RESPONDING WITH WONDERMENT AND AWE—A HABIT OF MIND TO INSPIRE OUR WORK

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https://soundcloud.com/deonvozov
RESPONDING WITH WONDERMENT AND AWE—AN AWESOME HABIT OF MIND


• Reflect/write—what does wonderment and awe mean to you?

• Record an experience that caused you to respond with wonderment and awe.

• What value does “responding with wonderment and awe” have for us as scientists and FSHN professionals?
WHAT MAKES YOU RESPOND WITH WONDERMENT AND AWE? WHY?

• What can you do to experience wonderment and awe every day?
• What might someone do to make this a habit?
• How might someone hold themselves accountable for doing so?
### MY RUBRIC FOR RESPONDING WITH WONDERMENT AND AWE (W/A)

<table>
<thead>
<tr>
<th></th>
<th>Exemplary</th>
<th>Accomplished</th>
<th>Developing</th>
<th>Undeveloped</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seek opportunities for w/a</td>
<td>Seeks sources of w/a on a daily basis</td>
<td>Regularly seeks sources of w/a</td>
<td>Occasionally seeks sources of w/a</td>
<td>Unaware of sources of w/a</td>
</tr>
<tr>
<td>Make meaning of experiences of w/a</td>
<td>Almost always notes and interprets experiences of w/a</td>
<td>Usually pauses to savor and interpret experiences of w/a to self</td>
<td>Sometimes explains experiences of w/a to self</td>
<td>Does not try to interpret feelings of w/a</td>
</tr>
<tr>
<td>Share w/a with others</td>
<td>Almost always shares sense of w/a with others, lets others know when they do something awesome and wonderful, encourages others to practice this HoM</td>
<td>Usually expresses sense of w/a to others, notes when others do something awesome and wonderful</td>
<td>Occasionally shares feelings of w/a with others</td>
<td>Does not share w/a with others</td>
</tr>
</tbody>
</table>
Scientific Papers—Responding with Wonderment and Awe

- Think of a scientific paper or scientific finding that you learned about that makes you respond with wonderment and awe.
- Share with others.
- Common aspects?
- Value?
DEPLETING DIETARY VALINE PERMITS NONMYELOABLATIVE MOUSE HEMATOPOIETIC STEM CELL TRANSPLANTATION

• Study hypothesis: Dietary valine restriction could wipe out HSCs and replace current therapies that allow HSC transplants.
• Study design/ key methods—restrict valine, then transplant HSCs into mice, monitor HSC population.
• Why the study is important—what made it wonderful and awesome in your eyes?
• A possible new way to help people with blood cell cancers USING NUTRITION! This could make them a lot less sick than killing their bone marrow by radiation.
• What are you doing to develop your ability to respond with wonderment and awe?