

***An Evidence-Based Technique  
to Increase Resilience  
among L2 Teachers***

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**FULL  
DISCLOSURE**

# Full Disclosure:

- (a) Views don't necessarily reflect DLI etc.
- (b) Not neutral: Personal connection? Yes.
- (c) Agenda? Yes, overt, not hidden: share this knowledge.

# **Professional Development: So many opportunities!**

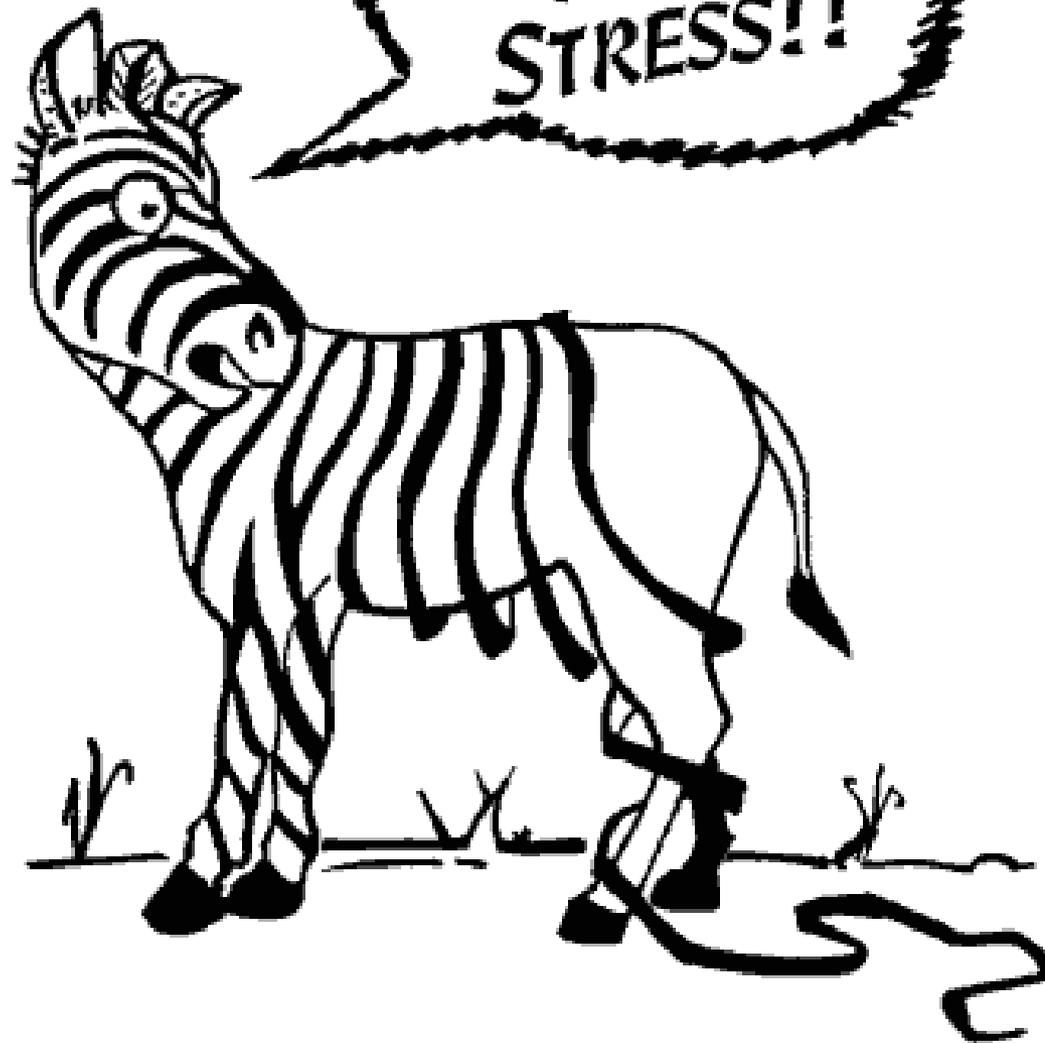
- DLI: ICC, TT, DA, OPI, PBICP, TL
- NCS: Autonomous Learner, Scenario-Based Classroom, Vocabulary Acquisition & Retention
- Tuition Reimbursement
- On-Line Courses
- Personal Knowledge Enrichment

# **Professional Development: Why Bother?**

- National Security
- Students' Lives
- Students' Careers
- Our Careers

# Professional Development: *Limitations*

- (a) No change from within
- (b) Targets specific skills
- (c) Huge cost... but what pay-back?
- (d) Does not address *stress*



I THINK  
IT'S  
STRESS!!

# Toxic Stress Sabotages the Mission.

- Costs the US \$300 billion per year.<sup>1</sup>
- *Forbes*: Stress is the business world's silent killer.<sup>2</sup>
- School Teachers: 50% leave within 5 years.<sup>3</sup>
- We are a society of chronically stressed, anxious, tired adults.<sup>4</sup>

# Neurophysiology 101:

- Prefrontal Cortex: governs higher-order thinking, e.g. analysis, planning, logic, language, moral reasoning.
- Amygdala: primitive emotional center; activates the stress response; sensitive to fear, anger, anxiety.

# Neurophysiology 102:

- Stress impedes Prefrontal Cortex...
- Amygdala takes over.
- Stressed brain not conducive to teaching.
- Stress impairs working memory.
- Compromises flexible mental shifting;
- Obstructs retrieval of information.

# Functional Lesions



Front

Back

Normal Brain



Stressed Brain

# Stress & Federal L2 Teachers

- Less stressful than PS but far from ideal.
- DLI: new 2+/2+/2 standards increase the pressure.
- 20+ hours per week on platform.
- Ss' DLPT & OPI scores determine Ts' merit points, tenure, rank advancement.
- Anxiety, depression, and insomnia: the enemies of excellent teaching.

# **L2 Teachers need a Heavy-Duty Stress-Buster.**

## Army Criteria:

- ✓ Evidence-based
- ✓ Portable
- ✓ Flexible
- ✓ Inconspicuous
- ✓ Easy to master

30 Modalities under scrutiny.

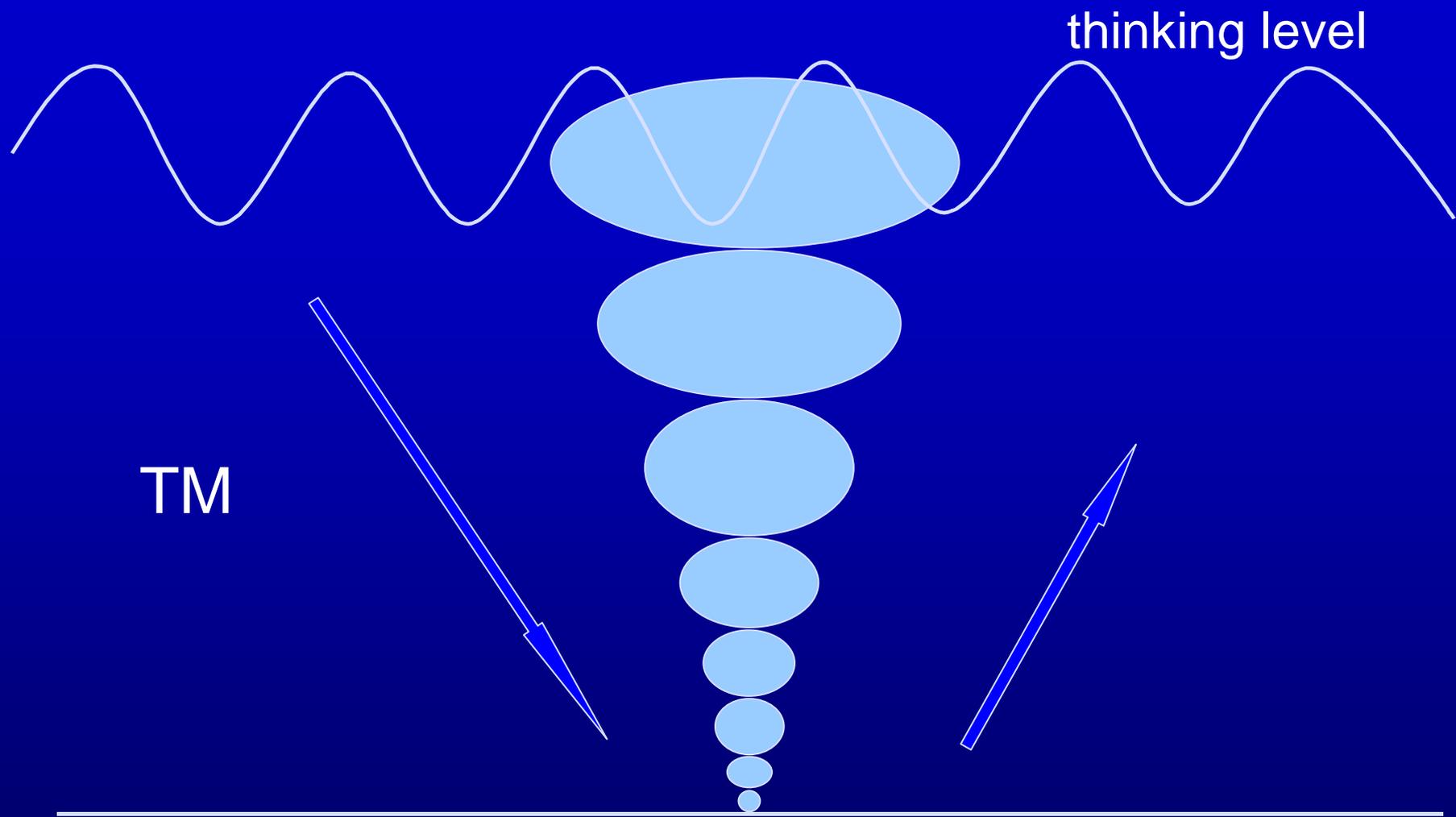
1 outscored the rest:

**The Transcendental Meditation  
(TM) technique.**

Why? It exceeded Army criteria,  
especially evidence and ease.



**What is this thing,  
anyway?!**



thinking level

TM

source of thought

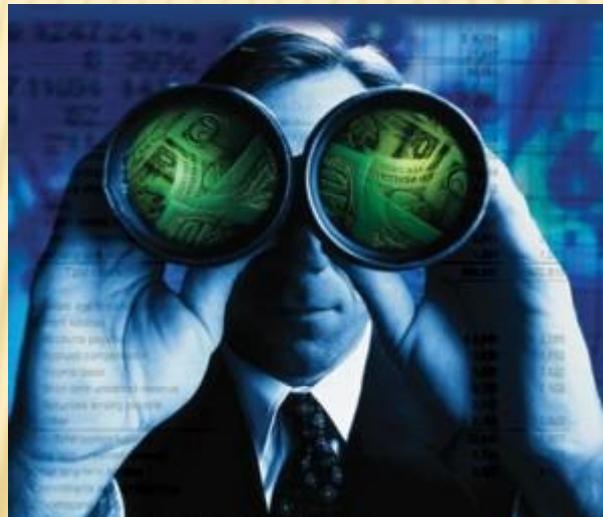
consciousness without content

infinite reservoir of energy and intelligence

Remember this?

TM “exceeded Army criteria,  
especially evidence and ease.”

Let’s take a closer look.



# Evidence, part 1

- 400+ peer-reviewed studies
- Major research centers: NIH, UC-Berkeley, Harvard, etc.
- Published: *JAMA*, *NEJM*, *Lancet*, *International Journal of Neuroscience*, *Journal of the AHA*, etc.

# Evidence, part 2

- Hypertension ↓
- Insulin-resistance ↓
- Anxiety ↓
- Depression ↓
- Brain-wave coherence ↑
- Working memory ↑
- IQ ↑
- Emotional maturity ↑

# Ease

- No effort, control, or concentration.
- Monkey mind? No problem.
- 10-year-olds can do it.
- Easy because:
  - Pleasant
  - Natural

# Test #1



**American  
Heart  
Association®**

TM reduces hypertension.  
Other meditations don't.

# Test #2



\$27 million research:  
TM mitigates all aspects  
of *metabolic syndrome*.

# Test #3



Birthplace of ROTC  
America's first private military college  
All cadets offered TM

# Test #4



TM course every quarter.  
Always a wait-list.

# Test #5



Multi-year study outcome:  
TM best for PTSD.

# Test #6



TM available to  
all med students and faculty.

# Test #7



## Transcendental Meditation at the National Defense University

**WELL...**

**NOW WHAT?**

# Endnotes

1. <https://www.healthline.com/health-news/stress-health-costs>
2. <https://www.forbes.com/sites/stephaniedenning/2018/05/04/what-is-the-cost-of-stress-how-stress-is-the-business-worlds-silent-killer/#32b11d716e06>
3. <https://mobile.edweek.org/c.jsp?cid=25920011&item=http%3A%2F%2Fapi.edweek.org%2Fv1%2Fblogs%2F62%2F%3Fuuid%3D77760>
4. <https://stixrud.com/staff/william-r-stixrud/>