

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

Training Tuesdays

February 2016

February 2

MEET LYNDA! LYNDA.COM, THAT IS!

12:30 p.m. – 1:30 p.m.

Atwood Memorial Center, Maple Room

Sponsored by Information Technology Services and Human Resources

Lynda.com is an online learning company that provides technology, business, and software training. Over 4000 training modules from beginner to advanced are available in subject areas such as Microsoft Office, Adobe products, e-learning, project management, and communication, management and leadership skills, to name a few. Join us as we provide an overview of lynda.com offerings and how you can access this resource for FREE through the Great River Regional Library.

PRESENTERS: **Sara Grachek**, Academic Technologist, Information Technology Services and **Teresa Weihs**, Training and Development Specialist, Human Resources

February 9

HEART HEALTH AND NUTRITION

12:30 p.m. – 1:30 p.m.

Atwood Memorial Center, Maple Room

Sponsored by Sodexo

February is American Heart Month. Uncontrolled blood pressure is a leading cause of heart disease and stroke. Learn how nutrition can play a key role in preventing heart disease and how it can control blood pressure levels.

PRESENTER: **Amy Goblirsch** is a Registered and Licensed Dietitian with Sodexo at SCSU.

February 16

QUALTRICS SURVEY APPLICATION

3:00 p.m. – 4:00 p.m.

Miller Center, Room 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 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 in the Office of Strategy, Planning & Effectiveness.

February 23

GRIEF AND THE WORKPLACE

12:30 p.m. – 1:30 p.m.

Atwood Memorial Center, Maple Room

Sponsored by School of Education, Department of Special Education

This presentation will cover: Broad Framework for Loss, Workplace and Grief, 6 Myths About Grief and Loss, and Suggestions for Supporting people who are grieving in the work environment.

PRESENTERS: **Marc Markell**, Professor, SCSU, Department of Special Education

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