we got to connect to me through the B.C. campuses anti-racism working group. Like I think of the future of learning, I'm really thinking of campuses that are free of racism, from incidences of discrimination, homophobia. Like, all these negative isms that you often experience in academia. When we started the Anti-Racism Working Group Committee and a shout out to the great leadership of Jonathan and Olalu actually, and some of your colleagues for really taking that on. There was a prompt that asked like, if you had change one thing at like all the university campuses in British Columbia, what would it be, I'm paraphrasing, probably poorly. And my immediate reaction was like, get all the professors and all the lecturers to take anti-racism training, you know, to really understand their implicit biases and how they are informed by systemic and structural injustices that have been going on. I mean, 2020, like the pandemic has heightened that and has really shown how much campuses still need to go to improve that, to improve in the areas of discrimination and anti-racism.

And then we had the George Floyd, the Black Lives Matter movement really gaining some momentum. We need to see more of that. But instead of more advocacy, we need to see more action happening from the university's end. To that, I actually strongly recommend anybody who is listening to this to go and visit B.C campuses, and check out some of the resources we developed related anti-racism.

LEVA LEE:

We can link some of those things too in our show notes as well. So thank you for mentioning that.

HELENA PRINS:

Yeah, absolutely. Thank you for that call to action. And we encourage our listeners to go to the show notes after. It's time to play you out with a song. I'm very curious, what song did you pick? And if you can tell us why you picked this song in Njamba?

NJAMBA KOFFI:

Yeah. So the song Shooting Stars by Bag Raiders, that's the song I picked. And for one simple reason, it's my partner's favorite song. She really loves that song a lot. And this week happens to be her birthday. So (CROSSTALK). So I thought that's one song I would like to be played in honor of her. And her birthday.

LEVA LEE:

Oh, that's lovely. Well, we wish her a happy birthday. And thank you so much, Njamba for coming to talk to us and for sharing your stories and your experiences.

NJAMBA KOFFI:

It's a pleasure. Thank you so much for inviting me.

HELENA PRINS:

Thank you so.

LEVA LEE:

Everyone, let's enjoy Njamba song Shooting Stars by Bag Raiders. ('SHOOTING STARS' BY BAG RAIDERS PLAYS).

HELENA PRINS:

That was a fun song. I really enjoyed that. Njamba's story really made me think of a very touching conversation we had in March with Tim Kituri, one of my previous co-workers at Royal Roads. We asked him what advice he would give to international students coming to Canada. And here's what Tim had to say.

TIM:

Courage and confidence. Be brave. Be fearless. Work hard, obviously. But that the piece about courage and confidence. The thing that incident took away from me was my courage and my confidence. It took a long time to be able to do the smallest things, speaking up in the classroom, asking a question off an instructor. There's talking about my views, my opinions. And that has always been something that I've struggled to do. So that advice would be to truly step into that space of confidence and courage. Understand that sometimes it is not about you, but it is about some, a different story, storyline that everybody has. Everybody has a background and a past that we are all trying to work through. So forgiveness. But to just stay true to your identity and agenda. And to truly be confident in abilities and capability.

HELENA PRINS:

So powerful. You know what Leva, I think Njamba's story embodies that confidence and courage that Tim has spoken about. So to shift gears a little bit, we've had some pretty serious topics on this show. But we had fun too, this time, wondering what fun moment sent out to you Leva.

LEVA LEE:

We definitely had some fun moments. I think the December show is a favorite of mine. That was one we did on the theme of Celebrate Our Sector, and it was a program full of song dedications to people and projects. We were joined by Tracy Roberts and Grant Potter, who are a joy to be with. And I realized during that show how much I missed being in the same room with positive and hilarious people like them. And more recently, our Douglass College kickoff for their Better Together conference. It was a tangible way for us to be involved through the radio show and contribute to our post-secondary community. So I really enjoyed doing it.

HELENA PRINS:

Yes, there's some great people there at Douglas College. It was fun to be part of the community for one day there. So today is our last segment of the fun show by our very fun, fabulous, and funny director

Tracy Roberts. And for today's show, she's conversing with one of our colleagues here at B.C campus, Selina McGinnis. So here we go, Tracy and Selena.

TRACY ROBERTS:

Hi, I'm Tracey Roberts. I live, work and record this on the lands of the Songhees and Esquimalt nations of the Lekwungen Ancestors and Families. I'm also the director of Learning and Teaching at B.C. Campus. Welcome to the Fun Show, where I talk to colleagues in B.C Higher Ed about fun. Because my hunch, is that fun is the method, the vibe. The ultimate engagement strategy we need right now to help us get more connected and engage with each other and with our work. I also ask them to pick us a fun song. Let's get into it. Here with me today is Salena McGinnis, who is a colleague of mine at B.C. campus and definitely a person I associate with fun and also games. Selena, would you please introduce yourself to the good people in whatever way you like before we dive into the topic of fun.

SELENA:

Yes, absolutely. So like you said, my name is Selena and I am a user experience designer at B.C. Campus. And I am honored to be associated with fun and I am situated on WSÁNEĆ territory and happy to be coming to you from there.

TRACY ROBERTS:

Great. Thanks so much. Talk a little bit about fun at work. What is fun at work when it feels like fun?

SELENA:

Yeah. So I appreciate this question because it made me reflect on why that is that I have fun because I do have a lot of fun at work. And I didn't really think about the key ingredients until you asked this question. So I kind of narrowed it down to I have kind of two kinds of fun at work. And the first type of fun is the kind of fun I have or I have a lot of this type of fun in my life, which comes from challenge or tension and collaboration, whereas the second comes from kind of like unwinding and letting loose. So for the sort of the challenge type of fun, that is basically my job. So it's the same kind of feeling I get from playing rugby where, you know, there's a tangible goal or challenge and a bunch of work to get done to get there. You can score, you can win any way you like, but you have to figure out the successful way to do it, given the people you have, the weather conditions, the team you're facing. And it's the same with our project. So I have the awesome job of basically just trying to solve problems with my teammates and there's just this huge amount of satisfaction and I would say fun that comes from that grind and then success at the end, you know.

TRACY ROBERTS:

So can I ask is the... yeah. Is the fun associated with the grind part or is it once it's the grind is ground and you've won in whatever way. Is that when it's fun or is it fun the whole time?

SELENA:

Oh, man. OK. So yeah, that's a great question. So across the board with rugby or hiking, it is not fun while you're doing it. I mean, there are moments of fun for sure, but it's hard work like there's no rugby game where I'm like, Oh, I wish it would go longer. It's always like, How many minutes are left?

TRACY ROBERTS:

Right.

SELENA:

But I think it's that grind that makes the end so fun. I guess like when you have that success for me anyways, I mean, it's always fun to score tries, it's always fun to get wins at work in terms of, you know, someone says they like the design that you made, but like when you see people using it, then you're like, yes, it made all of that work worth it.

TRACY ROBERTS:

Nice. So what's fun for you outside of work? Could be indoors, but outside of work.

SELENA:

It doesn't have to be outside.

TRACY ROBERTS:

It doesn't not. It does not have to be outside.

SELENA:

Well, I do a lot of stuff outside of work. And again, as I'm trying to reflect on this and be like, how can I seem really fun in my life? I participate in search and rescue and I spend a lot of time like doing taking on hobbies and like personal interest courses. But then I was like, what the heck do I do to unwind? Which is that other kind of fun I was talking about. And so in the post or start a pandemic, post-pandemic period, henceforth known as PPP, I learned to play and now I look forward to doing this every week or so. Is Dungeons and Dragons.

TRACY ROBERTS:

No, really? Tell me everything.

SELENA:

Yes. Oh, man. OK, so I reconnected with one of my high school friends recently. I guess not recently, a couple of years now. And we had like these Zoom calls and it was so awkward because he would say, like, what's new, what is great for the first zoom call?

TRACY ROBERTS:

Sure.

SELENA:

But then, you know, you've been in isolation. The next time you say what's new, it's...

TRACY ROBERTS:

Right. (CROSSTALK). Yeah. My sourdough is coming along.

SELENA:

Yeah. Yeah. Oh. Or not. Oh, yeah. I was making cider back then. That's right. And I wasn't sure if it was going to end up being cider. But, yeah, so they are like, well, why don't we. One of them was like, hey, I play Dungeons and Dragons. And of course, I was like, Oh, I want to play. And, you know, I had this image in my mind of a bunch of people in a dark basement.

TRACY ROBERTS:

Yeah.

SELENA:

Possibly in hoods.

TRACY ROBERTS:

Yeah.

SELENA:

Around some candles.

TRACY ROBERTS:

Yeah.

SELENA:

Playing the game. But it was. We just got online and Zoom and basically storytelling with your friends, and there's some dice involved to make it interesting.

TRACY ROBERTS:

Sounds fun.

SELENA:

Yeah, it was fun. And it kind of gave us this thing to laugh about you. You know, you have these events in life, and then it gives you something to talk about later. Like, remember that time or you tease each other. Now you have these moments that even though they were like fictional, you have these things to draw on and it's and it's just like being in real life. I think we've only met a handful of times, but that was super fun, mostly because we laughed a lot and it was something new. Solved mysteries in the most ridiculous way possible.

TRACY ROBERTS:

OK, so. If you think about these and other things. What do you think is essential for fun? Like what are the conditions that have to be in place for fun to happen?

SELENA:

Yeah, I think that's a really hard question because I can find so many things that are fun that don't fit this. But I think for me really important, these moments of fun where maybe there's no agenda in the moment, even at work, you know, you have an ultimate goal for your project. But the times that I have the most fun is when we're like iterating on something. Like, what are your wildest ideas? Let's just there's no constraints and you know, it's satisfying and still fun to come up with the thing that satisfies those requirements for the people you're building something for. But, you know, they came from this moment of chaos almost. And, you know, same with, I think some of the best movies or the best stories. You know, there's no not necessarily a moral to it. It's just, you know, it's just a story. It's just something you've created. And yeah. And then and sharable. So something you can either work through with somebody else or some friends or can share with others. So I can have lots of fun of my own making music or whatever, but at the end it is just kind of nice to either laugh about how terrible it was or enjoy how amazing it is.

TRACY ROBERTS:

Right. Right, right. So sharing and also this sense of spontaneity or unplanned, that's like...

SELENA:

Yeah.

TRACY ROBERTS:

Yeah.

SELENA:

Yeah.

TRACY ROBERTS:

OK. Anything else you'd like to say. About fun conditions?

SELENA:

No, I don't. I'm really curious to hear what other people have said.

TRACY ROBERTS:

Me too. Yeah.

SELENA:

Because actually, you know, when I was thinking about this, I was thinking about wattle and like, that was really fun. And some people play this every day. And for me, one thing I didn't mention is that variety is really important. Like, I find like that newness of something or it's got some risk that I can be bad at it. That's really fun. And so, you know, I quit playing wattle after a while because I'm like, Oh yeah, this is cool. I got it. But I'm really interested to see for maybe some people, if it's consistent, if that's important to them.

TRACY ROBERTS:

I think. For the little bit of reading that I have done. There is this sense of, like, liberation is how some people describe and like a sense of, there's a sense of freedom which makes, you know, that feels like that unplanned, unconstrained thing that you're talking about. There's something there's a freedom to it. Which I think is why we need it now, because it's it has felt constrained lately.

SELENA:

Yeah. Well, like actual constraints that limitations on where you can go.

TRACY ROBERTS:

Yes.

SELENA:

What you can do, who you can see like probably the most amount of constraint I've had in my adulthood anyway.

TRACY ROBERTS:

Yeah. Yeah. Well, I want to thank you. Very much for being here with me. And I would like to invite you to set up the fun song that you have chosen for us. Who's the artist? Why did you pick it?

SELENA:

I get to say that?

TRACY ROBERTS:

Yes.

SELENA:

Yes, (CROSSTALK).

TRACY ROBERTS:

So fun.

SELENA:

Oh, no pressure. OK.

TRACY ROBERTS:

You didn't know that. And so it's spontaneous for fun.

SELENA:

There's a real risk effect. I love it. OK. So the song that is fun is You Shook Me All Night Long, which people might know by AC/DC. But this is the Scary Pocket's cover featuring Judith Hill, who I love their voice. And I chose this song because music is an important part of my life. And to me, there's nothing more fun than funk and R&B and jamming with friends, kind of like in that spontaneous way. And this is also a bit of a shout-out to my daughter Rye, who loves AC/DC.

TRACY ROBERTS:

Yes.

SELENA:

Thunderstruck and is a huge inspiration for fun in my life and spicing up the old into something new. ('YOU SHOOK ME ALL NIGHT LONG' COVER BY SCARY POCKETS AND JUDITH HILL PLAYS).

LEVA LEE:

Well, Helena Harper, it's been fun doing this radio show with you. No doubt. We at B.C campus will continue to evolve how we offer professional development to our sector. And I'm excited about whatever comes next. Stay tuned and check out our show recordings and resources available on our website.

HELENA PRINS:

Yes, if our listeners would like to let us know how you want to receive professional development or what topics are on your mind. We always love hearing from you. You can add it to the comment section on our website or just hashtag Lurchable Learning. And hashtag DS106 radio. We'll also put a very special document on our show notes. And this was created by Harper Friedman, our tech producer. It's really that how to do a radio show, the technical details. And it's a wonderful handout. So if you want to do your own radio show, why not? You can just look at our website and we will give you the directions and how to get started. So Leva it's that time once that final song that you've chosen for us.

LEVA LEE:

OK, well, this last song we'd like to dedicate to our outgoing executive director, Mary Burgess. Mary has led the B.C campus team with great vision, passion, and compassion for 10 years. We started today's show with BTS's permission to dance, and as our leader, Mary has helped us to flourish in our work by giving us the permission to bring our best creative selves to our work. So during these difficult past few

years, Mary has shown us how to be human, imaginative, and courageous in face of challenge. So thanks, Mary. We wish you all the best in your next adventure. Helena and Harper. This radio show has been our great adventure together. It may be a wrap for Lunchable Learning, but I'm honored to continue to walk the walk with you as my colleagues. This last song we dedicate to you, Mary, for all you've accomplished for our post-secondary sector. It brought to mind the quote by Nelson Mandela, it always seems impossible until it's done, to a job well done. Mary and all our colleagues in the post-secondary sector.

Enjoy Impossible is Possible by Black Violin. Bye for now. ('IMPOSSIBLE IS POSSIBLE' BY BLACK VIOLIN PLAYS).