

HEALTH **AND** WELLNESS SUMMIT



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

Storytelling to find passion and purpose of work: The Buffs One Read Program

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COMMON READ PROGRAM BENEFITS

Common read programs have been identified as an important aspect of the first-year experience and a means of applying **high impact practices**, which are considered key elements to promoting student success, retention, and **belonging**.

COMMON GOALS

Model intellectual engagement

Encourage a sense of community

Bridge experiences and highlight diverse perspectives

Promote critical thinking about complex issues

Encourage campus involvement in and beyond the classroom



COMMON APPROACHES

Discussion groups

Speaker events

Peer to peer learning

Films

Curricular integrations

Exhibits or performances

Faculty panels





Bufs **One Read**

The CU Boulder Bufs One Read fosters intellectual community and cultural exchange among students, faculty, and staff.

It establishes a unifying title for the year that serves as a basis for classroom discussion, programming, social and civic development, and connection to campus.

Bufs One Read

Integrate the text into your course and community! Explore and reuse content we've created.



<http://cublib.co/bor>

[Guide](#)

[Canvas Course](#)

[Book Club Kits](#)

[Video walk through](#)

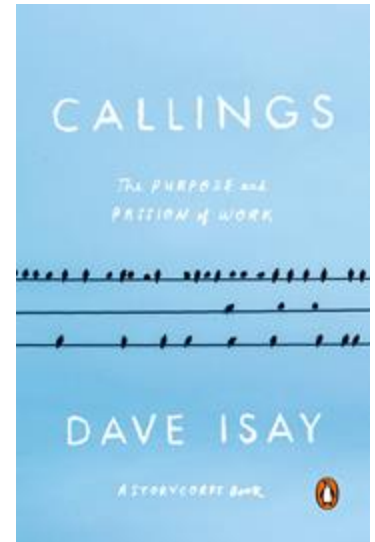
[Events](#)

[Contest \(\\$500\)](#)

Bufs One Read



Callings: The purpose and passion of work



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Bufs One Read

Agreements

Be curious. We have something to learn from everyone in the room. Allow space for play and exploration together.

Move up, move up. Share responsibility for including all voices in the discussion.

Be authentic and welcome that from others. Share what's important to you. Speak from your experience. Be considerate of others who are doing the same.

Bufs One Read

Agreements

Listen to understand. Avoid interruption, cross-talk, or private conversations as others are speaking.

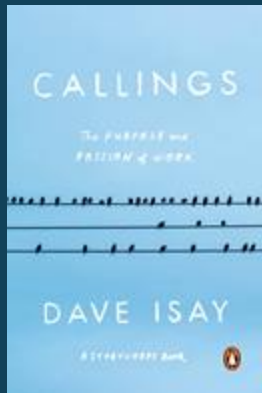
Show respect. Be open to the right to hold beliefs and opinions other than your own.

Embrace fumbling forward. We don't know all and are exploring together even with uncertainty.

2025 Buffs

One Read

Callings: The purpose and passion of work



ABOUT THE AUTHOR

Dave Isay is the Founder and President of StoryCorps, a New York Times bestselling author, the recipient of numerous Peabody Awards, and a MacArthur “Genius” Fellow. His life’s work taps into the heart and soul of the human experience.



Told through touching conversations between friends, coworkers, and family members, in *Callings*, StoryCorps founder Dave Isay presents unforgettable stories from people doing work they love. Some found their paths at very young ages, others later in life; some overcame great odds or upturned their lives in order to pursue what matters to them.

An essential contribution to the beloved StoryCorps collection filled with many stories that have never been broadcast or published before, *Callings* is a tribute to rewarding work that continues to inspire everyone from students about to start their first jobs to retirees seeking their next chapter.

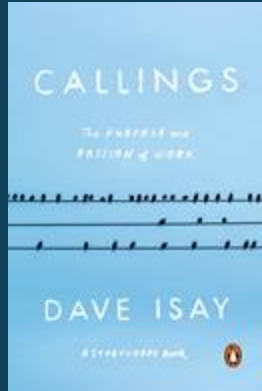
- From Penguin Random House



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One Read

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Several storytellers describe their work as being entirely absorbing, mesmerizing, or all encompassing. This might be considered a state of flow.

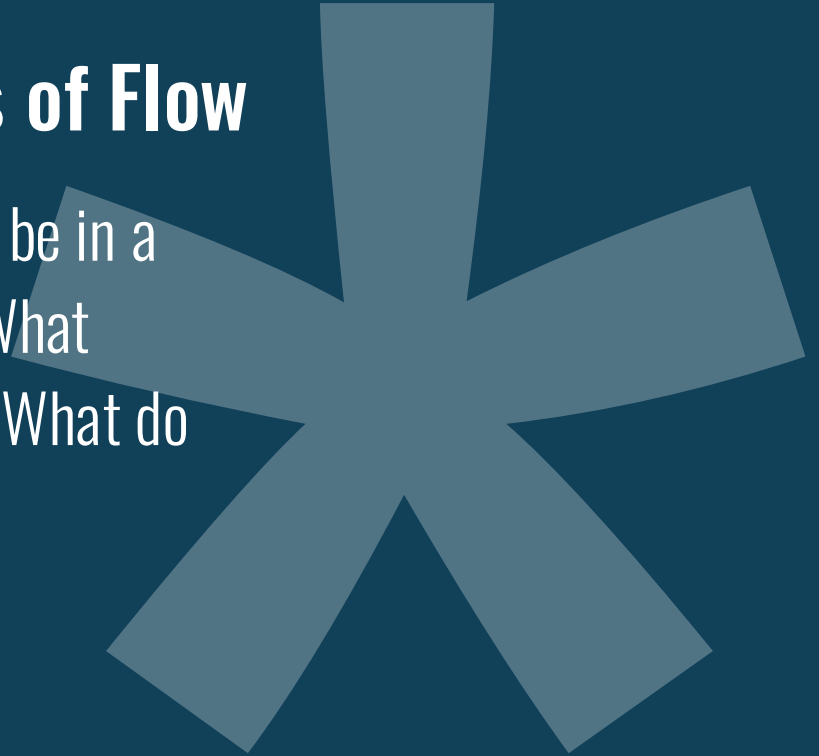
When one enters a state of flow there is a sense of timelessness, lack of effort, increased focus and the loss of sense of self, which lead to positive well being outcomes.

We will explore three stories that describe something similar.



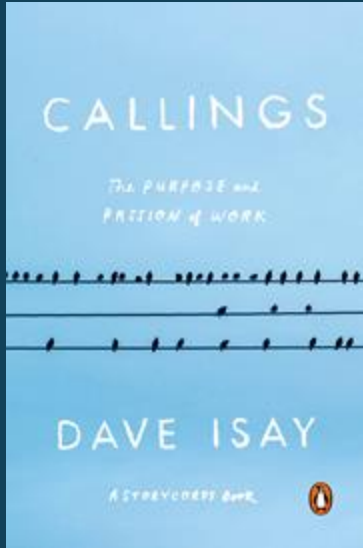
ACTIVITY : Characteristics of Flow

Write down what it might feel like to be in a state of flow. Where is your focus? What sensations do you feel in your body? What do you notice?



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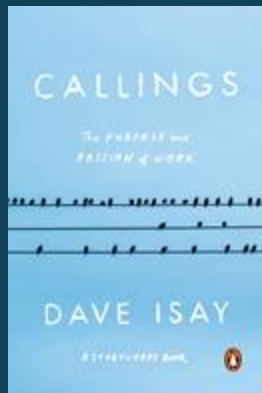
Flow Flow state is a highly focused and immersive mental state in which an individual's skill level matches the challenge of the task, resulting in reduced self-awareness, altered time perception, and heightened positive emotions.

- Flow research collective



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Sharon Long and Steve Sutter



This conversation takes place between Sharon Long and her colleague, Steve Sutter. Sharon recounts her deep passion for forensic art, a career she pursued after raising two children and returning to college at age 40.

Over the course of her career, Sharon has worked for museums — she once constructed a face from a skull that was more than 9,000 years old — and for numerous law enforcement agencies, using found skulls to help put a face to unidentified remains. She has also made busts for the National Geographic Society and the Smithsonian, and her work has been featured on the History Channel and the television show America's Most Wanted.

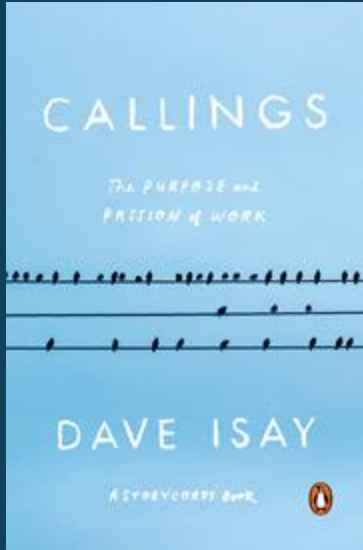
- [From StoryCorps](#)

[Canvas Chapter](#)



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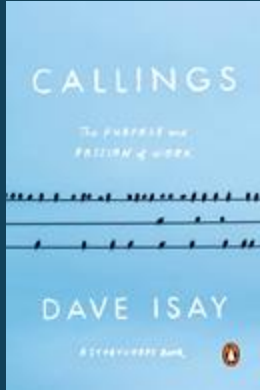


*I get totally psyched into what I'm
doing. Just like people must do when
they're writing music or painting a
painting. You forget to eat, you
forget to get up, you forget to drink
water you forget everything.
Everything just sort of goes into
suspension. - Sharon Long*



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Joshua Gubitz and Len Berk



After thirty years working as an accountant, a career pursued for the benefit of his family, Len Berk retired and was looking for his next opportunity.

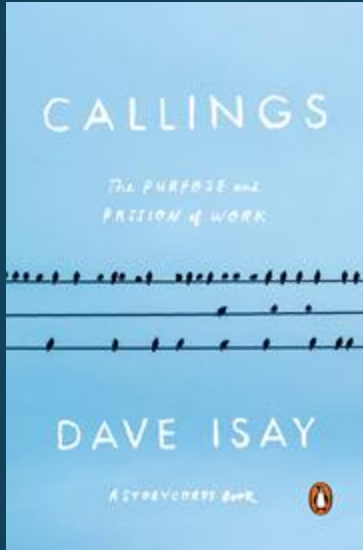
A friend pointed Len to an opening for a lox slicer, when Len realized it was at a store he had frequented for many years. Despite having no qualifications for the job officially, Len took an unconventional approach to his application and was given the opportunity. Len approaches slicing like an art form and like a constant challenge to improve. He describes his work as meditative and all-encompassing. His love for this work led him to stay in the position for over twenty-six years and to achieving legendary status in the community.

[Canvas Chapter](#)



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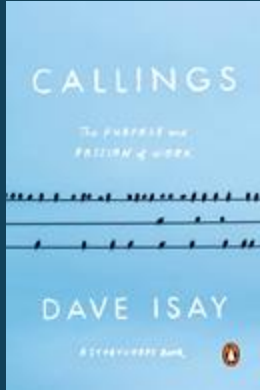


When I'm slicing, I'm slicing. Very often I get lost in the lox. Somebody will say, "Do you hear what I'm saying?" And I would say, "Yes I do, but I'm very involved in slicing your salmon now. - Len Berk



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Barb Abelhauser and John Maycumber



Barbara shares her experience working as a bridge tender.

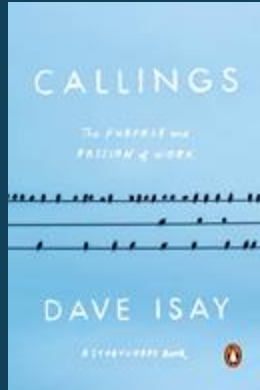
She describes a connection to the job found through the community that frequents the bridge, as well as those she imagines worked on the bridge decades in the past. Similarly, she finds connection with the passing of seasons and the natural world that exists outside the tender house windows. She relays the responsibilities of the job and the seriousness she gives to her work and her appreciation that she had the courage to make a change in direction. She appreciates that she is able to slow down and notice the world around her and values that far more than any salary.

Canvas Chapter



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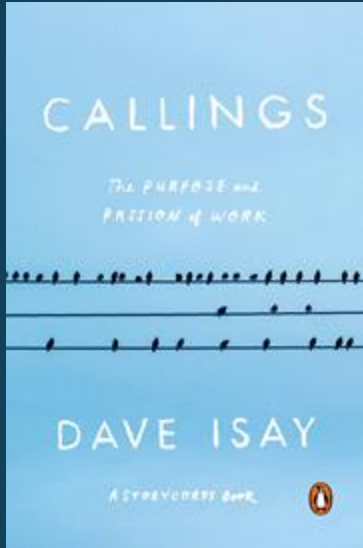


Barb Abelhauser and John Maycumber



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I've been sitting in the same exact spot these eight years, and I see the passage of seasons. I see the alligator that hangs out below my window in the summer, and when she lays her eggs and they hatch, I hear the barking of the baby gators. There's manatees and the dolphins that come by. There's a night heron that sits just below my window all night long every night, except when the algae bloom. And the sunsets and sunrises are like snowflakes -- there's no two that are exactly alike.

- Barbara Abelhauser





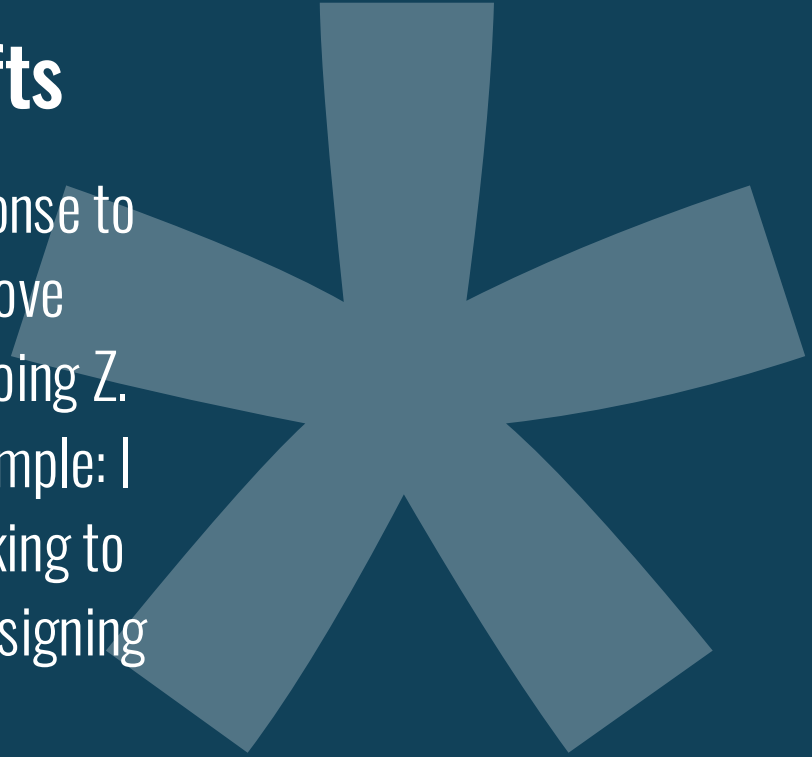
Bufs **One Read**

Discussion Questions

Add questions you've
chosen.

ACTIVITY : Explore your gifts

Free write for at least 5 minutes in response to describing your gifts. I am gifted at X. I love doing Y. I lose track of time when I am doing Z. Remember this can be anything! For example: I am gifted at organizing things. I love talking to people. I lose track of time when I am designing a web page.



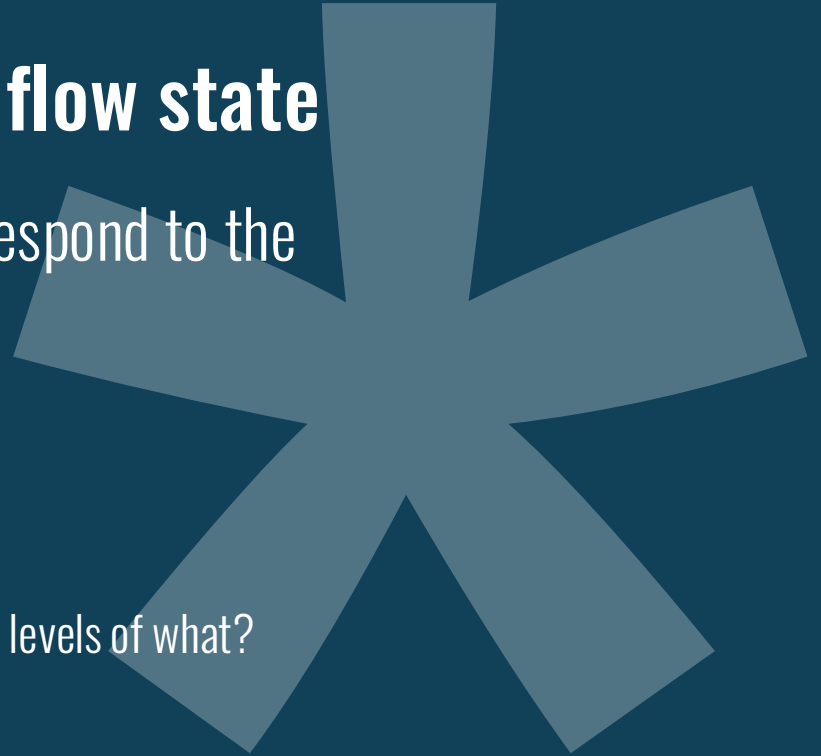
ACTIVITY : How to enter a flow state

Watch the TedEd video on flow and respond to the following:

What are the benefits of a mental state of flow?

How can you increase a sensation of flow?

People who report frequent flow states have higher levels of what?



HOW TO ENTER A STATE OF FLOW



ACTIVITY : Journal Activities

For one week keep a journal to record all the activities you undertake. As you do so reflect and respond to the following prompts.



PROMPTS :

Did the activity appear to speed up or slow down time?

Did it leave me feeling depleted or energized?

Were there any activities that eliminated your sense of self?

Were there activities that felt effortless?

What activities caused you to have intense focus?





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Resources

CU System:

CU Advantage - Employee Perks (system wide)

advantage.cu.edu

CU Employee Services

www.cu.edu/employee-services

CU Boulder:

CU Boulder Health & Wellness Services

colorado.edu/health

CU Boulder Employee Wellness

colorado.edu/health/WorkWell

CU Boulder Office of Institutional Equity and Compliance (OIEC)

colorado.edu/oiec

CU Boulder Benefits, Perks, and Resources

colorado.edu/hr/faculty-and-staff-perks

UCCS:

UCCS Gallogly Recreation & Wellness Center

recwellness.uccs.edu

UCCS HealthCircle Clinics

healthcircle.uccs.edu

UCCS Lyda Hill Institute for Human Resilience

resilience.uccs.edu

UCCS Office of Institutional Equity

equity.uccs.edu

CU Denver:

CU Denver Wellness & Recreation

ucdenver.edu/wellness

CU Denver Counseling Center

ucdenver.edu/counseling-center

CU Denver & Anschutz Office of Equity

ucdenver.edu/offices/equity

CU Denver HR

ucdenver.edu/offices/human-resources/current-faculty-staff

Anschutz:

Anschutz Health & Wellness Center

medschool.cuanschutz.edu/health-and-wellness

Anschutz Student Health & Wellness

www.cuanschutz.edu/student/health-wellness

CU Denver & Anschutz Office of Equity

ucdenver.edu/offices/equity

Anschutz HR

cuanschutz.edu/offices/human-resources/current-faculty-and-staff

HEALTH AND WELL-BEING **WELLABLE APP**

CU Boulder Faculty and Staff: Connect with a Healthier U

Prioritize your well-being with WorkWell Connect!

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- On-demand fitness
- Meditation and mindfulness classes
- Recipes and meal plans
- Sleep stories
- Individual and team challenges



Apple



Android

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