

# Nudges, the Learning Economy and a New 3Rs: Redesigning for Student Relationships, Resilience and Reflection

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## 1. Learning is about Change

Tech and our relationship to knowledge: more abundant but less reliable  
Smart the ability to change your mind

### The Learning Economy and the Liberal Arts

The Liberal Arts Skill Set Employers Want (and the New Goucher Curriculum)  
<http://www.goucher.edu/academics/the-new-goucher-curriculum>

1. Writing, Data Analytics and Study Abroad (cultural competency)
2. Solving Complex Problems, in groups, with diverse people

[Frey, C. B. & Osborne, M. A.](#) (2013), *The Future of Employment: How Susceptible are Jobs to Computerisation?* University of Oxford

[Hart \(2013\)](#). *"It Takes More Than a Major: Employer Priorities for College Learning and Student Success"* Hart Research Associates & Association of American Colleges and Universities.

## 2. Learning is S. W. E. E. T.

SWEET = Sleep, Water, Exercise, Eating and Time

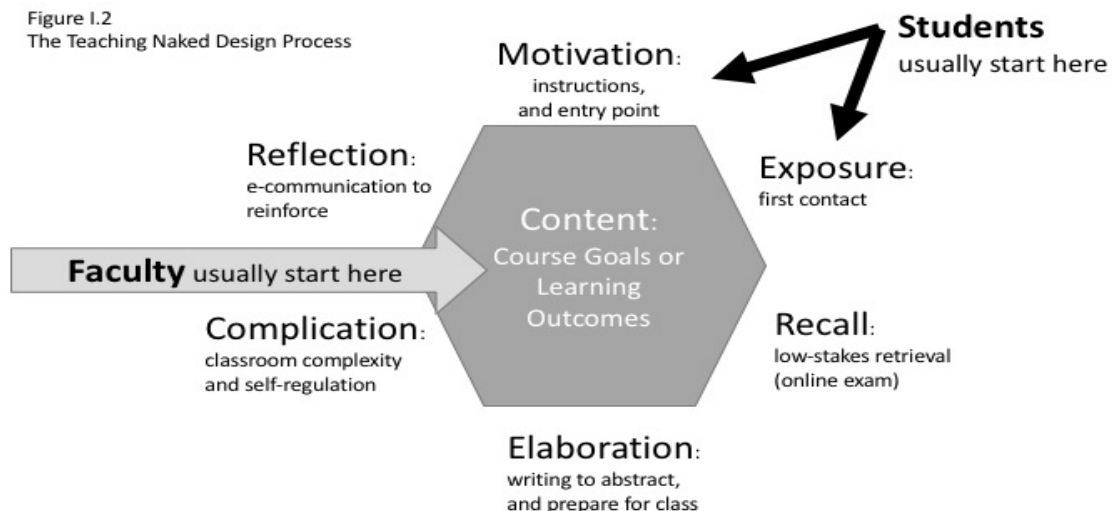
Like fitness: The one who does the work, gets the benefit.

Teachers are really "cognitive coaches"

Teaching is a DESIGN problem: to motivate, inspire and guide

### Teaching Naked Design Process

(from Bowen, J. A. & Watson, C. E. *Teaching Naked Techniques*, Jossey-Bass, 2017)



### 3. A new 3Rs: Relationships, Resilience and Reflection

Thinking, Design and Integration are now more important

21<sup>st</sup>-Century Jobs = Creating Self-Regulated Learners

Grads who can learn new (yet undiscovered) content on their own

Design Choices and Jam Study

Tables with 6 types sells 10x as much jam as table with 24 types

[Iyengar, S.S., & Lepper, M.R.](#) (2000). When Choice Is Demotivating: Can One Desire Too Much of a Good Thing? *Journal of Personality and Social Psychology* 79, 995-1006.

Design better default choices

Dorms designed for relationships. Bowen (2016) "Designing for Integrative Learning," <https://www.president2president.com/blogarticle/123390>

Reflection Matters: Rest is not idleness for your brain

[Immordino-Yang, M. H., McColl, A., Damasio H. & Damasio, A.](#) (2009) "Neural correlates of admiration and compassion," *Proceedings of the National Academy of Sciences of the United States of America*, vol. 106 no. 19, pp. 8021-8026.

Cognitive Wrappers (free template: <http://teachingnaked.com/cognitive-wrappers/>)

Capstone Reflection Experience

**What we do = 3Rs: Relationships, Resilience and Reflection**

Become a voracious self-regulated learner for the jobs of the future

**How = Design Nudges = 3Cs: Curriculum, Community & Careers**

Convergence: behavioral economics, neuro-science, & cognitive psychology

Save 30% on *Teaching Naked Techniques* at Wiley.com with code: **TNT30**

The logo for teachingnaked.com features the word "teaching" in a green, lowercase, sans-serif font, followed by "naked" in a black, lowercase, serif font. A green curved line underlines "teaching". The ".com" is in a smaller, black, lowercase, sans-serif font.

*Teaching Naked: How Moving Technology out of your College Classroom will Improve Student Learning* (San Francisco: Jossey-Bass, 2012). AAC&U Ness Award 2014

Teaching Naked Techniques: A Practical Guide to Designing Better Classes with C. Edward Watson (San Francisco: Jossey-Bass, 2017).

A New 3Rs: Using Behavioral Science to Prepare Students for a New Learning Economy (Johns Hopkins Press, forthcoming)