

STAFF DEVELOPMENT CONFERENCE

MAY 20 PROGRAM SCHEDULE-----2015-----

7:30-8:00a.m.	Refreshments: AMC Ballroom			
8:00-9:00a.m.	Breakout Session: A			
ROOMS	<p>Voyageurs North</p> <p>Health and Wellness: <u>Qigong</u></p> <p>Info: Spring Forest Qigong is an easy-to-learn form of medical qigong designed by Master Chunyi Lin. In this session you will learn exercises to help you increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to relieve physical pain, stress, and depression, and are simple, effective and easy to learn.</p> <p>Facilitator: <i>Jerry Wellik- Professor, SCSU Special Education</i></p>	<p>Glacier North</p> <p>Nature/ Nurture: <u>Alternative Gardening Techniques</u></p> <p>Info: When you don't have or want a traditional garden, you can still enjoy homegrown vegetables and herbs, thanks to some alternative ways of planting. Come to this workshop to learn how to create an incredible garden in new ways. This workshop will walk you through the steps of pallet, straw bale, square foot, vertical gardening, and more. These methods are great options for those with limited or no yard space and can produce beautiful results.</p> <p>Facilitator: <i>Tracy E. Ore—Professor of Sociology, Coordinator, SCSU Community Garden</i></p>	<p>Voyageurs South</p> <p>Professional Development: <u>How To Communicate With Everyone At Work</u></p> <p>Info: Participants will learn how to build better relationships and get stronger results with everyone they work with. Participants take a short assessment to help them see how they prefer to communicate with others. They'll learn about 4 basic communication styles that represent the people they work with and they'll get practical tips for dealing with people that communicate in different ways.</p> <p>Facilitator: <i>Laura Browne- Talent Development Director, JDA Software</i></p>	<p>Glacier South</p> <p>Info Session: <u>Live More, Spend Less: Being a Smart Consumer</u></p> <ul style="list-style-type: none"> - Giving yourself better quality of life with less spending - Find Smart ways to get what you want for less or free - Teach yourself and your kids how to talk back to advertising pressure <p>Facilitator: <i>Mark Hodowanic – Financial Consultant, Hiway Federal Credit Union</i></p>
9:15-10:15a.m.	Group Session			
ROOMS	<p>AMC Ballroom</p> <p><u>"Who Are We? Professional Networking Session"</u></p> <p>Participate in full group exercises that focus on collaboration and networking skills in a professional environment. Participants will learn something new about the individuals they meet and themselves. Successful completion of the workshop will teach participants how to preserve their new connections.</p> <p>Facilitator: <i>Laura Browne- Talent Development Director, JDA Software</i></p> <p><i>*Door Prizes will be drawn for participants who attend this session</i></p>			

10:30-11:30a.m.	Breakout Session: B			
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ROOMS	Voyageurs North	Glacier North	Voyageurs South	Glacier South
	<p style="text-align: center;">Health and Wellness: <u>Self- Defense</u></p> <p>Info: Sgt. Penney’s presentation will focus on the Prevention and preparation for a physical encounter. He will teach the importance of preparing for a situation through mental imaging and proper planning and recognition of dangerous situations. He will also speak about the importance of personal confidence and the development of this.</p> <p style="text-align: center;">Facilitator: <i>Sgt. Robert Penne-, Champlin Police Department</i></p>	<p style="text-align: center;">Nature/ Nurture: <u>Busting Nutrition Myths</u></p> <p>Info: A 2012 Gallop poll said most Americans find doing taxes easier than eating healthy. With the constant barrage of nutrition information the average consumer can find eating healthy daunting. So what is true? Are carbohydrates okay? Should you eat gluten free? What about processed foods? Come to this presentation to bust through some of the more popular nutrition myths.</p> <p style="text-align: center;">Facilitator: <i>Holly Glaubitz- Staywell</i></p>	<p style="text-align: center;">Professional Development: <u>Communication Across Generations</u></p> <p>Info: For the first time in history there are four different generations in the workplace. Learn how to value the new ideas and embrace the change that each new generation brings. Content includes: Understanding generational differences; Communicating across generations, Closing the generation gap</p> <p style="text-align: center;">Facilitator: <i>Ned Rousmaniere, LifeMatters</i></p>	<p style="text-align: center;">Info Session: <u>D2L Brightspace: It’s Not Just for Classes Anymore!</u></p> <p>Info: D2L Brightspace, our online learning management system, is widely used to support blended and online learning. However, it can also be used for a number of other purposes including student coffee shops, online community building, student services support, committee work, and sandbox/development. D2L Brightspace also has a new tool for working in groups that we are excited to share with you! Hear about how D2L is being used outside the classroom and explore the possibilities for your use.</p> <p style="text-align: center;">Facilitators: <i>Greg Jorgenson & Sara Grachek, Academic Technologies Team, SCSU</i></p>

11:30- 1:15 p.m.	Lunch/ Keynote/Afternoon Registration/Outlook Photos			
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ROOMS	AMC Ballroom			
	<p>Keynote: "<u>How to Manage Change Before It Manages You</u>"</p> <p>Very few people really like change but we all have to deal with it. How can you positively handle all the changes that affect you? Participants will learn practical actions they can take that will make them feel more in control of changes.</p> <p style="text-align: center;">Facilitator: <i>Laura Browne- Talent Development Director, JDA Software</i></p>			

1:15- 2:15	Breakout Session: C			
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ROOMS

	Voyageurs North	Glacier North	Voyageurs South	Glacier South
	<p>Health and Wellness: <u>Qigong</u> Info: Spring Forest Qigong is an easy-to-learn form of medical qigong designed by Master Chunyi Lin. In this session you will learn exercises to help you increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to relieve physical pain, stress, depression and are simple, effective and easy to learn.</p> <p>Facilitator: <i>Jerry Wellik- Professor, SCSU Special Education</i></p>	<p>Nature/ Nurture: <u>Busting Nutrition Myths</u> Info: A 2012 Gallop poll said most Americans find doing taxes easier than eating healthy. With the constant barrage of nutrition information the average consumer can find eating healthy daunting. So what is true? Are carbohydrates okay? Should you eat gluten free? What about processed foods? Come to this presentation to bust through some of the more popular nutrition myths.</p> <p>Facilitator: <i>Holly Glaubitz- Staywell</i></p>	<p>Professional Development: <u>How to be Resilient</u> Info: Participants will learn practical ways that that they can bounce back from problems. These approaches will help participants to develop resilient responses and create new opportunities.</p> <p>Facilitator: <i>Laura Browne- Talent Development Director, JDA Software</i></p>	<p>Session Cancelled Glacier North</p>

2:15-2:30p.m. Refreshments: AMC Ballroom

2:30- 3:30	Breakout Session: D			
ROOMS	Voyageurs North	Glacier North	Voyageurs South	Glacier South
	<p>Health and Wellness: <u>Self -Defense</u> Info: Sgt. Penney’s presentation will focus on the Prevention and preparation for a physical encounter. He will teach the importance of preparing for a situation through mental imaging and proper planning and recognition of dangerous situations. He will also speak about the importance of personal confidence and the development of this.</p> <p>Facilitator: <i>Sgt. Robert Penney- Champlin Police Department</i></p>	<p>Nature/ Nurture: <u>Alternative Gardening Techniques</u> Info: When you don't have or want a traditional garden, you can still enjoy homegrown vegetables and herbs, thanks to some alternative ways of planting. Come to this workshop to learn how to create an incredible garden in new ways. This workshop will walk you through the steps of pallet, straw bale, square foot, vertical gardening, and more. These methods are great options for those with limited or no yard space and can produce beautiful results.</p> <p>Facilitator: <i>Tracy E. Ore—Professor of Sociology, Coordinator, SCSU Community Garden</i></p>	<p>Professional Development: <u>How To Communicate With Everyone At Work</u> Info: Participants will learn how to build better relationships and get stronger results with everyone they work with. Participants take a short assessment to help them see how they prefer to communicate with others. They’ll learn about 4 basic communication styles that represent the people they work with and they’ll get practical tips for dealing with people that communicate in different ways.</p> <p>Facilitator: <i>Laura Browne- Talent Development Director, JDA Software</i></p>	<p>Info Session: <u>D2L Brightspace: It’s Not Just for Classes Anymore!</u> Info: D2L Brightspace, our online learning management system, is used to support blended and online learning. It can also be used for a number of other purposes including online community building, student services support, committee work, and sandbox/development. D2L Brightspace also has a new tool for working in groups that we are excited to share with you! Hear about how D2L is being used outside the classroom and explore the possibilities for your use.</p> <p>Facilitators: <i>Greg Jorgenson & Sara Grachek, Academic Technologies Team, SCSU</i></p>