

*The Office of Human Resources is pleased to collaborate with
campus departments and organizations to present*

Training Tuesdays

March 2015

March 3

HEALTHY AND BUDGET FRIENDLY NUTRITION

12:30 p.m. – 1:30 p.m.

Centennial Hall, Room 115

Sponsored by Health & Wellness Committee

March is national nutrition month with the theme of “Bite into a Healthy Lifestyle”. Come meet and learn from the Sodexo Campus Registered Dietitian, Beth Dirkes, discuss well balanced diets and how to incorporate it into a healthy lifestyle. There will also be information on how to do this with a tight budget and a busy schedule.

PRESENTER: **Beth Dirkes**, Registered Dietitian, Sodexo Campus Services

March 17

QUESTION, PERSUADE, REFER (QPR)

12:30 p.m. – 1:30 p.m.

Centennial Hall, Room 115

Sponsored by Counseling and Psychological Services (CAPS)

Question, Persuade, Refer is a best practice gatekeeper training for suicide prevention. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to offer hope and get help for an individual in psychological distress.. SCSU is dedicated to being a “caring campus community” by helping faculty, staff, and students to build capacity to assist people in need. In our work here we focus on students, but in our everyday life, we may also use these skills with family, friends, and neighbors.

What you'll learn:

Facts and myths of suicide

How to recognize warning signs

Strategies for intervention

How to make a referral

PRESENTERS: **Rena Lockeryby**, Master of Social Work Intern, works with the Case Management Program in the Counseling and Psychological Services office. She has a Bachelor of Arts degree in Psychology with a minor in Women and Gender Studies from Winona State University. Rena has experience in the mental health area through a variety of positions and currently works as the Sexual Violence Advocacy Coordinator/ Advocate with the Central Minnesota Sexual Assault Center. She has been an MSW intern since September of 2014 and is a certified QPR Master Trainer.

March 24

D2L: IT'S NOT JUST FOR CLASSES ANYMORE!

12:30 p.m. – 1:30 p.m.

Centennial Hall, Room 115

Sponsored by SCSU Online & Information Technology Services

D2L, 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. Hear about how D2L is being used outside the classroom and explore the possibilities for your use.

PRESENTER: **Greg Jorgensen & Bill Dowden**, Academic Technologies Team

Pre-registration is not necessary and there is no fee to attend.