

#### Humanizing Research Through Emotions

Rebekah Hornak



#### Connection

"The energy that exists between people when they feel seen, heard..."

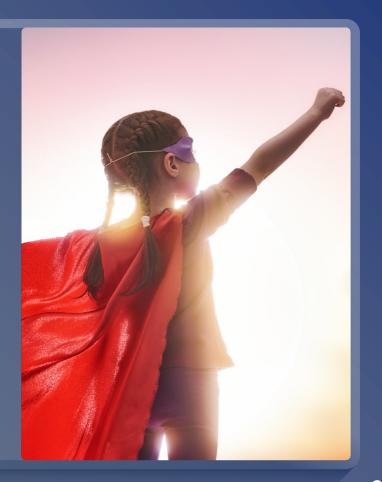
Brene Brown Atlas of the Heart



### Addressing the Human Experience



Why is there a gap between research and practitioners in trying to achieve outcomes with students with disabilities?



# Addressing the Human Experience

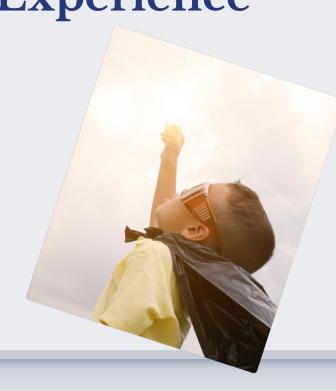


#### Places we go when **We search for Connection**:

- Belonging
- Fitting In
- Connection
- Disconnection
- Insecurity
- Invisibility
- Loneliness

Brown, 2021

Addressing the Human Experience Places we



Places we go when Things are uncertain or too much:

- Stress
- Overwhelm
- Anxiety
- Worry
- Avoidance
- Excitement
- Dread
- Fear
- Vulnerability

Brown, 2021





## Places we go when It's Beyond Us:

- Awe
- Wonder
- Confusion
- Curiosity
- Interest
- Surprise

Brown, 2021



#### **Example: Resources**





#### **Example: Reports**



# Your Turn

- Take a look at our most recent brief on Engaging Critical Perspectives.
- How could we have made this content more "Humanizing"?
- Reflection on the various emotions:
  - Making a connection Can you connect to the content? How could you make it better?
  - Too much This is a lot of information. Could we have simplified it?
  - It is beyond us Is it readable? Does it make you want to learn more?
- How would you promote this on social media?
  - How would you engage your audience
  - What imagery and emotions would you use?



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