

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

# Training Tuesdays

**October 2015**

## October 6

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### **SPRING FOREST QIGONG**

12:30 p.m. – 1:30 p.m.

*Voyageurs South, Atwood Memorial Center*

#### **Sponsored by Health & Wellness Committee**

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.

PRESENTER: **Jerry Wellik**, Professor, SCSU Special Education

## October 13

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### **HISTORIC CAMPUS TOUR**

12:30 p.m. – 1:30 p.m.

*Tour will begin on the front lawn of the Whitney House*

#### **Sponsored by University Archives**

Are you interested in the long and colorful history of St. Cloud State? If so, this session is for you! Take a 55-minute historic campus walking tour, rain or shine, with University Archivist Tom Steman and Emeritus Professor Bill Morgan to learn more about the history of St. Cloud State, when and why campus buildings were constructed (and demolished), details about campus architecture, and the stories behind the names that grace the buildings. The walk will also provide an opportunity for exercise and socialization with others across campus.

This session was very popular and enjoyed by many employees at the August 2015 Staff Development Conference.

PRESENTERS: **Thomas Steman**, University Archivist and **Bill Morgan**, Emeritus Professor

## October 27

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### **QUALTRICS SURVEY APPLICATION**

1:30 p.m. – 2:30 p.m.

*Miller Center 207*

#### **Sponsored by Office of Strategy, Planning & Effectiveness**

SCSU has a license for Qualtrics, a very powerful survey creation and analysis toolset. It's more robust and richer than Survey Monkey and at least as easy to learn and use. There are multiple items types and great options for analysis. David Sikes has been administering the system on campus. This session will be hands on, interactive and will present you with a strong set of online resources to learn more. Please pre-register at [ospe@stcloudstate.edu](mailto:ospe@stcloudstate.edu) so we can send you instructions to prepare for the work shop and set up your Qualtrics account. You will get much more out of the class if you have an account set up for you prior to class. David Sikes will be a great resource to help you implement your ideas and get started for follow up and future projects.

PRESENTER: **David Sikes**, Research and Planning Coordinator in the Office of Strategy, Planning and Effectiveness

## October 27

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### **TIPS AND TRICKS FOR ENSURING DEPARTMENT BUDGETS REMAIN ON TRACK**

12:30 p.m. – 1:30 p.m.

*Centennial Hall Room 115*

#### **Sponsored by Business Services**

Please join us to learn and share reporting and practices that will enable you to monitor and anticipate adherence to departments approved budgets for FY16. Bring examples of any systems you have created to share with others or to seek a common reporting tool.

PRESENTERS: **Mark Wegge**, Accounting Director, **Dan Golombiecki**, Budget Analyst and **Rochelle Krantz**, Revenue Fund Accountant