

# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Monday, January 11, 2021	9:00AM-12:00PM	Microsoft Teams	 <p><b>Spring 2021 Faculty Development Workshop.</b> Annual Faculty Development Opportunity. Tune into this development workshop mediated by Microsoft Teams. Receive timely updates on the ever-changing landscape of our current educational system while sharing and learning best practices for teaching and learning. Many topics covered in this faculty led, learning community opportunity. Faculty-led scheduled breakout session topics include: <i>Using Microsoft Teams, Canvas Applications, Engagement Strategies in F2F and Virtual Classrooms, and Navigating Academic Dishonesty.</i> Division sessions follow.</p>	3 hours

On Demand	On Demand	Webinar Series	 <p><b>Association of College and University Educators On-Demand Webinar Series-- "Effective Online Instruction."</b> This series, <i>Effective</i> contains six recorded webinars to all faculty, in response to the nation’s unprecedented public health emergency. Titles include: “Welcoming Students to Your Online Environment,” “Managing Your Online Presence,” “Organizing Your Online Courses,” “Planning and Facilitating Quality Discussions,” “Recording Effective Microlectures,” and “Engaging Students in Readings and Microlectures.” Simply access the Effective Online Instruction Webinar page, select the “Wrap up and Discuss” tab for any topic that appeals, and scroll down to the “Webinar Video Recording Link.” Be sure to access the “Resources” tab for each webinar titles as well for great samples/illustrations regarding the content covered. Each session is worth 1 hour of PD credit. <a href="#">Access the Effective Online Instruction Webinar page here.</a></p>	1 hour
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texas community college teachers association











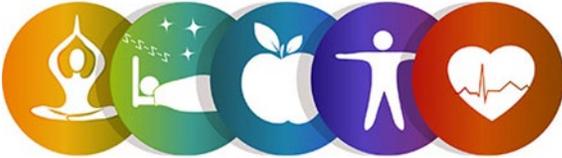


# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Wednesday, January 13 and Wednesday, January 20, 2021	9:00AM— 10:30AM	Webinar	 <p><b>Demystifying Diversity: Building a Foundation for Diversity, Equity, and Inclusion.</b> Viewing diversity and inclusion as a leadership function is vital for well-functioning organizations. Years of experience have taught us that a diverse, inclusive workplace and society do not just happen. Yet, as we look to the future, we recognize that huge demographic shifts are happening that impact society, requiring strategic diversity and intentional inclusion be practiced at every level to optimize performance. Learning how to become effective allies and strengthen team engagement requires operating as <a href="#">Intentional Inclusionists®</a>. This training session amplifies the power of mindfulness concerning strategies to disrupt unconscious bias that can hinder organizational effectiveness and culture of belongingness. Facilitated by advocate, author, consultant, trainer, speaker and practitioner <a href="#">Dr. Nikita White</a>. For more information about this two-part workshop, and/or to register, <a href="#">click here</a>.</p>	3 hours
Thursday, January 14, 2021	1:00PM—2:00PM	Webinar	 <p><b>Coping With COVID: A Snapshot of Faculty Skills, Challenges, and Lessons Learned.</b> In spring 2020, the world shifted in response to the COVID-19 pandemic. In this webinar, the facilitators share the results of an investigation into what their two-year colleagues have done to cope with the stress of teaching, research, and service at their colleges since the online transition. Hear about the skills found to be successful, the challenges faced, and recommendations for surviving and thriving at your own college. <a href="#">Register here</a>.</p>	1 hour
Friday, January 15, 2021	12:00pm—1:00pm (CST)	Webinar	 <p><b>Achieving the Dream Webinar Series: Leading with Equity in Dual Enrollment.</b> Dual enrollment is a powerful tool for securing the transition from high school to college. However, despite the fact that dual enrollment has the biggest impact for students underrepresented in higher ed, those students do not have equitable access to this powerful opportunity. Recently, Community College Research Center and Aspen Institute documented what nine colleges are doing to close that equity gap in <a href="#">Dual Enrollment Playbook</a>. Join Dr. Karen A. Stout, President &amp; CEO of Achieving the Dream, for a discussion with college leaders who have prioritized equity in their dual enrollment programs. We will also be joined by the authors of the Dual Enrollment Playbook who will discuss the leadership strategies which increase equity in dual enrollment. <a href="#">Register for the webinar here</a>.</p>	1 hour



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Thursday, January 21, 2021	10:00am-11:00am	Webinar	 <p><b>ERS Wellness Series: Flow: Strategies to Optimize Performance and Build Resilience.</b> Learn how to get in “the zone,” and find your flow with flow master Albert Lucio. Lucio is a Foster Care Development Specialist, internationally recognized sand sculptor and magician who will delve into the powerful benefits of finding your flow as well as the psychology behind the flow state. Participants will take away from this webinar: a working definition of the flow state with practical examples; strategies to find flow both on and off the job, and; a connection with other state employees that are interested in optimizing performance. <b>Presenter:</b> Albert Lucio, Foster Care Development Specialist, Department of Family and Protective Services. For more information and to register, <a href="#">click here</a>.</p>	1 hour
On Demand	On Demand	Recorded Webinar	<p><b>The Chronicle of Higher Education On Demand Webinar Series: Race, Class, and Campus Climate.</b> This year, as many colleges have pledged to confront systemic racism and inequity, they are focusing more attention on the experiences of students, faculty, and staff of color, and of first-generation students. College leaders say they want to create equitable and supportive environments for all. But, what does a diverse, inclusive campus really look like, and how can colleges — even virtually — help foster a sense of belonging? In this session, a panel of students, faculty, and administrators from around the country will share their experiences and explore the ways colleges can make good on the promise of greater equity and inclusion. <a href="#">Register to watch on demand.</a></p>	1 hour
Thursday, January 28, 2021	10:00am-11:00am	Webinar	 <p><b>ERS Wellness Series: Fuel for Fitness.</b> Are you adding more movement or exercise to the year 2021? This is a great time to start a fitness regime, and set goals for the new year. When setting workout goals, knowing how to fuel for the exercise is important. This allows one to get the most out of a workout and quickly recover. To achieve this, pre- and post- workout nutrition becomes crucial for optimal success, in addition to proper planning and programming. This webinar will teach you optimal pre- and post-workout nutrition based on peer reviewed research. Using the right mix of nutrients and timing can help get the most out of a workout and help you reach wellness, strength, body composition, and even endurance goals. For more information and to register, <a href="#">click here</a>.</p>	1 hour

## THE CHRONICLE OF HIGHER EDUCATION



# Spring 2021 Vernon College Professional Development Calendar

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Friday, February 5 and Friday, February 12, 2021	11:00am—12:30pm	Webinar Workshop	 <p><b>Is There Intelligent Life Online? Searching for Tangible Evidence of Critical-Thinking Skills.</b> Do you ever feel like you are lost in space in your virtual classroom as you look for evidence of intelligent life? Workshop participants examine their own practices and learn what they can do to encourage critical-thinking skills. After watching videos of and participating in hands-on examples of critical-thinking exercises, workshop participants create their own exercises to ensure higher-level critical-thinking in their online students. In an era in which all faculty members should all be prepared to teach in a virtual environment, we need tools that help students develop the critical-thinking skills necessary to be successful in any classroom or work environment. The purpose of this two-part workshop is to expose faculty members to best practices designed to increase students' critical-thinking skills. This workshop consists of 2 interactive modules offered via Zoom at 11:00 am-12:30 pm CST on February 5, 2021, and 11:00 am-12:30 pm CST on February 12, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 15. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	3 hours
On Demand	On Demand	Recorded Webinar	<p><b>The Chronicle of Higher Education On Demand Webinar Series: The New Future of Student Services.</b> Now that colleges and universities are faced with another semester fully or partially online, they are reexamining how to create an effective overall student experience. How can colleges work to meet students' needs and help them thrive in this new normal? In a virtual forum, hosted by Vimal Patel, a Chronicle senior reporter, a panel of experts will discuss how advising, tutoring, financial-aid counseling, and career development are adapting and evolving for the COVID era and beyond. <a href="#">Register to watch on demand.</a></p>	1 hour

## THE CHRONICLE OF HIGHER EDUCATION

COMMUNITY COLLEGE  
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HIGHER ED TEACHING STRATEGIES FROM MAGNA PUBLICATIONS



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Friday, February 5 and Friday, February 12, 2021	1:00pm—2:30pm	Webinar Workshop	 <p><b>Exercise Toolkit for Virtual Interactive Teaching and Learning.</b> During this two-part workshop, participants practice a series of exercises that can be used in remote teaching to engage students in interactive learning and exploration. The workshop helps faculty build a sense of community within the classroom and emphasizes dialogic approaches to teaching the whole student and engaged learning. Participants gain hands-on experience practicing the exercises and leave the workshop ready to bring new approaches back to the classroom. Together with the facilitator, participants consider questions, additional remote teaching ideas, and key take-aways from the two sessions. This workshop consists of 2 interactive modules offered via Zoom at 1:00 pm-2:30 pm CST on February 5, 2021, and 1:00 pm-2:30 pm CST on February 12, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 15. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	3 hours
On Demand	On Demand	Recorded Webinar	<p><b>The Chronicle of Higher Education On Demand Webinar Series: Breaking Administrative Silos to Better Serve Students.</b> As student needs have grown because of Covid-19 and its financial fallout, senior administrators and their departments have to work better together. Register now for a virtual forum on how college leaders must break down silos to better serve students and to build a student-ready institution. The Chronicle’s assistant managing editor Ian Wilhelm will be joined by a panel of higher-ed professionals to offer insights and practical tips on how colleagues can break down silos to support students’ needs. <a href="#">Register to watch on demand.</a></p>	1 hour
Tuesday, February 09, 2021	2:00PM—3:00PM CST	Webinar	 <p><b>Leadership Series: Human Capital Institute Webinar Series. Growth Factors: The Five Shared Experiences that Drive Success for All Your People.</b> If your people aren’t growing, they are leaving. And that’s bad for your culture and your business. Powerful evidence demonstrates that experiencing authentic growth drives engagement, performance, retention, and virtually every other goal that leaders like you want to achieve for your organization. This session lays that toolset out using a framework for empowering growth deeply validated by years of research in the psychology of fulfillment, learning, and success. We’ll review five key experiences and show how they come together in an actionable model that will both inspire and equip you to make growth a potent keystone of your culture. Presenter: Scott Rigby, PhD, Behavioral Scientist and Founder/CEO, motivationWorks. <a href="#">Register free here.</a></p>	1 hour



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Tuesday, February 09, Thursday, February 11, and Tuesday, February 16, 2021	11:00am—12:30pm	Webinar Workshop	 <p><b>Meeting Students Where They Are.</b> Are you seeking more ways to connect with your students? Use your own learning experience and identity development to leverage powerful learning for students. Participants explore adult learning theories, strengths-based approaches, and cultivating a sense of belonging in the classroom. This workshop models interactive learning in the remote environment with an emphasis on practice and application. This workshop consists of 3 interactive modules offered via Zoom at 11:00 am-12:30 pm CST on February 9, 2021, 11:00 am-12:30 pm CST on February 11, 2021, and 11:00 am-12:30 pm CST on February 16, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 26. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	4.5 hours
Wednesday, February 10 and Wednesday, February 17, 2021	1:00pm—3:00pm	Webinar Workshop	 <p><b>Empathy, Innovation, and Collaboration.</b> This highly engaging workshop reveals the intimate connection between empathy, innovation, and collaboration. Participant are led through an evolving series of game scenarios and facilitated discussions that lead to practical insights about building new levels of understanding, creativity, and cooperation in students. Empathy is an essential skill for all collaboration efforts and is particularly important when collaboration takes place online. This workshop provides participants with the opportunity to practice tangible skills for improving agility, resilience, communication, and collaboration to build better understanding among students. This workshop consists of 2 interactive modules offered via Zoom at 1:00 pm-3:00 pm CST on February 10, 2021, and 1:00 pm-3:00 pm CST on February 17, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 20. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	3 hours
Friday, February 12, 2021	11:00AM-11:45AM CST	Webinar	 <p><b>Innovative Educator’s Friday 5 Live! Higher Education Hiring Trends, Networking Strategies &amp; Job Search Tips During COVID-19.</b> Join in with Dr. Daniel Maxwell as he shares his insights into the job search process and staying engaged professionally during COVID. Dr. Maxwell has extensive experience in hiring entry and mid-level professionals, supporting leadership development through the NASPA Institutes for New AVPs, and is an active member of NASPA, ACUI and ACPA. Join us for a time of rich discussion about how we can continue to develop professionally while also hearing recommendations for the 2021 job search. <a href="#">Register here.</a></p>	1 hour



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Tuesday, February 16, 2021	12:00PM— 1:00PM CST	Webinar	 <p><b>Leadership Series: Human Capital Institute Webinar Series. The Path to Recovery: Pandemic Fatigue and the Resilience Imperative.</b> Businesses are seeing the negative effects of a worn-down workforce – from women forced to leave their jobs due to the childcare crisis to unplanned absences from increasing COVID cases. With a new level of complexity in planning for the wellbeing needs of your business, simply waiting for a vaccine to bring back what we once knew as normal is not enough. The workforce is the lifeblood of any organization, and it is under tremendous stress. This has resulted in a resilience imperative: Does your organization have what it needs to begin picking up these broken pieces and put them back together? Hear from Dr. Andrew Shatté, psychologist and organizational resilience expert, as he clearly connects the role of resilience to pandemic fatigue -- because the only way out is through. <a href="#">Register free here.</a></p>	1 hour
On Demand	On Demand	Recorded Webinar	 <p><b>The Chronicle of Higher Education On Demand Webinar Series: Supporting Faculty and Staff Mental Health.</b> Covid-19 and social unrest have placed a strain on the mental well-being of people everywhere. While there has been considerable concern for students, college leaders are also focusing on the well-being of faculty and staff on their campuses. How can college leaders support them and provide access to the tools and resources necessary for them to care for their own mental health? Join The Chronicle for a virtual forum that examines the policies and plans that college leaders and senior administrators can put in place to ease the mental strain of this unprecedented semester. <a href="#">Register to watch on demand.</a></p>	1 hour
On Demand	On Demand	Recorded Webinar	 <p><b>Innovative Educator’s Free Webinar Series: Moving Student Services Online: Lessons Learned From 2020 &amp; Continuing Our Efforts In 2021.</b> How can we build engaging online support services for our students as we continue to address the effects of COVID learning? This webinar will provide participants with a framework for online student services: the nuts and bolts of what constitutes effective technology-based resources. Attendees will receive a how-to-guide for building student services in an online environment as well as considerations practitioners should be aware of. Attend this webinar to gain resources regarding the continued nature of providing student services online and to engage in meaningful dialogue with colleagues from other institutions. <a href="#">Register here.</a></p>	1 hour



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Thursday, February 18, 2021	10:00am-11:00am	Webinar	 <p><b>ERS Wellness Series: Matters of the Heart with Michael Harper M.Ed.</b> Do you take your heart for granted? Most of us do, even though it is the organ that supplies blood and oxygen to our bodies to keep us alive. In this interactive webinar, Michael Harper, Fitness Training Supervisor, Texas Department of Public Safety, will discuss the biggest risk factors for heart disease and explain what you can do to keep your heart healthy. For more information and to register, <a href="#">click here</a>.</p>	1 hour
February 19, February 26, and March 09, 2021	1:00pm—2:00pm	Webinar Workshop	 <p><b>Igniting the Light of Online Creativity: The Virtual Inspirational Six (The V-i6).</b> “Going online” may be our modern purple prose to replace “It was a dark and stormy night.” However, not all is lost for in-person classroom teachers. Much can be gained by learning new strategies and methodologies while transitioning from in-person to virtual learning. The V-i6 are six strategies and methodologies that provide positive, effective teaching experiences focused on six key fundamentals: Animate, Originate, Rejuvenate, Stimulate, Deus Ex Machina, and Tell the Story. Recognizing that learning is considerably more gratifying when subjects weave together naturally, rather than remain compartmentalized, the V-i6 help teachers rekindle exciting interdisciplinary connections that reveal how all academic subjects work in tandem. The very nature of the V-i6 methods illustrates the ease of transitioning across all teaching modalities, including hybrid, asynchronous, and synchronous online learning environments. This workshop, together with the vast number of free conferencing and online teaching platforms such as Zoom, Eduflow, Top Hat, RCampus, and Thinkific, make “going online” not such purple prose after all! This workshop consists of 3 interactive modules offered via Zoom at 1:00 pm-2:00 pm CST on February 19, 2021, 1:00 pm-2:00 pm CST on February 26, 2021, and 1:00 pm-2:00 pm CST on March 5, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 29. Cost: 200.00. <a href="#">Register here</a>.</p>	6 hours



# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	Venue	Event	PD HOURS
February 19 and February 26, 2021	10:00am—11:30am	Webinar Workshop	 <p><b>Addressing Faculty Anxiety.</b> Are you experiencing trouble concentrating? Are you struggling to regulate your emotions or experiencing sleep disturbances? These behaviors are normal reactions to high stress and trauma. Unfortunately, it is easy for your brain to form pathways in response to anxiety, stress, and trauma. The more these pathways fire, the more likely they are to fire again and become “hardwired.” It is important to rewire these pathways into feelings of calmness, resilience, and happiness. Anxiety, stress, and trauma can damage your health and lead to long-term mental disorders such as depression. They also inhibit higher-order executive functions, while strongly activating the emotional centers. This makes it harder to remember, pay attention, think critically, plan, organize, and control emotions. Anxiety, stress, and trauma can affect family and home life, resulting in higher rates of substance abuse and domestic and health issues. Unfortunately, your anxiety, stress, and trauma are also contagious to students, and can impair their learning. During this two-part workshop, participants learn the science behind how stress affects them and actions that can be taken to effectively address it. This workshop consists of 2 interactive modules offered via Zoom at 10:00 am-11:30 am CST on February 19, 2021, and 10:00 am-11:30 am CST on February 26, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 29. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	3 hours
On Demand	On Demand	Recorded Webinar	<p><b>The Chronicle of Higher Education On Demand Webinar Series: Campus Well-Being Post-Pandemic.</b> The coronavirus pandemic has exacerbated already-growing levels of anxiety and distress among college students. Recent surveys have shown disturbing new trends: anxiety disorders have doubled since 2008; and in a survey over the summer, 25 percent of 18- to 24 year-olds had considered suicide within the previous 30 days. As uncertainty and upheaval continue to dominate the headlines — and the lives of young people — how can colleges respond? To gain a deeper understanding of the mental-health issues today’s college students face and examine what higher-ed leaders are doing to help, The Chronicle will host a panel of experts for a virtual forum. <a href="#">Register to watch on demand.</a></p>	1 hour

## THE CHRONICLE OF HIGHER EDUCATION



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DATE	TIME	Venue	Event	PD HOURS
February 24, March 03, and March 10, 2021	11:00AM—12:30PM	Webinar Workshop	 <p><b>Emergence, Not Exhaustion: Sustainable Teaching in Online Environments.</b> “Depleted.” “Just plain worn out.” As the COVID crisis caused a larger proportion of faculty members to teach remote courses than ever before, accounts of teacher fatigue and feeling overwhelmed are rife. Many professional development opportunities offer advice about the optimum use of technological tools, but most do not focus on ways to make online teaching less exhausting and more sustainable for teachers. This workshop helps new and experienced online instructors understand the features of online practice that contribute to teacher burnout. Participants learn about specific, actionable strategies for reducing their workload without sacrificing student engagement and success. This workshop consists of 3 interactive modules offered via Zoom at 11:00 am-12:30 pm CST on February 24, 2021, 11:00 am-12:30 pm CST on March 3, 2021, and 11:00 am-12:30 pm CST on March 10, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before January 29. Cost: 200.00. <a href="#">Register here.</a></p>	4.5 hours

On Demand	On Demand	Recorded Webinar	<p><b>The Chronicle of Higher Education On Demand Webinar Series: The Post Pandemic Campus.</b> Higher ed institutions are dramatically rethinking their physical footprints. The changes spurred by the pandemic — both virtual and on campus — may alter the ways in which facilities are managed and expanded long term. What can the world of higher ed expect post-pandemic? Hosted by Scott Carlson, a senior writer with The Chronicle, this virtual forum will examine what higher-ed leaders need to know about how the campus experience will evolve in the months and years ahead. <a href="#">Register to watch on demand.</a></p>	1 hour
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## THE CHRONICLE OF HIGHER EDUCATION



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<b>March 02 and March 09, 2021</b>	11:00am-1:00pm	Webinar Workshop	<p><b>Designing and Delivering Inclusive Courses.</b> Inclusive courses require intentionality during planning and teaching. During Module One of this Virtual Workshop, participants explore integrated course design to create inclusive syllabi and assessments that center on course learning outcomes. Participants are encouraged to bring a current syllabus and assessment to revise. During Module Two, participants examine a variety of inclusive pedagogical practices and assess their own teaching using research on building community and validation. This workshop models interactive learning in the remote environment with an emphasis on practice and application. This workshop consists of 2 interactive modules offered via Zoom at 11:00 am-1:00 pm CST on March 2, 2021, and 11:00 am-1:00 pm CST on March 9, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before February 09. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	4 hours
<b>March 05 and March 12, 2021</b>	11:00am— 12:30pm	Webinar Workshop	<p><b>Beyond the LMS: Using Free Digital Learning and Teaching Tools in the COVID Age.</b> Even before the COVID-19 Pandemic changed the way higher education delivered instruction, EDUCAUSE’s 2019 Horizon Report stated that a significant development in higher education would be increased mobile learning. In March 2020, we all became mobile educators and learners, with the expectation that faculty members engage students in virtual environments as rich in relevant and meaningful experiences as are available in face-to-face classrooms. In an era in which all faculty members should all be prepared to teach in a virtual environment, we need tools to effectively and efficiently instruct, monitor, motivate, captivate, and assess our students beyond what our LMS may provide. The purpose of this three-part workshop is to expose faculty members to websites and apps that can be used to increase student engagement and achievement in virtual and face-to-face classrooms. This workshop consists of 2 interactive modules offered via Zoom at 11:00 am-12:30 pm CST on March 5, 2021, and 11:00 am-12:30 pm CST on March 12, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before February 09. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	3 hours



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<i>DATE</i>	<i>TIME</i>	<i>Venue</i>	<i>Event</i>	<i>PD HOURS</i>
Spring 2021 SafeColleges Training Series	Online	On Demand	<p><b>SafeColleges Training: On Demand Employee Development.</b> Campus safety is more complex issue now than ever. SafeCollege Training provides safety and compliance programs specifically for higher education administrators, that are affordable and easy to use. Topic categories include: Emergency Management, Environmental, Health, Human Resources, Information Technology, Nutrition, Policy, Security, Social and Behavioral, and Transportation. Based on your job duties, browse the categories and select the training that is right for you! <a href="#">Use your Vernon College e-mail to login!</a></p> 	TBD
Spring 2021 Starlink Training Series	Online	On Demand	<p><b>STARLINK Professional Development: On Demand Employee Development.</b> STARLINK has been committed to empowering student success and providing exceptional professional development to higher education communities. Our online courses allow staff, faculty, adjuncts, and CEOs to take responsibility for their growth and development, giving them the ability to personalize their learning with on-demand courses. STARLINK provides courses that maintain academic rigor, technical knowledge and skill sets which drive positive growth. STARLINK offers members a personalized dashboard to track training and 24/7 access to over 200 hours of professional development training through its eLibrary. New courses, features, and webinars are released monthly. To partake of STARLINK offerings, access the <a href="#">STARLINK website</a>, click on the 'First Time User' dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio. <a href="#">Learn how to get started here!</a></p> 	1 hour
<b>Monday, March 29, 2021</b>	1:30PM-3:00PM	Webinar	<p><b>Community College Response to Systemic Racism.</b> : Community College Response to Systemic Racism will introduce community college faculty, staff, and administrators to systemic racism as a form of racial, ethnic, gender and economic oppression that harms community college students, faculty, staff, and administrators as they seek to work and live their lives at our institutions. The program will outline the various manifestations of systemic racism, explain their persistence, and outline guidelines for establishing campus action plans to stop this form of oppression. <a href="#">Register here.</a></p> 	1.5 hours



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Tuesday, April 06, 2021	10:00am-11:00am	Webinar	<p><b>ERS Wellness Series: Introduction to Mindfulness: What, Why, and How.</b> Learn about the science and practical application of mindfulness. This evidence-based skillset that is available to all of us has been proven to: improve productivity, reduce blood pressure, improve sleep, decrease anxiety and depression, and improve immune function. You will leave this workshop with an understanding of why and how mindfulness can help you effectively manage stress and will have strategies to apply this skill in your everyday life. For more information and to register, <a href="#">click here</a>.</p>	1 hour
				
Thursday, April 08, 2021	10:00am-11:00am	Webinar	<p><b>ERS Wellness Series: Building a Meditation Practice.</b> Explore strategies to build a daily meditation practice. Along with interactive discussion and guided meditation opportunities, we will explore best practices to help you build a sustainable habit. Whether you have meditated before, you have fallen off your practice, or you are a long-term meditator, we hope you will join in for this interactive wellness event! For more information and to register, <a href="#">click here</a>.</p>	1 hour
				
Thursday, April 8, 2021	1:00PM-2:00PM	Webinar	<p><b>Leveraging Wikipedia in First-Year Interest Courses: A High-Impact Learning Model.</b> When used to deliver information literacy instruction, Wikipedia has the potential to expose students to each of the six frames of the ACRL framework. This Wikipedia project is designed to expose students to the power of information literacy and equip them with the boldness necessary to be Wikipedia contributors. In partnership with the campus library, FYE instructor, and Wikipedia Education Foundation, a curriculum is designed to help students develop essential transferable skills required to properly research, evaluate, access, and contribute information in a real-world capacity, on a global scale. When students becoming Wikipedia contributors they create the opportunity to take action and make changes by sharing knowledge that reaches far beyond the classroom that will impact millions around the world. Students are empowered by contributing to Wikipedia and seeing their work “published”, which leads to positive writing habits that will carry over to other courses. <a href="#">See more and register for this NISOD event here.</a></p>	1 hour
				



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DATE	TIME	Venue	Event	PD HOURS
Wednesday, April 14, 2021	9:00AM-10:00AM	Webinar	<b>Wichita Falls Chamber of Commerce and Industry – Power Hour.</b> Monthly virtual professional development training sessions for members and non-members alike. April session powered by the Chamber: “Cultivating Company Culture” with Summer Napier & Kyle Wepler. \$10 for Chamber members. For billing/invoicing purposes, please register with <a href="#">Donnie Kirk</a> .	1 hour
				
April 14 and April 21, 2021	2:00pm-4:00pm	Webinar Workshop	<b>Deeper STEM Learning Through Metacognitive.</b> What is the relationship among literacy, metacognition, and STEM content knowledge, and what can we do about it? Reading Apprenticeship is an instructional model that provides students with resources for approaching complex texts more confidently and strategically by engaging their instructors in a dynamic professional development process of making their thinking visible. This workshop engages STEM participants in metacognitive conversations centered on complex disciplinary texts that defeat many students. By discovering and reflecting on their own ways of unlocking STEM graphs, charts, illustrations, and problems, and more, workshop participants experience ways the Reading Apprenticeship approach helps students master core concepts. The workshop also helps instructors explicitly support academic literacy in their discipline. The facilitator shares artifacts of student work to demonstrate the efficacy of Reading Apprenticeship in STEM classrooms. This workshop consists of 2 interactive modules offered via Zoom at 2:00 pm-4:00 pm CST on April 14, 2021, and 2:00 pm-4:00 pm CST on April 21, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before April 07. <b>Cost:</b> 200.00. <a href="#">Register here.</a>	4 hours
				
Thursday, April 15, 2021	10:00am-11:00am	Webinar	<b>ERS Wellness Series: Stress and Nutrition: It’s a 2 Way Street!</b> Most of us are not strangers to the concept and practice of “stress eating.” When we are stressed, it is easy to give into our cravings, and can find ourselves eating and drinking things we know are not good for our mental and physical well-being. Eating foods that are highly processed or are high in sugar, salt, and saturated fat can create an inflammatory response in the body that can effect on our entire body, including our energy levels! The emotional impact of stress eating are feelings of shame, guilt, and... MORE STRESS! All of this can become a vicious cycle that is incredibly common. For more information and to register, <a href="#">click here.</a>	1 hour
				



# Spring 2021 Vernon College Professional Development Calendar

<i>DATE</i>	<i>TIME</i>	<i>Venue</i>	<i>Event</i>	<i>PD HOURS</i>
Thursday, April 22, 2021	10:00am-11:00am	Webinar	<p><b>ERS Wellness Series: Move More, Stress Less!</b> We are designed to move! Whether you enjoy walking alone, dancing, organized sports, or group fitness, any type of physical activity can positively affect your mood and help you to manage any kind of stress! We often consider movement “me” time and forego our movement to take care of others. The days when you don’t feel like you have time are the days you likely need to move even more! In this webinar we will discuss: how movement works as a stress reliever, ways to make time for movement, and ideas for incorporating movement into what you already do. For more information and to register, <a href="#">click here</a>.</p>	1 hour
				
Saturday, April 24, 2021	Various Shifts	Downtown Wichita Falls, 8 <sup>th</sup> and Ohio Streets	<p><b>Downtown Wichita Falls Development Cajun Fest.</b> Downtown Wichita Falls Development will host their annual Cajun Fest on Saturday, April 24. Downtown Development would LOVE volunteers from Vernon College to ensure a successful event. Some duties would be gates, helping vendors, clearing tables, and helping with activities. It is essential that we are good stewards within our community by providing a helping hand where possible! Such an event as Cajun Fest allows for us to offer such a hand while establishing a personal presence within our community! Get other employees and/or departments to join. Register by April 12! Consider volunteering for one of several shifts offered at the registration link. Register by April 12 at the provided link, then email Holly Scheller with your t-shirt size. She will provide special Vernon College Cajun Fest t-shirts as well. PD Credit: Receive 4 hours of community service PD credit for your participation! <a href="#">Register to volunteer here</a>.</p>	4 hours
				

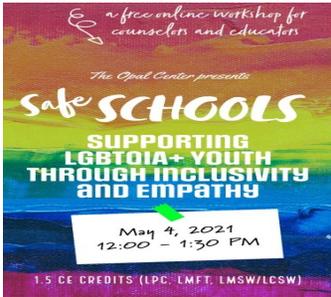


# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	Venue	Event	PD HOURS
Tuesday, April 27, 2021	8:45AM- 11:00AM	Wichita Falls MPEC 1000 5th St, Wichita Falls, TX 76301	 <p><b>Wichita Falls Chamber of Commerce Quarterly BOSS Program.</b> In this in-person, interactive networking session, learn essential business tips for navigating the 21<sup>st</sup> Century business world! Various panelists from area business and industry scheduled to present! <b>This session’s theme: “Overcoming Adversity.”</b> Hear how some of our local business owners and operators faced the obstacles of the past year and creatively continued moving forward along with the plans they have put in place to avoid catastrophe in the future. The panel for this quarter’s BOSS is Jessica Woods (Backdoor Theater), Thaddeus Turner (Owner of Chicago Pizza Kitchen), Tara Poche (Co-Owner of Crush NTX Fitness), and Cody Magana (White Realty Management Co.). \$10 for Chamber members. For attendance to this fun and impactful BOSS event, RSVP with <a href="#">Donnie Kirk</a>.</p>	2 hours
Tuesday, April 27, 2021	1:00PM— 2 :00PM	Webinar	 <p><b>NACADA Web Event - When Black Girl Magic Isn't Enuf: Supporting Black Women College Students through Advising and Coaching.</b> In this session, the presenters will highlight the unique experiences of Black women college students to assist advisors and coaches in recognizing their challenges, celebrating their successes, and connecting them with appropriate resources. Utilizing existing research and their personal experiences, the presenters will ensure viewers gain insight, understanding, and valuable resources that they can incorporate in their roles. <a href="#">For more information and to register, click here.</a></p>	1 hour
Thursday, April 29, 2021	10:00am-11:00am	Webinar	 <p><b>ERS Wellness Series: Anxiety Awareness &amp; Management.</b> Anxiety presents itself in many forms, and the vast majority of people experience some degree of anxiety in their daily lives. However, more than 40 million Americans are significantly affected by anxiety but due to stigma, misinformation and/or lack of resources. Only a third of those individuals are receiving treatment. Anxiety can affect people both mentally and physically, and is often triggered by financial stress, an overwhelming workload, relationship challenges, or environmental stressors. This presentation will provide an overview of anxiety awareness and will offer a variety of resilience-based coping strategies to manage the experience of chronic or distressing anxiety. For more information and to register, <a href="#">click here.</a></p>	1 hour



# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	Venue	Event	PD HOURS
April 2021	Online	On Demand	 <b>STARLINK Professional Development: Faculty Development Suggested Course - "Top Sites &amp; Apps for Educators."</b> To partake of STARLINK offerings, access the <a href="#">STARLINK website</a> , click on the 'First Time User' dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio. <a href="#">Learn how to get started here!</a>	1 hour
April 2021	Online	On Demand	 <b>STARLINK Professional Development: Staff Development Suggested Course - "L.O.V.E is the Answer."</b> As minority communities face the daily stranglehold of racial profiling, and police officers face relentless scrutiny by an anxious public, tensions mount as lines are being drawn in the sand. This conflict can only be broken by finding common ground with each other. L.O.V.E. Is The Answer. STARLINK interviews writer, producer, director AJ Ali to discuss this transformational project. To partake of STARLINK offerings, access the <a href="#">STARLINK website</a> , click on the 'First Time User' dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio. <a href="#">Learn how to get started here!</a>	1 hour
Tuesday, May 04, 2021	12:00PM-1:30PM	Webinar	 <b>Safe Schools: Supporting LGBTQIA+ Youth Through Inclusivity and Empathy.</b> Zachary Zoet, M.A., LPC, and Wendy Risner, PhD, LPC-S, provide an overview of the unique challenges faced by LGBTQIA+ youth in schools, and offer research-based strategies for creating safe, inclusive environments that promote the mental health and well-being of all students. While the content will be focused primarily on K-12, the strategies discussed can be applied in any setting that is striving to be more inclusive. Presented by <a href="#">The Opal Center</a> , this workshop will take place over Zoom. You will receive a link one week prior to the meeting. <a href="#">Register here.</a>	1.5 hours



# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	Venue	Event	PD HOURS
Wednesday, May 05, 2021	10:00AM— 11:00AM	Webinar	<p><b>Affordable Professional Development for Your Faculty and Staff.</b> Are you seeking an easy and affordable way to provide your faculty and staff with high-quality professional development? NISOD has assembled an outstanding group of community and technical college leaders and other experts whose workshops cover a wide array of topics. Workshop participants leave with in-depth insights, skills, and materials they can immediately use in their own teaching and student support practices. They also earn a digital badge and certificate that provide a web-enabled, verifiable version of their professional learning experience. During the webinar, learn about select available topics from the actual workshop facilitators and discover how to bring a workshop to your college, virtually or face-to-face. <a href="#">Register here.</a></p>	1 hour
				
Thursday, May 06, 2021	1:00PM— 2:00PM	Webinar	<p><b>Engaging Learners Through Creative Assessments.</b> This webinar explores how creative assessments can engage learners by allowing them to demonstrate knowledge using their individual strengths; allows participants in all disciplines to challenge the way they assess learners; provides examples of creative assessments; and explores ways to grade different types of assignments. Participants take-aways include what creative assessments are and how they can be implemented in a course; how to develop effective creative assessments that measure course outcomes; and how to grade creative assessments using general rubrics. <a href="#">Register here.</a></p>	1 hour
				
Wednesday, May 12, 2021	1:00PM— 2 :00PM	Webinar	<p><b>NACADA Web Event - Exploring Student Veterans' Perceptions of their Strengths and How to Harness Them in Higher Education.</b> Join in on this webinar for cutting-edge research on student veterans' perceptions of the strengths they bring to a university and how those strengths affect their academic performances. Drs. Sullivan and Yoon will discuss their empirical research on student veterans' self-reported strengths—which include communication, diversity management, leadership, and drive—and how these strengths positively affect self-efficacy and motivation in their academic performances. Although acknowledging the challenges student veterans might face as they transition from military to university cultures is important, the authors argue that a balanced approach to communication about student veterans in which strengths are included is necessary. Based on these findings, this webinar will consist of advocacy and advice for ways higher education institutions can communicate support around student veterans' strengths. <a href="#">For more information and to register, click here.</a></p>	1 hour
				



# Spring 2021 Vernon College Professional Development Calendar

DATE	TIME	Venue	Event	PD HOURS
Thursday, May 13, 2021	10AM-11AM	Webinar	<p><b>ERS Wellness Webinar- <i>Mindset: the Key to Unlocking Human Performance.</i></b>            Uncover how your mindset affects your actions, relationships, and performance and health habits in this webinar from the Texas DPS Fitness and Wellness Unit during Mental Health Awareness Month. Through this interactive webinar, you will have the opportunity to establish a compelling wellness vision, discover the values that drive your daily habits, differentiate between a fixed and growth mindset, and examine your own self-limiting beliefs! <a href="#">Register here.</a></p>	1 hour
				
Tuesday, May 18, 2021	1:00PM— 2:00PM	Webinar	<p><b>How to Boost Your Financial and Physical Wellness: The Parallels Between Money and Fitness.</b> People aim to change their behavior in many areas of life, and none are more common than getting into shape and improving their finances. Although two separate goals, the techniques to improve both areas are quite similar. Join us to learn exactly how you can accomplish your fitness and money goals in 2021 and beyond. <a href="#">Register here.</a></p>	1 hour
				
Thursday, May 20, 2021	10AM-11AM	Webinar	<p><b>ERS Wellness Webinar - <i>Fighting Back Against the Loneliness Epidemic.</i></b> We are hard-wired for connection. In this webinar we will connect to discuss what we can do to address social isolation and loneliness. In this interactive session, our speakers will unpack how loneliness is affecting mental health in the U.S., the differences between solitude, loneliness and isolation, the types of social connections we need as humans, and strategies to help us all feel more connected to others. <a href="#">Register here.</a></p>	1 hour
				



# Spring 2021 Vernon College Professional Development Calendar

<i>DATE</i>	<i>TIME</i>	<i>Venue</i>	<i>Event</i>	<i>PD HOURS</i>
<b>Thursday, May 27, 2021</b>	10AM-11AM	Webinar	<p><b>ERS Wellness Webinar - Building Your Mental Health Toolkit.</b> According to the National Alliance on Mental Illness, 1 in 5 adults in the U.S. experiences mental illness. Our understanding of mental health conditions like anxiety and depression has improved dramatically in the last few decades. Still, many people don't know how to access treatment and may be too overwhelmed to access it when they are in need. In this webinar you will learn how to find help – for yourself or a family member – with specific types of challenges and mental health conditions. Not only will you learn about your mental health benefits as a HealthSelect participant, but you will leave knowing how to access virtual mental health options in the HealthSelect plans through Dr. on Demand and MDLive. Don't wait until you or one of your family members is in need of treatment, learn about it now so you are prepared! <a href="#">Register here.</a></p>	1 hour
				
<b>May 28 and June 04, 2021</b>	10:00am- 12:00pm	Webinar Workshop	<p><b>Emotional Intelligence, Student Efficacy, and the Growth Mindset.</b> Have you ever wished you could change your students' attitudes toward more positive engagement in their learning? YOU CAN! The secret rests in appreciating that all of us have a profound impact upon the emotional state of the students that we engage with every day. Whether interacting with individuals or groups, the neuroscience is clear: The affective domain powerfully impacts student cognition, persistence, motivation, and performance. During this multidimensional, highly-interactive, experiential, and fun workshop, participants explore ways to promote positive, enthusiastic, and engaged collaboration among students. They also explore how to encourage student learning in a manner that maximizes motivation, a sense of inclusion, and equity within the learning environment! The workshop includes PowerPoint slides, stories, video, breakout room activities, and opportunities for full group discussions, all of which allow participants to interact with each other and process the information in a fast moving and fun format. This workshop consists of 2 interactive modules offered via Zoom at 10:00am-12:00pm CST on May 28, 2021, and 10am-12:00 pm CST on June 04, 2021. Participants earn a digital badge and certificate upon completing both modules and a post-workshop evaluation. Register before May 21. <b>Cost:</b> 200.00. <a href="#">Register here.</a></p>	4 hours
				



# Spring 2021 Vernon College Professional Development Calendar

Spring 2021	Online	On Demand	 <p><b>SafeColleges Training: On Demand Employee Development.</b> Campus safety is more complex issue now than ever. SafeCollege Training provides safety and compliance programs specifically for higher education administrators, that are affordable and easy to use. Topic categories include: Emergency Management, Environmental, Health, Human Resources, Information Technology, Nutrition, Policy, Security, Social and Behavioral, and Transportation. Based on your job duties, browse the categories and select the training that is right for you! <a href="#">Use your Vernon College e-mail to login!</a></p>	TBD
May 2021	Online	On Demand	 <p><b>STARLINK Professional Development: Faculty Development Suggested Course - “Student Engagement: Connective Instruction.”</b> To partake of STARLINK offerings, access the <a href="#">STARLINK website</a>, click on the ‘First Time User’ dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio. <a href="#">Learn how to get started here!</a></p>	1 hour
May 2021	Online	On Demand	 <p><b>STARLINK Professional Development: Staff Development Suggested Course - “ADA Compliance.”</b> STARLINK presents an informative overview of various aspects of ADA compliance, moderated by David Wood, including: ADA Law, Access Checker, Alt Tag, Descriptive Links, Table Description, Table Header Row, Headings, Bulleted Lists, Blank Space, and Text Color. To partake of STARLINK offerings, access the <a href="#">STARLINK website</a>, click on the ‘First Time User’ dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio. <a href="#">Learn how to get started here!</a></p>	1 hour



# Spring 2021 Vernon College Professional Development Calendar

<i>DATE</i>	<i>TIME</i>	<i>Venue</i>	<i>Event</i>	<i>PD HOURS</i>
May 2021	On Demand	Online	 <p>Today's consumers face an astonishing array of credit products; a basic education in credit products and principles prepares consumers to better understand their choices and obligations. The OCCC understands the need to educate consumers about their rights and responsibilities. The OCCC is providing financial education webinars Thursdays through out the month to address budgeting, understanding credit, K-12 Financial Education and Senior Financial Education topics. The OCCC is providing financial education webinars Thursdays through out the month to address budgeting, understanding credit, K-12 Financial Education and Senior Financial Education topics. Do you know how to build a budget? How much of your income should you be setting aside? During our Budgeting Basics presentation we will go over how to track and budget your monthly expenses while setting a financial goals. (<a href="#">budgeting worksheet</a>). What's in your credit score? Do you know what your credit score is or how to dispute wrong information on your credit report? Credit 101 covers credit basics, frauds and freezes, building your credit, and disputing false information. (<a href="#">credit quiz</a>). <a href="#">All archived webinars may be viewed here.</a></p>	1 hour
May 2021	10:30AM-12:30AM Monday through Friday	1008 Burnett Street Wichita Falls, TX 76301	 <p><b>Meals on Wheels-Wichita Falls.</b> The Kitchen serves over 850 seniors, homebound and disabled individuals each weekday Monday through Friday through their Meals on Wheels program. To continue this critical mission, Meals on Wheels of Wichita Falls is in need of volunteers to deliver meals. Loading and delivery take place between 10:30AM -12:30PM, and ideally, delivery is completed no later than 1:30PM. If you and/or your team/department would like to participate, please contact volunteer coordinator Lee Grace directly at 940.631.8920 or <a href="mailto:lgrace@thekitchenwf.org">lgrace@thekitchenwf.org</a>. <a href="#">Complete the volunteer application here.</a> In addition to making a difference, contributing to the community, and meeting new people, participants receive 2 hours of community service professional development credit. Together, we can deliver!</p>	2 hours



# Spring 2021 Vernon College Professional Development Calendar

<i>DATE</i>	<i>TIME</i>	<i>Venue</i>	<i>Event</i>	<i>PD HOURS</i>
May 2021	Various Shifts	1230 Midwestern Parkway Wichita Falls, TX 76302	 <p><b>Wichita Falls Area Food Bank.</b> Since 1982 the Wichita falls Area Food Bank has distributed food free of charge to the clients of charitable partner agencies and programs operating in 12 North Texas counties. The success of their mission depends upon the active compassion and participation of their supporters—you! Currently, the WFAFB is in dire need of volunteers! Please consider volunteering your time in their warehouse or mobile pantry. Warehouse hours are Monday through Friday, 9:00AM-12:00PM, and 1:00PM-4:00PM. The mobile pantry has 2-hour shifts morning early afternoon and late afternoons throughout April, May and June. Teams/departments are encouraged to volunteer together! To receive more information and volunteer, <a href="#">please complete the volunteer application</a>. Contact volunteer coordinator Pamela Tracy directly at 940-766-2322 or <a href="mailto:pamelatracy@wfafb.org">pamelatracy@wfafb.org</a>. In addition to making a difference, contributing to the community, and meeting new people, participants receive 3 hours of community service professional development credit.</p>	3 hours

