





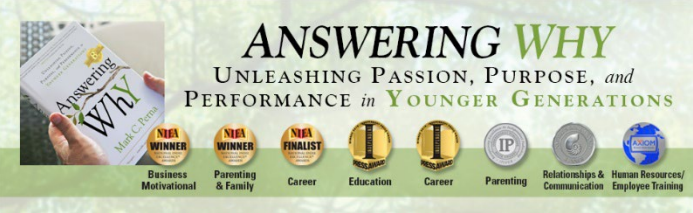


Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Due by March 31, 2022	Self-paced	Online Training	SafeColleges Training – Required Vernon College Sessions. Be sure to complete your required SafeColleges Training by march 31 st . Click on the image at the left for more information on the topic Use your Vernon College e-mail to login, and access the “Suggested Training” section on your My Assignments” homepage. Print your certificate! Appropriate for all VC employees! Login here to get started!	4.45 hours
				
Monday, January 10, 2022	9:00AM— 12:00PM	Wichita Falls MPEC 1000 5 th St.	Spring 2022 Kick Off – All Faculty and Staff. Annual event to introduce new staff and faculty and see fellow colleagues receive service awards. The event provides awareness and updates regarding prior term accomplishments as well as policy and procedure updates relevant to the upcoming term. General Session Guest Presenter, Guest Presenter: Speaker: Beth Maywald, TECCS Coordinator/ECC Facilitator North Texas Area United Way. Session Topic, “The Impact of Adverse Child Experiences (ACE’s) on Educational Outcomes.” Lunch on your own. Faculty and staff return to Century City by 1:30PM to participate in professional development breakout sessions. Sign up for breakout sessions here .	3 hours
				
January 10, 2022	9:00AM— 10:00AM CST	Live Webinar	Online Learning Consortium Webinar - Digital Literacy & AI Webinar Series #3: “Simulation, Immersion, and Gamification.” As the real and virtual worlds continue to intertwine, we are reorienting ourselves to the notion of serious play, and to the value of simulation, immersion, and game-based learning. In this webinar, our expert panelists will explore the emergent possibilities and exciting teaching, learning, and doing taking place through immersive, virtual experiences. Learn more and register here . Note: See #1 and #2 of the series here: #1 Data Analytics and Adaptive Learning and #2 Artificial Intelligence and Disruptive Innovation in Education . All sessions are recorded.	1 hour
				
Monday, January 10, 2022	1:00PM— 2:00PM CST	Live Online Class	Simon Sinek Presents – “Leaders Eat Last.” In this class, we will unpack and experience the concepts from Simon Sinek’s New York Times Bestseller, Leaders Eat Last: Why Some Teams Pull Together and Others Don’t. We will explore the concepts and practices that distinguish the difference between teams that stick together and thrive come what may and those doomed to fail despite incentives, talent and opportunity. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here .	90 minutes
				






Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Wednesday, January 12, 2022	1:00PM— 2:00PM CST	Live Webinar	 <p>The Chronicle of Higher Ed – “Covid on Campus, 2022 and Beyond.” A new Covid-19 variant has emerged, and with it new concerns on college campuses worldwide. How are colleges dealing with the unknowns now, almost two years after the pandemic began? In the coming virtual forum “Covid on Campus, 2022 and Beyond,” campus-health leaders join The Chronicle to discuss how colleges will adapt and rethink their health services as the Omicron variant spreads. Learn more and register here.</p>	1 hour
Thursday, January 13, 2022	10:00A— 11:00AM	Live Webinar	 <p>ERS Wellness Webinar – “Envisioning Your Future and Setting Goals with David Yebra.” If you are wondering where to start in 2022 or need a little inspiration, you will definitely want to attend this webinar led by David Yebra, from the Texas Department of Criminal Justice. In this informative webinar, you will hear inspiring stories and will be led through reflection exercises with powerful, actionable strategies that can support your health and wellness as we move into 2022. Bring a notepad and something to write with and plan to walk away with some great insights and strategies into your mental, physical and spiritual health! Register here.</p>	1 hour
Friday, January 14, 2022	8:00AM— 12:00PM	Wichita Falls MPEC 1000 5th St.	 <p>Spring 2022 Faculty Development Day. In higher education, quality teaching and institutional leadership are two of the most critical factors affecting student success. For optimum student success and institutional mission accomplishment, faculty and administrators must strive to expand their knowledge and skill sets for best educational practices. The faculty in-service day is an excellent opportunity for networking, setting expectations, and collectively plan for a successful Spring 2022 term! Included in this session’s event, guest presenter: National Speaker Mark C. Perna, “<i>Answering Why - Unleashing Passion, Purpose, and Performance in Younger Generations.</i>”</p>	4 hours







Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
January 19, 2022	12:00PM— 1:00PM CST	Live Webinar	 <p>Online Learning Consortium Webinar - Digital Literacy & AI Webinar Series #4: “Where Do We Go From Here?” While technological advancements continue to proliferate through and disrupt traditional educational systems and structures, questions of values, ethics, and the effects of innovation on human beings must be central to and operate in parallel to the technological advancements themselves. In this webinar, our expert panelists will explore what is at stake with respect to the moral and ethical issues related to the use of artificial intelligence in education. Learn more and register here. Note: See #1, #2 and #3 of the series here: #1 Data Analytics and Adaptive Learning, #2 Artificial Intelligence and Disruptive Innovation in Education, and #3 Simulation, Immersion, and Gamification.</p>	1 hour
Thursday, January 20, 2022	10:00A— 11:00AM	Live Webinar	 <p>ERS Wellness Webinar – “1° of Difference: Changing One Habit Can Change Your Life! This one-hour workshop dives into human psychology in a fun and interactive way to break down the science of our subconscious behavior (habits). If you have ever tried to break a bad habit or create a new habit, you know that it is extremely challenging. Through an understanding of the human brain and what drives our behaviors, we have a better chance of successful change. Based on the most current research in neuroscience and behavior change, this workshop will help participants discover how one degree of change can make a huge difference over time. Register here.</p>	1 hour
Thursday, January 20, 2022	1:00PM— 2:00PM	Live Webinar	 <p>NISOD Webinar Series – “In Need of a Course Chiropractor? Using Distance Learning Alignment Strategies to Improve Student Success” Anyone who has ever taken a seminar or course in improving online course design has undoubtedly heard the term "alignment" again and again. Seasoned faculty sometimes resist the concept, especially when they are told to work on learning outcomes for the millionth time. However, aligning learning materials, assessments, and outcomes doesn't have to be a chore! In fact, when alignment becomes the guiding principle in course design and faculty members embrace the concepts for all of their classes, the result is greater student success. For more info and to register, click here.</p>	1 hour








Professional
Development

Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Thursday, January 20, 2022	11:00AM— 12:30PM CST	Live Online Class	Simon Sinek Presents – “Raise Your Resilience.” You will learn to combine your own experience of overcoming difficulty with the science of resilience to develop a plan for proactively responding to challenges that activates the six core dimensions of resilience. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.	90 minutes
				
Friday, January 21, 2022	9:00AM— 3:00PM	Live Web Conference	North Texas Community College Consortium - “2022 Spring Leadership Conference.” General sessions and breakout sessions. Topics address mental health on college campuses, student services, teaching and learning in remote environments, employee burnout, post-pandemic advising, academic dishonesty, efficient speaking, digital library engagement, and more. See the conference program here . \$40.00 to attend. Learn more and register here.	90 minutes
				
Monday, January 24, 2022	1:00PM— 2:00PM	Live Webinar	NISOD Webinar Series – “Faculty Mental Wellness in Academe: Is Leadership Up to the Challenge?” In an era of global pandemics, social distancing, covered faces, and vaccine debates, college educators and their students are expected to forge ahead. Yet the question arises: Is leadership prepared? Much is made of student mental wellness, and rightly so, but the pandemic has proven that educators’ mental health cannot go ignored. Academic leaders must equip themselves with new insights and paradigms related to fostering mental wellness among faculty. Self-care before student-care is the new mantra. This webinar sheds light on what needs to happen now in order to help faculty thrive. Learn more and register here.	1 hour
				
Thursday, January 27, 2022	1:00PM— 2:00PM CST	Live Webinar	The Chronicle of Higher Ed – “The COVID Crisis: Helping First Gen Men.” Fewer men are going to college, particularly those from low-income backgrounds. The pandemic has only exacerbated this growing trend. How can colleges help? In the installment of our series “What It Really Takes to Be a Student-Centric Institution,” experts on access and enrollment will join male students to learn about their experiences and offer answers to your questions. Learn more and register here.	1 hour
				







Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Thursday, February 03, 2022	1:00PM— 2:00PM	Live Webinar	  <p>NISOD Webinar Series –“Reboot Your Class by Teaching With Presence and Compassion.” As faculty enter the post-Covid teaching arena, there are many strategies available to bring life and engagement to their classes. Contrary to what students think, online courses are not effortless. Online courses require students to have self-management, discipline, and inner motivation. Faculty can help foster these success traits by being present and showing compassion in their classes. Participants leave this webinar with seven ways to show presence and compassion in their online or face-to-face courses. Learn more and register here.</p>	1 hour
Monday, February 07, 2022	1:00PM— 2:00PM	Live Webinar	  <p>NISOD Webinar Series –“<i>Art, Imitating Life: Integrating Humanities for Teaching Social Sciences.</i>” Undoubtedly, higher education benefits from collaboration across disciplines. This webinar highlights the use of the humanities to enrich social science instruction. Students benefit from the integration of the humanities in the classroom as it lends an additional, richer dimension to learning, similar to that of narrative-style teaching. Such methods may further contribute to positive student outcomes as it enhances learning via the use of multiple-modalities, addresses the variety of learning styles students may have, helps with knowledge retention, holds students’ interest in the classroom, and provides a broader learning context across disciplines (including art, literature, history, theatre, dance, and filmmaking). Learn more and register here.</p>	1 hour
Wednesday, February 09, 2022	1:00PM— 2:00PM CST	Live Webinar	 <p>The Chronicle of Higher Ed – “The President’s View—Supporting Today’s Students.” Many colleges have pledged to support first-generation students. What does it take to do that from the president’s viewpoint? Join Alexander C. Kafka, a Chronicle senior editor, as he talks with a unique group of college presidents — those who were the first in their own families to attend college. The session, which will be co-hosted by Freeman A. Hrabowski III, president of the University of Maryland-Baltimore County, will offer a wide-ranging discussion of leadership experiences and how they relate to today’s students. Topics will include the leaders’ perspectives on overcoming social and academic obstacles and building personal resilience; the role of the college president in supporting first-generation students; and comparing the changing experiences of college students. Appropriate for all employees who are interested in supporting student success. Learn more and register here.</p>	1 hour






Spring 2022 Vernon College Professional Development Calendar

DATE	TIME	VENUE	EVENT	PD HOURS
Thursday, February 10, 2022	10:00A— 11:00AM	Live Webinar	 <p>ERS Wellness Webinar – “Matters of the Heart with Michael Harper M.Ed.” 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. Do not take your heart for granted. Even small changes, like the ones Harper suggests, can help you keep your heart pumping. Register here.</p>	1 hour
Thursday, February 10, 2022	1:00PM— 2:00PM	Live Webinar	 <p>NISOD Webinar Series – “Using Syllabus Management Technology to Keep Learning on Course.” This webinar explores the benefits and influences a syllabus management system had on Angelina College (AC), including consistency, compliance with mandates, and more. AC implemented Concourse, a syllabus management system that allowed for a quick transition and satisfies state mandates. Learn how other community and technical colleges can use a syllabus management system to their benefit! Learn more and register here.</p>	1 hour
Thursday, February 10, 2022	7:00PM— 8:10PM	Live Webinar	 <p>ERS Wellness Webinar – “Deepak Chopra, MD: The Future of Wellbeing (FREE Center for Brain Health Series Event).” Dr. Chopra is a world-renowned pioneer in integrative medicine and personal transformation. He is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He has authored over 90 books translated into over forty-three languages, including numerous New York Times bestsellers. Hear his vision of wellbeing and personal transformation, which can help unlock potential through improved brain health. Live Stream from the Center for BrainHealth, Dallas, TX. Register here.</p>	1 hour
Wednesday, February 16, 2022	12:00PM—1:00PM CST	Live Webinar	 <p>Gardner Institute Presents - Transformative Conversations Series: Revitalizing and Supporting Students and Institutions. The conversations in this series will focus on revitalizing and supporting our institutions and our students. Monthly installments run through May 2022. Topics in the series include retention and student success through the pandemic and beyond; contingent faculty; faculty development; first-year experience; enrollment trends; Institutions and Data Usage; student panels; students and civic participation. February 23 Conversation: Student Success and Persistence during the Pandemic. Learn more and register here.</p>	1 hour






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DATE	TIME	VENUE	EVENT	PD HOURS
Thursday, February 17, 2022	10:00A— 11:00AM	Live Webinar	 <p>ERS Wellness Webinar – “Building Healthy Relationships with Celesta Harris, Ph.D. & Laura Townsend Psy.D.” Relationship challenges, at work and in our personal lives, can often be a major source of stress. In this webinar, you will take away strategies to build healthy, relationships including active listening and reflection, empathy vs. sympathy, and setting boundaries and expectations. There will be an opportunity for Q&A, so bring your questions! Register here.</p>	1 hour
Thursday, February 17, 2022	1:00PM— 2:00PM CST	Live Webinar	 <p>The Chronicle of Higher Ed – “The Demographic Cliff: Surviving Enrollment Challenges” The Covid-19 pandemic has led to an enrollment decline at colleges. That crisis exacerbates concerns about a national shift in student demographics, and the urgency with which colleges must prepare. In a coming virtual forum, “The Demographic Cliff: Surviving Enrollment Challenges,” a panel of experts will meet to discuss strategies to help colleges weather the changes ahead, including questions such as: What steps can colleges take now to ensure their long-term survival? Where has the impact of the pandemic most been felt, and will enrollment rebound? How are national and regional enrollment projections changing? Learn more and register here.</p>	1 hour
Saturday, February 19, 2022.	9:30AM— 1:00PM	Burkburnett Baytown Bay Aquatic Center, 104 Tommy Thornton Way, Burkburnett, TX 76354.	 <p>North Texas Area Special Olympics - FREEZIN’ FOR A REASON! This event is a unique opportunity for individuals, businesses and organizations to Support Special Olympics Texas area athletes. All money raised will go toward providing year-round sports training and competition, health and inclusion programs for local individuals with intellectual disabilities. Contact Anna Loveless at 314-280-5177 directly to volunteer yourself, your department, or your team! Thanks for your support!</p>	3.5 hours



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<p>Saturday, February 26, 2022</p>	<p>8:00AM— 3:00PM</p>	<p>University of North Texas Gateway Center 801 N Texas Blvd Denton, TX 76201</p>	<p>North Texas Community College Consortium - “2022 Teaching History Conference - Heroines & Heroes.” Since the beginning of time, from Gilgamesh to Simone Biles, heroes and heroines have been shaping and being shaped by the arc of history. Real or mythic, rich or poor, male or female, young or old, powerful or weak, ruling elites or marginalized outsiders, they sometimes choose their destiny and at other times are drafted into heroism by circumstances beyond their control. They may be widely acclaimed and achieve lasting fame, or they may remain unsung heroines and heroes recognized only by those who know them best. Whether they challenge the status quo or reinforce it, one generation’s villains sometimes become the heroes of their children. Regardless of their specific stories, the people selected as heroines and heroes reflect the character of the culture that inspires them and thus provide an intriguing subject for historical inquiry. In all, ten scholars will share their research related to this year’s theme. General sessions and breakout sessions included. \$45.00 to attend. \$5 parking fee. Learn more and register here.</p>	<p>7 hours</p>
				
<p>Monday, February 28, 2022</p>	<p>11:30AM— 3:00PM</p>	<p>Skills Training Center</p>	<p>Poverty Simulation – Volunteers Needed! Betha Rutledge, ADN Instructor, is hosting a Poverty Simulation for senior nursing students. 20 volunteers are needed to participate in this simulation in roles such as banker, school teacher, etc. Contact Betha Rutledge for more details. Sign up to volunteer here. It’s more than a game—it’s about making choices.</p>	<p>3.5 hours</p>
				
<p>WEBINARS</p> 	<p>Digital and Hands-on Laboratories: Upgrade your Online Science Course</p> <p>Date: March 01, 2022 - 01:00pm - 02:00pm (ET)</p> <p>REGISTER</p>	<p>Online Learning Consortium Webinar Series – “Digital and Hands-free Laboratories: Upgrade Your Online Science Course.” Students in online science courses need laboratory experiences. Digital, hands-on, and hybrid approaches all provide these students with the opportunity to learn, to apply, and to demonstrate their lab skills. This webinar will explore the multiple ways that instructors can engage their students by selecting the best online lab tools for their courses and teaching styles. Tuesday, March 01, 2022, 12:00PM-1:00PM CST. Free attendance! Learn more and register here.</p>	<p>1 hour</p>	

Spring 2022 Vernon College Professional Development Calendar

<p>Tuesday, March 01, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “The Provost’s Purview in Student Success.” The Covid-19 pandemic has led to an enrollment decline at colleges. That crisis exacerbates concerns about a national shift in student demographics, and the urgency with which colleges must prepare. In a coming virtual forum, “The Demographic Cliff: Surviving Enrollment Challenges,” a panel of experts will meet to discuss strategies to help colleges weather the changes ahead, including questions such as What steps can colleges take now to ensure their long-term survival? Where has the impact of the pandemic most been felt, and will enrollment rebound? How are national and regional enrollment projections changing? Learn more and register here.</p>	<p>1 hour</p>
				
<p>Wednesday, March 02, 2022</p>	<p>1:00PM—2:00PM CST</p>	<p>Live Webinar</p>	<p>Gardner Institute Presents -The Transfer Experience Webinar with John Gardner. Join in on this compelling conversation and question/answer with transfer experts, who will discuss how transfer students perform compared to new first-year students and upper-division continuing students and the institutional practices that create barriers to successful transfer for students. Panelists include: Mark Canada, Executive Vice Chancellor for Academic Affairs; Indiana University Kokomo; Stephanie Foote, Senior Associate Vice President for Teaching, Learning, and Evidence-Based Practices, Gardner Institute; Laura Latta, Executive Director, Tulsa Higher Education Consortium; and Susannah McGowan, Associate Director for Curriculum Design, Georgetown University. Free to attend. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Thursday, March 03, 2022</p>	<p>1:00PM— 2:00PM</p>	<p>Live Webinar</p>	<p>NISOD Webinar Series – “Helping Students Become Extraordinary: Using the CliftonStrengths Assessment to Enhance Engagement and Retention at Community Colleges.” In this webinar, which is geared toward all community college professionals who work in instruction, advising, admissions, and student affairs, participants learn how to use the CliftonStrengths Assessment to increase student engagement and retention. This assessment provides an individualized and in-depth analysis of the natural talents of students. The student version of the analysis provides specific actions that students can take to enhance their community college experience and align directly with what they do naturally and best. This includes the types of careers to consider, activities to get involved in, how to approach course assignments, and how to communicate with professors and classmates. Learn more and register here.</p>	<p>1 hour</p>
				






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<p>March 03-05, 2022</p> 	<p>Live Conference</p>	<p>TCCTA's 75th Annual Convention. March 03-05, 2022. Frisco, Texas! As Vernon College is a proud 2022 Convention Partner College, as a current TCCTA member, your conference registration is covered! Registration is still required--you will be credited during final billing during registration. Banquet and lodging is extra. Learn more and register here</p>	<p>TBD</p>
<p>Monday, March 07, 2022</p> <p>1:00PM—2:00PM</p>	<p>Live Webinar</p>	<p>NISOD Webinar Series – “Using Restorative Practices to Interrupt and Address Microaggressions in the Classroom.” Those of us engaged in the work of addressing identity in the classroom by discussing issues related to race, gender, age, ability, religion, class, sexual identity, and culture have, at some point, encountered unconscious bias in the form of microaggressions. Even though the harm may have been unintended, the impact is surely felt. This webinar provides strategies to help educators keep difficult conversations from derailing or shutting down altogether by asking important questions that get at the root of thoughts, explore feelings, weigh the impact of words, and repair harm in the moment. Learn more and register here.</p>	<p>1 hour</p>
	<p>Online Learning Consortium Webinar Series – “The Ease of Growing OER Adoption.” Bay View Analytics research has shown that faculty members who are aware of an OER initiative are 300%+ more likely to adopt OER than are the general population of faculty. This webinar examines the data behind this finding and introduces several individuals who have made this difference a reality. Attendees will leave with an understanding of successful strategies and the next steps that they can apply at their institution. Tuesday, March 08, 2022, 12:00PM-1:00PM CST. Free attendance! Learn more and register here.</p>	<p>1 hour</p>	
<p>Tuesday, March 08, 2022</p> <p>1:00PM—2:00PM CST</p>	<p>Live Webinar</p> 	<p>The Chronicle of Higher Ed – “Career-Connected Learning.” Study hard, earn good grades, and find a rewarding career. The long-held path may be changing. As technological advancements and changes in the labor market require more real-world learning experience, how will colleges look at their study-first-work-later approach? In the upcoming virtual forum “Career-Connected Learning,” a panel of experts joins The Chronicle to discuss how colleges can better connect learning with meaningful careers. Learn more and register here.</p>	<p>1 hour</p>



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<p>Wednesday, March 09, 2022</p>	<p>12:00PM— 1:15PM CST</p>	<p>Live Online Class</p>	<p>Simon Sinek Presents – “Say Goodbye to Imposter Syndrome.” In this session, Tara-Nicholle Kirke, globally recognized author, transformation expert and Master Coach will share a proven, comprehensive roadmap and energizing protocol for transforming self-sabotage and Imposter Syndrome. In this class you will discover when your inner self-sabotage struggle began; learn how to go from an Electric Fence Mindset to a Radical Trust Mindset; understand and take the first steps to recalibrating your addictive, negative thought habits; focus on why re-parenting yourself is the key to actualizing your unique potentials and finding the power to do your dreams; and discover a 7-step system for resolving your inner conflicts in order to live a highly-aligned life. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.</p>	<p>75 minutes</p>
				
<p>Thursday, March 10, 2022</p>	<p>9:00AM— 11:00AM</p>	<p>The Forum 2120 Speedway Avenue Wichita Falls, TX 76308</p>	<p>Wichita Falls Chamber of Commerce Quarterly BOSS Program – “How to Navigate Negativity at Work.” In this interactive networking session, learn essential business tips for navigating the 21st Century business world! Various panelists from area business and industry scheduled to present! Let’s represent Vernon College— together! Faculty/Staff Related Read “How to Deal with a Negative Coworker.” Leadership Related Read: “9 Tips for Minimizing Workplace Negativity.” RSVP: For this fun and impactful BOSS event and for invoicing purposes, RSVP here.</p>	
				
<p>Friday, March 11, 2022</p>	<p>12:00PM— 1:00PM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Cooking Class with Lindsey Menge: Plant Power!” Life demands can sometimes lead to sacrificing balanced nutrition and overtime may contribute to a decline in our health. An area we often neglect is getting our recommendations for fruits and vegetables. If you're feeling in a rut or looking for ways to incorporate more plants into your daily meals and snacks, we've got you covered. Join us for this interactive cooking class where we will prepare dishes that are budget-friendly, designed for those on the go, and explore the fruit and vegetable rainbow. Space is limited to the first 300 participants. Please login early to secure your spot in this popular class. Zoom Link Login.</p>	<p>1 hour</p>
				

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	<p>Online Learning Consortium Webinar Series – “How is the Pandemic Affecting the Future of OER?” Multiple surveys of students, faculty, and administrators have all shown that the pandemic is producing fundamental changes in teaching and learning across all higher education. All groups report more optimistic views of online and hybrid learning, as well as a greater desire for technology integration in all courses. Many of these changes bode well for the future growth of OER adoption. However, other trends, such as the time required for faculty to mold their courses into new formats have prevented them from spending the time required to find and adopt new materials. Likewise, commercial publishers have embraced many of these changes and now represent a very different alternative than they were prior to the pandemic. Which of these competing pressures will prevail? Tuesday, March 15, 2022, 12:00PM-1:00PM CST. Free attendance! Learn more and register here.</p>	1 hour
<p>Thursday, March 17, 2022</p> <p>7:00PM— 8:10PM</p> <p>Live Webinar</p> 	<p>ERS Wellness Webinar – “Wendy Suzuki, Ph.D.: Good Anxiety (FREE Center for Brain Health Event).” There are about 40 million people— or 18% of the population— suffering from clinical anxiety disorders today. However, formal diagnoses merely scratch the surface of anxiety’s impact. Dr. Wendy Suzuki unpacks the cutting-edge science that will help participants channel their anxiety for positive outcomes. Accessible, insightful, and life-changing, Good Anxiety, will transform our understanding and experience of everyday anxiety forever. Live Stream from the Center for BrainHealth, Dallas, TX. Register here.</p>	1 hour
<p>Tuesday, March 22, 2022</p> <p>1:00PM— 2:00PM CST</p> <p>Live Webinar</p> 	<p>The Chronicle of Higher Ed – “Putting Power Computing to Interdisciplinary Use.” Over the past decade, the way in which faculty pursue their research endeavors has changed drastically. Advances in computing power, artificial intelligence, and digital interfaces have provided a newfound ability to mine large data sets, harness machine learning, and open up new opportunities for collaboration and sharing. Reflecting on the changes of the past 10 years, what have we learned, and what could still be to come? Learn more and register here.</p>	1 hour






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<p>Wednesday, March 23, 2022</p>	<p>8:30AM— 5:30PM</p>	<p>University of North Texas Hurley Administration Building Suite 175 1155 Union Circle #310937 Denton, Texas 76203</p>	<p>University of North Texas 2022 Equity and Diversity Conference. The 2022 Equity and Diversity Conference presented by Fidelity Investments is themed IDEAs for Change: History, Hope & Progress. The theme incorporates both the new name of its sponsoring division - Inclusion, Diversity, Equity, and Access (IDEA) - and the conference’s keynote speaker and Juneteenth scholar, Dr. Annette Gordon Reed. Presented for the second year virtually, the conference will bring back the career fair that debuted in 2020, and provide opportunities for centering the effects of historical and present-day oppression on minoritized communities for progress and change. Cost: \$50.00. For more information and registration, visit the conference website.</p>	<p>8 Hours</p>
 <p>2022 UNT EQUITY & DIVERSITY CONFERENCE IDEAs for Change: History, Hope, & Progress Presented by: </p>				
<p>Wednesday, March 23, 2022</p>	<p>10:00A— 11:00AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Intermittent Fasting & Immunity with Lindsey Menge MS, RD, LD.” Intermittent fasting is a pattern of when you eat that involves brief periods of food and drink abstinence. Traditional fasting has been practiced by many cultures around the globe and intermittent fasting is derived from these traditions. A growing body of evidence suggests that intermittent fasting may positively affect metabolic health and blood sugar control, support cognitive function, and aid weight management. However, is intermittent fasting really superior? If you have tried, considered, or are just curious about intermittent fasting, please join us for this information-packed webinar where we will hear from a nutrition expert on this fascinating topic. This talk will touch on the evolution, types of protocols, and evidence on the benefits and potential risks of intermittent fasting, including alternative healthful eating approaches. This webinar is for educational purposes and is not considered medical advice. It is recommended that you speak with your primary care physician before making major nutritional changes. Register here.</p>	<p>1 hour</p>
				
<p>Wednesday, March 23, 2022</p>	<p>12:00PM— 1 :00PM</p>	<p>Vernon College Century City Campus, rm. 605</p>	<p>Catholic Charities – “Know Poverty Hour” Luncheon. The “Know Poverty Hour” is an hour-long catered session designed to educate attendees about Catholic Charities and its various programs. By “Know”ing poverty and understanding its full impact on our communities, we hope to increase awareness of Catholic Charities’ efforts and great work to end poverty – one family at a time. As this is a catered affair, please register your lunch reservation as soon as possible! Free of charge. Sign-up here!</p>	<p>1 hour</p>
				






Spring 2022 Vernon College Professional Development Calendar

<p>Wednesday, March 23, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “<i>Changing Campus Covid Protocols</i>” This past winter, the Omicron variant upended many health and safety plans on college campuses nationwide. As Covid-19 continues to mutate, testing, isolation, and contact-tracing guidelines will need to evolve along with it. What’s next for how colleges manage the ever-changing pandemic? A panel of campus health officials will gather for a virtual forum, “Changing Campus Covid Protocols,” to discuss how the rest of the semester could unfold and how protocols could develop as the pandemic moves into an endemic phase. Learn more and register here.</p>	<p>1 hour</p>
				
<p>On Demand</p>	<p>On Demand</p>	<p>Recorded Webinar</p>	<p>Limeaide Well-being Webinar Series - “<i>Psychological Safety for Today’s Workforce</i>” In this webinar, Limeaide helps equip leaders, managers and HR professionals to better promote a sense of safety among their employees, so that those who need mental health resources feel comfortable coming forward. This type of safety can be thought of as a pre-requisite for the other ways psychological safety manifests in the workplace, which includes feeling comfortable taking risks and learning from mistakes, ultimately fostering learning opportunities, creativity and innovation. Click here to watch on demand.</p>	<p>1 hour</p>
				
<p>Thursday, March 24, 2022</p>	<p>12:00PM— 1:00PM</p>	<p>Webinar</p>	<p>Dave Ramsey SmartDollar Workplace Wellness Series – “<i>How to have Difficult Conversations.</i>” In this 45-minute session, Brendan Wovchko will walk you through what to do—and what not to do—when it comes to difficult conversations. Don't miss his valuable insights and practical steps from his time as a chief technology officer and former business owner. You'll receive a free worksheet after you register so you can follow along. Claim your spot here!</p>	<p>1 hour</p>
				






Spring 2022 Vernon College Professional Development Calendar

Friday, March 25, 2022	1:00PM— 2:00PM CST	Live Webinar	 <p>The Chronicle of Higher Ed – “Talking About Teaching” Virtual Event Series. Traditional approaches to lectures, assignments, and grading aren’t always effective. Students have complicated lives outside of class. Faculty members must decide how much flexibility to give them, and how accessible to be. All of that was true before the pandemic, but the past two years have made those problems harder to ignore. How can you improve your teaching this semester and beyond? This series includes sessions on “Changing the Professor-Student Dynamic,” Fostering Motivation and Engagement in Your Class,” and “The Future of Grading and Assessment.” Learn more and register here.</p>	1 hour
Monday, March 28, 2022	1:00PM— 2:15PM CST	Live Webinar	 <p>The Chronicle of Higher Ed – “Explorations of Active Learning.” College campuses are making a push for active learning. But, two years after faculty members quickly adjusted to remote learning, how can colleges get them to embrace another new style of teaching? A panel of experts joins The Chronicle for a virtual forum examining how college leaders can encourage a move toward active learning as campuses begin to return to more normal operations. Learn more and register here.</p>	1 hour
Monday, March 28, 2022	2:00PM— 3:30PM CST	Live Online Class	 <p>Simon Sinek Presents – “Conquer Overwhelm and Boost Productivity.” Join transformational author and executive coach Denise R Green as she provides the practical tools and techniques that will allow you to cope, the next time you find yourself buried under a mountain of tasks. With her insights, discover the surprisingly simple ways to turn overwhelm into gratifying clarity and boost your productivity. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.</p>	90 minutes






Spring 2022 Vernon College Professional Development Calendar

<p>Monday, March 28, 2022</p>	<p>1:00PM— 2:00PM</p>	<p>Live Webinar</p>	<p>NISOD Webinar Series – “Learn to Build Community and Spark Engagement for Community College Students” Effective teaching in community colleges is harder now than ever before. This webinar sheds light on how two Aims Community College faculty members found ways to effectively drive active learning in today's classroom. They are joined by a former community and state college president, along with the senior community success consultant at Yellowdig, to discuss their experiences building community in in-person and online courses. Participants learn how pedagogy and technology choices enable a deeper level of connection and conversation in the classroom. Complimentary session. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Tuesday, March 29, 2022</p>	<p>12:00PM— 1:00PM CST</p>	<p>Webinar</p>	<p>Limeaide Well-being Webinar Series - “What the *Bleep* Does it Mean to Bring Your Whole Self to Work?” “Bring your whole self to work” has become a mantra for organizations aspiring to create a more human work experience. As work evolved throughout the pandemic to be more distributed, the chorus of support for this idea has only grown louder. It’s a noble concept, but what exactly is your “whole self” and is that really what we are after? In this webcast, we’ll unpack the intentions within “bring your whole self to work” to bring greater clarity to what it means. Through this exploration, we’ll discover that when you create a culture and experience that is safe and worthy, employees will show up more “whole” and offer their best contributions. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Tuesday, March 29, 2022</p>	<p>12:00PM— 1:00PM</p>	<p>Webinar</p>	<p>Dave Ramsey SmartDollar Workplace Wellness Series – “How to have Difficult Conversations.” In this 45-minute session, Brendan Wovchko will walk you through what to do—and what not to do—when it comes to difficult conversations. Don't miss his valuable insights and practical steps from his time as a chief technology officer and former business owner. You'll receive a free worksheet after you register so you can follow along. Claim your spot here!</p>	<p>1 hour</p>
				






Spring 2022 Vernon College Professional Development Calendar




Tuesday, March 29, 2022	1:00PM— 2:00PM CST	Live Webinar		The Chronicle of Higher Ed – “<i>The Changing Campus Workplace: What Presidents and Provosts Need to Know.</i>” The higher-ed workplace has changed drastically over the last two years. As colleges continue to experiment with remote- and hybrid-work arrangements, what have senior administrators learned about managing a team outside the traditional office environment? To find out, The Chronicle will convene a panel of college leaders and HR experts for a virtual forum, “The Changing Campus Workplace: What Presidents and Provosts Need to Know.” Join us to hear their insights and advice on managing the remote workplace and institutional policies: How do you recruit, retain, and engage faculty and staff members? What can higher education learn from other industries that have long embraced telecommuting? What aspects set campus jobs apart? Learn more and register here.	1 hour
Tuesday, March 29, 2022	1:00PM— 2:00PM	Live Webinar		InsideHigherEd – “<i>Innovations in Hybrid Learning: Engage Students and Promote Institutional Success.</i>” Hybrid programming introduces another dimension in teaching and engaging students. In this webinar for university leaders, innovators in the hybrid learning space will discuss how to leverage the hybrid classroom opportunity and navigate the challenges around making sure hybrid and online students feel engaged as individual learners and as part of the institution’s larger community. Complimentary session. Learn more and register here.	1 hour
Wednesday, March 30, 2022	1:00PM— 2:00PM CST	Live Webinar		The Chronicle of Higher Ed – “<i>Closing the Equity Gap in Student Success.</i>” Long before the pandemic, colleges placed increased focus on closing the equity gap in student success. In light of COVID-19, “Closing the Equity Gap in Student Success,” will examine how colleges are doubling down on best practices to help students reach their goals, including such issues as: How are colleges revisiting their existing best practices? What lessons have college administrators and faculty members learned as a result of the pandemic? How has the pandemic shaped colleges’ approach to student success now, and how might it change in the future? Learn more and register here.	1 hour



Spring 2022 Vernon College Professional Development Calendar




Thursday, March 31, 2022	1:00PM— 2:00 PM CST	Live Webinar	InsideHigherEd, University of Florida and HonorLock Present – “How to Create Authentic Online Assessments that Promote Academic Integrity.” Online learning presents a unique set of challenges for authentic assessments. Trying to enforce academic integrity in this environment only adds another layer of complexity. But these challenges are not insurmountable, and this webinar presented by an expert panel from The University of Florida will provide examples and insights that you can leverage to improve authenticity in your online assessments. Complimentary session. Learn more and register here.	1 hour
				
Due by March 31, 2022	Self-paced	Online Training	SafeColleges Training – Required Vernon College Sessions. Be sure to complete your required SafeColleges Training by march 31 st . Click on the image at the left for more information on the topic Use your Vernon College e-mail to login, and access the “Suggested Training” section on your My Assignments” homepage. Print your certificate! Appropriate for all VC employees! Login here to get started!	4.45 hours
				
Thursday, March 31, 2022	10:00A— 11:00AM	Live Webinar	ERS Wellness Webinar – “Eat More Plants! with Lindsey Menge MS, RD, LD.” Eating the recommended amount of fruits and vegetables can lower our risk of heart disease, Type 2 Diabetes, stroke and certain types of cancer. However, in America, 9 out of 10 of us need more fruits and vegetables to help us avoid these health issues. In this webinar, learn why plants are so good for us and some proven strategies to incorporate more of them into your life. We will address the following topics: the increase in meat and sugar consumption over the last 100 years, the benefits of eating a plant-strong diet to our health, our wallet and our planet, a guide for finding the best tasting and most nutritious produce according to the season, and where to find simple and delicious plant based recipes! This webinar is for educational purposes and is not considered medical advice. It is recommended that you speak with your primary care physician before making major nutritional changes. Register here.	1 hour
				

Spring 2022 Vernon College Professional Development Calendar

<p>Thursday, March 31, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “How Do You Distinguish Yourself Through Your Curriculum?” Colleges are competing for students, and to do so, many are seeking to change with the times — and revamp their curricular offerings. But revising the curriculum is rarely a quick and easy endeavor. How can colleges develop new programs that fit their missions while navigating the myriad challenges that go along with it, including securing all-important support from faculty members? Learn more and register here.</p>	<p>1 hour</p>
				
<p>Monday, April 04, 2022</p>	<p>1:00PM— 2:00PM</p>	<p>Live Webinar</p>	<p>NISOD Webinar Series – “Career and College Promise: Helping Students Be All They Can Be!” This complimentary webinar describes the Career and College Promise (CCP) Team and its impact on student success. By offering support before, during, and after enrollment, the CCP team holistically serves each student and develops a symbiotic relationship with local high schools. Nash Community College doubled the number of courses being taken by our CCP population from Spring 2020 to Spring 2021, and our statistics with student success remained stable. This webinar provides best practices for supporting students and partnering with high school and college personnel. Participants learn easy-to-implement strategies that increase enrollment and student retention. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Monday, April 04, 2022</p>	<p>1:00PM— 2:30PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “Modern Strategic Planning for Higher Education.” Higher education, traditionally considered slow to transform, has shown great resilience during the past two years. How can colleges continue to make progress on increasing enrollment, changing governance structures, enhancing multiyear financial forecasting, and improving relations with state governments? Join the discussion “Modern Strategic Planning for Higher Education,” featuring higher-education strategist Paul Friga, and Scott Carlson, a senior writer at The Chronicle. In this special 90-minute virtual forum, your hosts will share six video clips of today’s most innovative campus leaders as they describe how they have adjusted their strategies in response to the needs of the day. Learn more and register here.</p>	<p>1 hour</p>
				



Spring 2022 Vernon College Professional Development Calendar

Monday, April 04, 2022	2:00PM— 3:00PM CST	Live Webinar	<p>edWebinars Series – “Beyond Test Anxiety: Strategies to Reduce Anxiety for Teachers and Students.” While students are battling unprecedented levels of anxiety, bullying, and depression, educators are facing major challenges curricula alone can’t solve. Teachers are getting burned out due to the pressures of standardized testing, lack of time to plan and teach, overcrowded classrooms, personal matters, and student issues that originate from outside of school. In this interactive edWebinar with a classroom teacher and a former school counselor, attendees will learn to: identify causes and effects of student and teacher anxiety; select strategies to help students reduce test anxiety; practice anxiety-reducing techniques for themselves. Complimentary session. Learn more and register here.</p>	1 hour	
	Monday, April 04, 2022	2:00PM— 3:15PM CST	Live Online Class	<p>Simon Sinek Presents – “Emotional Intelligence: The One Trait your Team Needs from you Right Now.” Developing emotional intelligence in the workplace has clear benefits. Emotionally intelligent people are empathetic listeners and trusting teammates. They are resilient under pressure, open to feedback, set better examples for others to follow, and make thoughtful decisions. Emotional intelligence is one of the main qualities people look for in their leaders. And the good news is that it is a skill that you can start honing right now. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.</p>	75 minutes
	Tuesday, April 05, 2022	12:00PM— 1:00PM CST	Live Webinar	<p>Limeaide Well-being Webinar Series - “It’s Complicated...Navigating Today’s Workforce, Employer, and Work Dynamics.” Many employers have stepped up and embraced the challenges, adapting to new ways of working, supporting mental and physical health, employing new listening strategies, taking action on employee needs, emphasizing positive culture, and more. However, people are still at risk, burning out, and losing faith in their organizations. This session will delve into some of the not-so-obvious factors affecting the success of solutions employers have implemented. It will also share what the Limeaide Institute has learned from its research about what people need most right now, and how organizations should be manifesting care. Participants will explore the practices their employers can implement to achieve success as they step into the ever-dynamic future. Learn more and register here.</p>	1 hour
					






Spring 2022 Vernon College Professional Development Calendar

<p>Tuesday, April 05, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “How to Keep Student Success a Priority Through a Leadership Transition.” Building student success is a long game. How can colleges sustain the momentum on improving student outcomes in the midst of a change at the top? Join the conversation remotely as a panel of experts examines: How can departing leaders work with their successors to ensure that retention and graduation rates continue to improve? What role should the board of trustees play? How can presidents leave a legacy of an administrative culture that is centered on student success? What contributions can former presidents continue to make without stepping on the new leader’s toes? Learn more and register here.</p>	<p>1 hour</p>
<p>Wednesday, April 06, 2022</p>	<p>1:00PM— 2:15PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “Digital Transformation: Managing the People.” When it comes to digital transformation, any higher-ed CIO will tell you: Managing the technology is easy; managing the people is hard. How can institutions successfully lead a digital transformation? To find out, The Chronicle brings together a panel of CIOs and leaders in higher ed to discuss how colleges can successfully achieve the steps toward digital transformation, even as weary employees face burnout and fatigue. How can leadership motivate teams to work toward established goals? How can teams create a culture of communication and transparency? What can leaders do to better understand cultural barriers toward change that exist on campus? Learn more and register here.</p>	<p>1 hour</p>
<p>Thursday, April 07, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>University Business – “Solving Operational Roadblocks in Academic Affairs: Insights from 220 Higher Ed Leaders.” University Business partnered with Coursedog to survey higher ed leaders in March 2022 to explore the impact of inefficiencies and other challenges in academic operations—involving course scheduling, curriculum management, and catalog management. Over 220 respondents participated, with a variety of job titles and responsibilities and from a wide variety of institutions around the country. In this webinar, subject matter experts will provide insights to survey results as well as best practices and strategies higher ed leaders can adopt to overcome these challenges. This webinar will cover topics such as - How students are impacted by inefficiencies in academic operations, and how staff can help How digital modernization has reduced administrative burden. Where institutions still struggle with academic operations, areas in need of innovation and the next best steps to take Learn more and register here.</p>	<p>1 hour</p>






Spring 2022 Vernon College Professional Development Calendar

Thursday, April 07, 2022	1:00PM— 2:00PM CST	Live Webinar	<p>The Chronicle of Higher Ed – “<i>Readying Students for Jobs of the Future.</i>” The careers of tomorrow will demand a different set of skills than those of today. To prepare, colleges must equip students with a new set of skills. But how? The answer may lie in regional educational and industry data. In a coming virtual forum, “Readying Students for Jobs of the Future,” experts will discuss and demonstrate how colleges can use the data to develop new, relevant programs and phase out those that have become obsolete. How can colleges team up with national, regional, and local businesses to develop new academic offerings? How can colleges work with industry advisory panels? How can colleges expand their internship and apprenticeship programs to provide more on-the-job experience before graduation? Learn more and register here.</p>	1 hour
				
On Demand	Self- paced	Online Development	<p>On Demand Professional Development with Starlink! Professional Development for Higher Ed! Get ‘just in time’ training your way through Starlink! See a variety of sessions on accessibility, communication, compliance, hot topics, leadership, and online classroom management! Tailor your professional development to your own needs and interests! Access Starlink, set up an account (it is free), check out the Member Area, and/or browse the Programs/Course Catalog Option. Your way! Get started today! April 2022 Suggested Titles: “FERPA - Family Educational Rights and Privacy Act 2022” “<i>How Can I Teach Soft Skills to Better Prepare Students for the Workplace?</i>” “<i>How Do I Lead Change from the Middle?</i>” “<i>How Can I Create a Platform for Difficult Conversations in the Online Classroom?</i>” “<i>10 Tips to Collaborate with Colleagues.</i>” Certificates awarded after completion.</p>	15-25 Minutes
				
On Demand	Self-paced	Online Development	<p>On Demand Professional Development with SafeColleges Training. Get ‘just in time’ training your way through SafeColleges! See a variety of sessions on Athletics, Emergency management, Health Human Resources, Social Behavior and Transportation! Tailor your professional development to your own needs and interests! Access SafeColleges using your Vernon College email address, review required and/or suggested topics on the homepage, or scroll down to “View Library.” Your way! Get started today! April 2022 Suggested Titles: Clery Act Overview, Diversity Awareness; Implicit Bias and Microaggression Awareness; Customer Service Overview. Certificates awarded after completion. Login here to get started!</p>	15-25 minutes
				






Spring 2022 Vernon College Professional Development Calendar

Volunteer Opportunity	Application Deadline: April 26	Volunteering Opportunity	<p>North Texas Area United Way – Become a United Way Ambassador! Sharing your time and talent is an invaluable way to give back and impact the lives of our neighbors. An exemplary way to that is to become a United Way Ambassador! The 2022-2023 United Way Ambassador applications are now open. Ambassadors will assist the North Texas Area United Way (NTAUW) in building long-lasting relationships with workplaces, organizations and individuals in Wichita County. Ambassadors will gain an understanding of needs in our community and United Way’s efforts to build a stronger and healthier community for all to thrive. In addition, Ambassadors will manage relationships with 2 companies/organizations and assist with planning and implementing successful workplace campaigns. As an Ambassador, you will be an advocate for hundreds of local families and individuals in need of services and programs offered by our 16 Funded Partners. Being an Ambassador for United Way means sharpening your leadership skills, forging strong community connections and being a part of something much larger than any one person or organization. Trainings will occur May 03, May 10, and May 17. If the 2022-2023 Ambassador role sounds like a good fit for you, please complete the application and return it to North Texas Area United Way (3401B Armory Road) or scan/email the application to Dierrica Smith by April 26, 2022. Appropriate for all Vernon College Employees.</p>	TBD
 				
Tuesday, April 12, 2022	1:00PM—2:00PM	Live Webinar	<p>InsideHigherEd – “Data Analytics & Retention Strategies at The University of Southern Mississippi.” Join us for a webcast and hear from Dr. Amy Chasteen, Executive Vice Provost for Academic Affairs at the University of Southern Mississippi, on how they are leveraging institutional aid to better support students and increase retention rates. Dr. Chasteen will share USM’s overall enrollment management goals and strategies, as well as how their financial aid data is able to inform and support student success and retention. Finally, Dr. Chasteen will discuss what they learned and what’s next on their broader analytics journey. Complimentary session. Learn more and register here.</p>	1 hour
				






Spring 2022 Vernon College Professional Development Calendar

<p>Wednesday, April 13, 2022</p>	<p>9:00AM— 9:30AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Yoga to Manage Stress with Chris Young.” This beginner’s yoga class is designed for today’s work environment and all levels. No special mats or equipment required. No special workout clothes needed. Most importantly, no experience practicing yoga is required! This class will be 30 mins from 9-9:30am. This class will be led over Zoom by Christopher Young, TxDOT Workforce Development Director. Learn more, join the session, and add to your calendar here.</p>	<p>½ hour</p>
				
<p>Wednesday, April 13, 2022</p>	<p>12:00PM— 1:00PM CST</p>	<p>Live Webinar</p>	<p>Limeaide Well-being Webinar Series - “The Connection between Food and Mood: How Good Nutrition Impacts your Mental Health.” Have you ever wondered how what you put in your mouth has an impact on your mood? Join <i>The Connection between Food and Mood</i> webinar to learn how the brain and digestive systems are connected and the importance of your food choices. We will dive into tangible, simple ways to feed your brain and thus boost your mood. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Wednesday, April 13, 2022</p>	<p>3:00PM— 4:15PM CST</p>	<p>Live Online Class</p>	<p>Simon Sinek Presents – “Say Goodbye to Imposter Syndrome.” In this session, Tara-Nicholle Kirke, globally recognized author, transformation expert and Master Coach will share a proven, comprehensive roadmap and energizing protocol for transforming self-sabotage and Imposter Syndrome. In this class you will discover when your inner self-sabotage struggle began; learn how to go from an Electric Fence Mindset to a Radical Trust Mindset; understand and take the first steps to recalibrating your addictive, negative thought habits; focus on why re-parenting yourself is the key to actualizing your unique potentials and finding the power to do your dreams; and discover a 7-step system for resolving your inner conflicts in order to live a highly-aligned life. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.</p>	<p>75 minutes</p>
				






Spring 2022 Vernon College Professional Development Calendar

On Demand	On Demand	Recorded Webinar		Limeaide Well-being Webinar Series - “<i>Why Compassion is the Key to Well-being at Work in 2022</i>” To create a culture at work that effectively supports and cares for employee well-being requires developing a competency often overlooked at work: compassion. When managers and employees learn how to show more compassion for one another, improved well-being is the natural byproduct. Click here to watch on demand.	1 hour
Thursday, April 14, 2022	9:00AM—10:30A0M CST	Live Online Class		Simon Sinek Presents – “<i>Reduce Your Stress and Anxiety</i>” In this session facilitated by Samantha Clarke, you will: Recognize stress and anxiety; their science, impact, the various types, symptoms and causes; Explore the importance of emotional resilience at work for yourself and others; Identify the unique stories you tell yourself about your stress and anxiety and the impact they have on your work and life; Discover how you can reframe your anxiety and use Samantha’s framework to develop your own personal resilience and stress management strategies; Build your confidence to deal with challenges both now and in the future. Samantha Clarke is a happiness consultant, author of Love It or Leave It - How to be Happy at work. Her platform LILI LIFE, provides training and certification for personal enrichment, career development and profession training. Inviting individuals to design and build happier ways of being and working and empowering others to live with real purpose and intention. Cost: \$85.00. Supervisor approval required for reimbursement. Learn more and register here.	75 minutes
Thursday, April 14, 2022	1:00PM—2:00PM CST	Live Webinar		The Chronicle of Higher Ed – “<i>New Strategies for Recruitment.</i>” The pandemic has likely changed college recruitment for good. Virtual tours and college fairs, along with social-media engagement with potential applicants are now a part of the admissions wheelhouse. As college admissions officers adjust to a new blended approach of virtual and in-person interactions, how are they creating new ways to attract potential applicants from diverse backgrounds? In the upcoming virtual forum, New Strategies for Recruitment, a panel of admissions professionals will share their thoughts on the new recruiting terrain. Join us as we explore the challenges and opportunities college admissions leaders are facing now. Learn more and register here.	1 hour






Spring 2022 Vernon College Professional Development Calendar

<p>Thursday, April 14, 2022</p>	<p>10:00A— 11:00AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Taking Control of Financial Stress.” If your finances are stressing you out – you are not alone! Join Christine Graham and Karl Hubenthal from the Office of Consumer Credit Commissioner to talk about ways to reduce financial stress. We’ll pack a lot into this webinar where we’ll cover the importance of recognizing the impacts of financial stress on your life, ways you can proactively manage your financial stress, and budget and credit guidance you can use to help regain your financial footing and lower your stress levels. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Friday, April 15, 2022</p>	<p>9:00AM— 2:30PM</p>	<p>Live Virtual Conference</p>	<p>North Texas Community College Consortium - “2022 Developmental Education Regional Forum—Accelerating Success in Developmental and Adult Education” General sessions and breakout sessions. Sessions address an array of topics related to developmental education. Cost: \$40.00 to attend. Learn more and register here.</p>	<p>5.5 hours</p>
				
<p>Tuesday, April 19, 2022</p>	<p>12:00PM— 1:00PM</p>	<p>Live Webinar</p>	<p>NISOD Webinar Series – “Plan for the Future: How an Estate Plan Puts You in Control.” This complimentary session focuses on strategies you can use to care for the people and things you love and how to leave a lasting and meaningful legacy. Glenn Kent works as a financial advisor with Ameriprise. He earned an associate degree while attending community college in Pennsylvania and continued his path in education, obtaining a PhD in psychology. In addition to financial advising, Glenn teaches at the community and state college levels in Virginia. With advanced education and training in psychology, Glenn appreciates the important role of emotions and behavior in successful financial planning and investing. Glenn is an exercise enthusiast and lives in the city of Roanoke with his wife and three children. Learn more and register here.</p>	<p>1 hour</p>
				






Spring 2022 Vernon College Professional Development Calendar

<p>Tuesday, April 19, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>University Business – “No More Lines: How Virtual Queuing Transformed Student Services at SPCC” Campus services, such as financial aid or counseling, often rely on archaic or broken systems that lead to issues like long lines, poor interactions with students, and lack of insight into data that create a less efficient and enjoyable visit. In this webinar, you’ll learn how Dr. Malinda Daniel at South Piedmont Community College transformed student services on campus with virtual queuing technology, and how SPCC found, implemented, and uses virtual queuing today. Additionally, you’ll learn from Kelly Kliner of QLess, a leader in virtual queuing technology, about the importance of delivering an easy, efficient, and safe student experience with virtual queues. You can expect to takeaway a deep understanding of virtual queuing technology; knowledge of how to identify challenges, research solutions, and implement new systems on campus; ways technology can improve the student experience Learn more and register here.</p>	<p>1 hour</p>
				
<p>Wednesday, April 20, 2022</p>	<p>9:00AM— 9:30AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Yoga to Manage Stress with Chris Young.” This beginner’s yoga class is designed for today’s work environment and all levels. No special mats or equipment required. No special workout clothes needed. Most importantly, no experience practicing yoga is required! This class will be 30 minutes from 9-9:30am. This class will be led over Zoom by Christopher Young, TxDOT Workforce Development Director. Learn more, join the session, and add to your calendar here.</p>	<p>½ hour</p>
				
<p>Thursday, April 21, 2022</p>	<p>10:00A— 11:00AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “A Life of Happiness And Fulfillment with Prof. Raj Raghunathan” In this 1 hour webinar we will discover what it takes to have "A Life of Happiness and Fulfillment" with Prof Rajagopal Raghunathan. Prof Raj is a professor of Marketing at the McCombs School of Business at The University of Texas at Austin. Throughout his career, Raghunathan has given a few TED talks, and is the author of the popular book, "If You’re So Smart, Why Aren’t You Happy?" He teaches an online course on happiness, and relies on themes from psychology, behavioral science, decision theory and marketing to explain consumption behavior. He also studies the impact that people’s judgments and decisions have on their own happiness and fulfillment. If you are at all interested in being happier, join the discussion! Learn more and register here.</p>	<p>1 hour</p>
				



Spring 2022 Vernon College Professional Development Calendar

Thursday, April 21, 2022	1:00PM— 2:00PM	Live Webinar	<p>NISOD Webinar Series – “Positive Impacts of Bridge, Dual Enrollment, and Support Programs for All Students: Foundations for Diversity, Equity, and Inclusion.” In the face of the pandemic and a decline in college enrollment numbers, it is now more important than ever to build bridges and create support systems for students. This webinar focuses on identifying the needs of diverse students and explores how to create equitable, inclusive approaches to use in the classroom by addressing access to technology, overall program funding, and tuition support along with employment while enrolled. A learner-centered academic approach benefits all students, but particularly under-resourced, underrepresented, and first-generation student populations. Learn more and register here.</p>	1 hour
				
Thursday, April 21, 2022	1:00PM— 2:00PM CST	Live Webinar	<p>The Chronicle of Higher Ed – “Countering Learning Loss” The Chronicle will bring together leading practitioners to share how they have helped their institutions address pandemic-related learning loss in an upcoming virtual forum. The session will look at the key issues facing colleges today, and what practices are proving most effective including checking in with students more often to see how they’re doing, focusing especially on disadvantaged students; the technology problems that can exacerbate disconnection; and how to proactively reach students who are struggling. Learn more and register here.</p>	1 hour
				
Monday, April 25, 2022	1:00PM— 2:00PM	Live Webinar	<p>NISOD Webinar Series – “Building Instructional Immediacy in the Online Classroom.” As colleges rapidly deployed online instruction in the wake of the pandemic, instructors struggled to connect meaningfully with students. Traditional methods of instruction, we learned, are not always transferable to the online classroom. Immediacy, however, is one approach that works well in-person and online. Immediacy is about shortening the distance between teacher and student through clear communication, approachability, and a sense of community. Participants learn how to build authenticity in the digital classroom with instructional immediacy. Learn more and register here.</p>	1 hour
				






Spring 2022 Vernon College Professional Development Calendar

Tuesday, April 26, 2022	1:00PM— 2:00PM CST	Live Webinar	<p>The Chronicle of Higher Ed – “Hurdles to College Admissions – The Student Perspective.” As enrollment faces uncertainty because of the pandemic and other factors, colleges are looking to better understand today’s students. What do prospective applicants want out of the college experience now? And what can colleges do better to appeal to them and make the process of applying as easy as possible? To find out, The Chronicle will hold a candid discussion with high-school students who are planning to attend college in the fall of 2022. Join us as they share their experiences — what they’ve found helpful and what has been frustrating in their admissions journey including where did the application process feel onerous? What questions did they need answered about financial aid and the actual cost of college? What did they think about virtual engagement? Learn more and register here.</p>	1 hour
				
Tuesday, April 26, 2022	3:00PM— 4:00PM CST	Live Webinar	<p>edWebinars Series – “Be S.E.L.F.I.S.H: How to Reduce Teacher Stress and Improve Well-Being” The single greatest influence in a classroom is the teacher, who has an innate, selfless desire to inspire and motivate students. These efforts to support students can often come at the expense of a teacher’s own well-being. But not anymore. It’s time to be SELFISH! In this edWebinar, Interventional Cardiologist Dr. Columbus Batiste, the “Healthy Heart Doc,” writes a prescription to be S.E.L.F.I.S.H. From efforts to help students who are bullied, depressed, and/or anxious to the pressures of standardized tests, mounting demands on their time, overcrowded classrooms, and more, teacher stress is real. Join this session to get SELFISH so you can take better care of yourself and your students—doctor’s orders! This edWebinar will be of interest to teachers, school counselors, librarians, school and district leaders, and education technology leaders of all grade levels. There will be time for questions at the end of the presentation. Complimentary session. Learn more and register here.</p>	1 hour
				
Tuesday, April 26, 2022	7:00PM— 8:00PM	Live Webinar	<p>ERS Wellness Webinar – “Sanjay Gupta, MD: Myths of Brain Performance.” Sanjay Gupta – neurosurgeon, medical reporter and author – is a leading voice on health, wellness and active living, and a trusted resource for expert advice on how to stay healthy and safe during the COVID-19 pandemic. As the country's premier narrator of health, he makes important scientific developments relatable. He will share insights from his recent NY Times best-seller Keep Sharp: Build a Better Brain at Any Age. Live Steam from the Center for BrainHealth, Dallas, TX. Register here.</p>	1 hour
				






Spring 2022 Vernon College Professional Development Calendar

<p>Wednesday, April 27, 2022</p>	<p>9:00AM— 9:30AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Yoga to Manage Stress with Chris Young.” This beginner’s yoga class is designed for today’s work environment and all levels. No special mats or equipment required. No special workout clothes needed. Most importantly, no experience practicing yoga is required! This class will be 30 mins from 9-9:30am. This class will be led over Zoom by Christopher Young, TxDOT Workforce Development Director. Learn more, join the session, and add to your calendar here.</p>	<p>½ hour</p>
				
<p>Wednesday, April 27, 2022</p>	<p>12:00PM— 1 :00PM</p>	<p>Vernon College Vernon Campus, rm. 425</p>	<p>Catholic Charities – “KNow Poverty Hour” Luncheon. The “Know Poverty Hour” is an hour-long catered session designed to educate attendees about Catholic Charities and its various programs. By “Know”ing poverty and understanding its full impact on our communities, facilitators hope to increase awareness of Catholic Charities’ efforts and great work to end poverty – one family at a time. See how catholic Charities navigators attempt to reduce barriers for our qualifying students. As this is a catered affair, please register your lunch reservation as soon as possible! Free of charge. RSVP here!</p>	<p>1 hour</p>
				
<p>Wednesday, April 27, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>AAC&U Webinar Series – “The Student Journey: Equity-Centered Approaches to Removing Barriers.” Researching and applying to colleges can be challenging, especially for adult learners and employees who may have unpredictable schedules, family and work commitments, and other restrictions on their time that make it difficult to connect with institutions during a typical 9-to-5 schedule. Yet, such factors are not predictors of whether these prospective and current students can succeed if barriers to obtaining the information and support they need are removed. Panelists will discuss removing barriers in the early stages of the student journey and helping institutions become more accessible to all students. Drawing on their experience in helping grow programs with diverse student populations, the panelists will share insights and best practices for building the trust and confidence students need to enroll in the programs that will help them go further in their education and their careers. Complimentary Session. Learn more, register here.</p>	
				






Spring 2022 Vernon College Professional Development Calendar

<p>Thursday, April 28, 2022</p>	<p>10:00A— 11:00AM</p>	<p>Live Webinar</p>	<p>ERS Wellness Webinar – “Building Healthy Workplace Relationships & a Supportive Culture” In this one hour interactive and engaging webinar LTC David Yebra (US Army Ret.), will discuss strategies to help you build a stronger and more cohesive workplace through the following concepts: insightful discussion about the leader’s role in influencing organizational culture. We will share concrete ways that leaders can directly impact the culture; Powerful questions can lead to better communication, the development of new ideas, the building of supportive relationships, and increased performance; and assessing personal risk and the leader’s ability to express vulnerability for a healthier workplace. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Friday, April 29, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “Talking About Teaching.” Traditional approaches to lectures, assignments, and grading aren’t always effective. Students have complicated lives outside of class. Faculty members must decide how much flexibility to give them, and how accessible to be. All of that was true before the pandemic, but the past two years have made those problems harder to ignore. Join Beth McMurtrie and Beckie Supiano, Chronicle senior writers and authors of our free Teaching newsletter, for a four-part monthly series of roundtable discussions that will tackle the topics that concern you most — and answer your questions. Plus, the conversation will continue in the Teaching newsletter. Learn more and register here.</p>	<p>1 hour</p>
				
<p>Saturday, April 30, 2021</p>	<p>8:30AM— 1:00PM</p>	<p>1230 Midwestern Parkway Wichita Falls, TX 76302</p>	<p>Vernon College Day at the Wichita Falls Area Food Bank. 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! A mass distribution is scheduled for Saturday, April 30. If you choose to participate, you will work a station on the 25 yard drive through, distributing designated items to those who come through. Teams/departments are encouraged to volunteer together! To receive more information and volunteer, please complete the volunteer application. In addition to making a difference, contributing to the community, and meeting new people, participants receive 4.5 hours of community service professional development credit. Sign-up here!</p>	<p>4.5 hours</p>
				






Spring 2022 Vernon College Professional Development Calendar

Saturday, April 30, 2022	Various Times	Lucy Park, Wichita Falls, TX	Volunteer for THOR! THOR is a non-profit 5(ish)K race benefitting Leadership Wichita Falls and Wichita Falls Streams & Valleys . The off-road adventure starts in Lucy Park and winds along the Wichita River, past the Falls, through Camp Fillers, and back to Lucy Park. Fierce obstacles and mud riddled trails stand between you and victTHORy. You think you're tough enough? Come test your THORtitude at Texoma's roughest race on record—as a volunteer! Learn more and volunteer here!	4 hour shifts
				
Thursday, May 05, 2022	1:00PM— 2:00PM	Live Webinar	NISOD Webinar Series – “Fair Warning and Fair Use: Copyright and Plagiarism in the Digital Age.” Changes in how education is provided, the easy availability of online resources, and the constant addition of new technologies create a confusing mixture of information on what copyright covers and why it matters to instructors. Digital learning and Open Educational Resources (OER) have increased the need for a clear understanding of what is free from copyright and what constitutes fair use. This webinar introduces instructors to the basics of copyright and how to apply copyright in a variety of classroom instructional settings, such as hybrid, blended, interactive, online, or face-to-face. A list of resources on copyright, digital learning, and copyright-free material is provided. Learn more and register here.	1 hour
				
On Demand	Self- paced	Online Development	On Demand Professional Development with Starlink! Professional Development for Higher Ed! Get ‘just in time’ training your way through Starlink! See a variety of sessions on accessibility, communication, compliance, hot topics, leadership, and online classroom management! Tailor your professional development to your own needs and interests! Access Starlink , set up an account (it is free), check out the Member Area, and/or browse the Programs/Course Catalog Option. Your way! Get started today! May 2022 Suggested Titles: “FERPA - Family Educational Rights and Privacy Act 2022” “How Can I Teach Soft Skills to Better Prepare Students for the Workplace?” “How Do I Lead Change from the Middle?” “How Can I Create a Platform for Difficult Conversations in the Online Classroom?” “10 Tips to Collaborate with Colleagues.” Certificates awarded after completion.	15-25 Minutes
				





Spring 2022 Vernon College Professional Development Calendar

On Demand	Self-paced	Online Development	<p>On Demand Professional Development with SafeColleges Training. Get ‘just in time’ training your way through SafeColleges! See a variety of sessions on Athletics, Emergency management, Health Human Resources, Social Behavior and Transportation! Tailor your professional development to your own needs and interests! Access SafeColleges using your Vernon College email address, review required and/or suggested topics on the homepage, or scroll down to “View Library.” Your way! Get started today! May 2022 Suggested Titles: Making Campus Safe for LGBTQ+ Students, Crisis Response and Recovery, Stress Management, Student Mental Health. Certificates awarded after completion. Login here to get started!</p>	15-25 minutes
				
Monday, May 09, 2022	1:00PM—2:00PM	Live Webinar	<p>NISOD Webinar Series – “Developing New, Better, and More Loves” The New York Times columnist and author, David Brooks, has stated, "A key job of a school is to give students new things to love." Although an essential part of education is to develop skills and traits that will lead to a successful career, this is by no means the only purpose of college. Using a cross-disciplinary approach backed by research from humanistic psychology, philosophy, and literature, this webinar explores the importance of reframing education as something beyond career development, and targeting the higher experience in all of us. Applicable to any subject area, this webinar builds on the idea that we learn best from those people with whom we develop a meaningful rapport and trust. Finally, activities and discussions have been curated to help foster a positive, affirmational pedagogy which rekindles the deeper purpose of education: To maximize potential. Learn more and register here.</p>	1 hour
				
Tuesday, May 10, 2022	10:00A—10:15AM	Live Webinar	<p>ERS Wellness Webinar – “Fitness Connect Community: How Fitness Can Improve Your Mental Health” Join the Fitness Connect Community! The Employees Retirement System of Texas and Blue Cross and Blue Shield of Texas (BCBSTX) invite you to talk about wellness topics and share your successes and challenges. Monthly sessions, featuring presentations by BCBSTX wellness consultants, can help you get fit and stay healthy. Each month, you’ll have the opportunity to connect with other participants and share your experiences. The 15-minute sessions will be held at 10 a.m. CT the second Tuesday of the month running through December 13, 2022. Learn more and register here.</p>	15 minutes
				






Spring 2022 Vernon College Professional Development Calendar



<p>Tuesday, May 10, 2022</p>	<p>10:00A— 12:00AM</p>	<p>Live Webinar</p>	<p>League for Innovation in the Community College— “What Comes Next? How to Reengage and Reconnect With Today’s Community College Learners” In today’s consumer economy, higher education is on the hook for delivering seamless, personalized experiences while staying true to its educational mission. Unprecedented levels of student disengagement due to the pandemic have made this even harder. In the face of this challenge, innovative community and technical college leaders see an opportunity to reimagine and modernize their student experience. But where should you start? In this two-hour virtual roundtable for senior leaders, co-hosted by EAB and The League for Innovation in the Community College, you will gain a better understanding of how the pandemic has changed student attitudes and behavior; see how out-of-industry examples can inform your new engagement strategy; explore innovative ways technology can help you build stronger connections with your students. Learn more and register here.</p>	<p>2 hours</p>	
	<p>Tuesday, May 10, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “The Role of Frontline Workers, Online and On Campus.” College staff members in financial aid, the registrar’s office, residential life, and information technology are frequently thinking about how to reduce any obstacles that would prevent students from succeeding. Whether it’s interacting online or in-person, how can these campus officials create a welcoming and supportive atmosphere for all students? As the latest installment of our ongoing series about student success, a panel of experts will share their thoughts and different vantage points about what it takes to be a student-centric institution. This virtual forum, hosted by The Chronicle’s Katie Mangan and Sabrina K. Sanders, a higher ed-thought leader, will seek to answer: How can all staff members work together to make their campuses places where all students can succeed? How can colleges create a seamless experience for online students, encompassing enrollment, registration, and other tasks? What does it take to create a welcoming environment both on and offline? Learn more and register here.</p>	<p>1 hour</p>
					



Spring 2022 Vernon College Professional Development Calendar




<p>Wednesday, May 11, 2022</p>	<p>12:00PM— 1 :00PM</p>	<p>Skills Training Center</p>	<p>Catholic Charities – “KNow Poverty Hour” Luncheon. The “Know Poverty Hour” is an hour-long catered session designed to educate attendees about Catholic Charities and its various programs. By “Know”ing poverty and understanding its full impact on our communities, facilitators hope to increase awareness of Catholic Charities’ efforts and great work to end poverty – one family at a time. See how catholic Charities navigators attempt to reduce barriers for our qualifying students. As this is a catered affair, please register your lunch reservation as soon as possible! Free of charge. RSVP here!</p>	<p>1 hour</p>
				
<p>Wednesday, May 11, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “The Changing Campus Workplace: What Deans and Department Chairs Need to Know” The workplace is changing, in higher ed and beyond. As more employees demand greater flexibility and seek remote-work options, how will colleges adapt? Our virtual forum, “The Campus Workplace: What Deans and Department Chairs Need to Know,” offers advice for managing from the middle, balancing institutional policies with staff and faculty requests. Our panel will seek to answer: As colleges experiment with remote or hybrid workplaces, what are academic administrators learning about what it takes to manage a team at a distance? How do you recruit, retain, and engage faculty and staff? What responsibilities can work with telecommuting options and what can’t? Learn more and register here.</p>	<p>1 hour</p>
				
<p>Thursday, May 12, 2022</p>	<p>8:00AM— 9:00AM</p>	<p>Skills Training Center</p>	<p>Wichita Falls Chamber of Commerce - Wake up Wichita Falls at Vernon College Skills Training Center. Wake Up Wichita Falls is an excellent opportunity for Chamber members to further their connections within the business/industry community! WUWF is an excellent opportunity to grow your connection base, enjoy great food, and have a chance at winning win a door prize or two! In concert with the local Texas A&M Agrilife Extension, Vernon College will host this event at the Skills Training Center on Thursday, May 12 from 8A-9A. Breakfast treats will be provided by Brie Charcuterie, coffee by HOB0 Coffee and Ice Co. Please attempt to swing by and support this great business community networking event! RSVP here.</p>	<p>1 hour</p>
				

Spring 2022 Vernon College Professional Development Calendar

<p>Thursday, May 12, 2022</p>	<p>12:00PM— 1:00PM CST</p>	<p>Webinar</p>	<p>Limeade Well-being Webinar Series - “Positive Psychology at Work: How a Manager’s Mindset Can Transform Team Culture.” With the rise of burnout and chronic stress it is becoming increasingly important to invest in a culture of manager support that strongly encourages and supports self-care. Having this support in place leads to managers extending the same support to their teams and ultimately creating a happier, more productive, and well-balanced workforce. The science and lens of positive psychology has proven to be a cornerstone for enabling individuals and organizations to flourish. But how can you take advantage of positive psychology in your workplace? Learn more and register here.</p>	<p>1 hour</p>
				
<p>Thursday, May 12, 2022</p>	<p>1:00PM— 2:00PM CST</p>	<p>Live Webinar</p>	<p>The Chronicle of Higher Ed – “Helping Students Find the Right ‘Fit.’” In recent years, parents have focused more and more on the idea of finding the right fit in a college. As a result, colleges are doing more to expose applicants to the campus culture and experience. How is this changing how colleges define and position themselves? A panel of experts will explore the issue in the virtual forum, “Helping Students Find the Right ‘Fit.’” Join us as we ask and answer: What is driving interest in the idea of the right ‘fit’ among parents? How are digital tools changing how colleges reach those who are likely to thrive on their campuses? What are the implications of colleges more clearly defining “for whom” they exist? Learn more and register here.</p>	<p>1 hour</p>
				
<p>May 18 and 19, 2022</p>	<p>See the Schedule Here</p>	<p>Century City Campus</p>	<p>North Texas Regional Training Conference (CARE Conference) - May 18 & 19, 2022, Vernon College Century City Campus. The annual “CARE Conference” is a multi-disciplinary conference designed to meet the continuing education needs of professionals in the area of mental health, family and protective services, juvenile probation services, adult probation services, criminal justice addiction counseling, and social work. This conference has been held annually since 1983. This year, the hosting site is Vernon College! Cost: \$50.00 – \$170.00. For more information click here. Register here.</p>	<p>TBD</p>
				



Spring 2022 Vernon College Professional Development Calendar

Thursday, May 19, 2022	8:45AM— 11:00AM	The Forum 2120 Speedway Ave, Wichita Falls, TX 76308	<p>Wichita Falls Chamber of Commerce – BOSS Session (Business owners Sharing Solutions). <i>Coping with Stress!</i> Is this a relevant topic or is this a relevant topic?! There seems to be a new stressor every time we turn around. Right about now, everyone is in need of some new tips on how to handle the build-up of stress. How do you keep from projecting your stress onto your coworkers? How can you recognize the reason behind your stress and not just treat the symptoms? Is all stress bad or can a small amount be healthy? These questions and more will be answered by our wonderful panelists! Panelists include Megan Hoover, Rose Street Clinic; James McKinney, McKinney BBQ; Chief Ken Prillaman, City of Wichita Falls Fire Department; and Laura Mayfield, Mayfield Events. RSVP here</p>	2 hours	
	Thursday, May 19, 2022	9:00AM— 10:00AM CST	Webinar	<p>Limeaide Well-being Webinar Series - “<i>Manager Mindset: Using Positive Psychology to Ignite High-wellbeing and High-performance.</i>” With the rise of burnout and chronic stress it is becoming increasingly important to invest in a culture of manager support that strongly encourages and supports self-care. It doesn’t start with identifying ideal behaviors, but rather it starts with fostering the mindsets from which desired behaviors can flow from an authentic place. The science and lens of positive psychology has proven to be a cornerstone for enabling individuals and organizations to flourish. But how can you take advantage of positive psychology in your workplace? Join the conversation here.</p>	1 hour
	Thursday, May 19, 2022	7:00PM— 8:10PM	Live Webinar	<p>ERS Wellness Webinar – “<i>Mark D’Esposito, MD: The Social Network that Matters Most: Your Brain (FREE Center for Brain Health Event)</i>” Learn about the neural mechanisms underlying social interactions, working memory, cognitive control and frontal lobe function. How can we leverage them and strengthen them? Dr. D’Esposito is a professor of neuroscience and psychology and director of the Wheeler Lab for Advanced Brain Studies at the Helen Wills Neuroscience Institute at UC Berkeley. He is also a practicing neurologist. Learn more and register here.</p>	1 hour
 <p>CENTER for BRAINHEALTH[®] THE UNIVERSITY OF TEXAS AT DALLAS</p>					

Spring 2022 Vernon College Professional Development Calendar

May 23-26, 2022	Weekend Retreat	Y.O Ranch Resort 2033 Sidney Baker St, Kerrville, TX 78028	TCCTA Great Teaching Roundup. Assemble a group of people who really care about teaching and place them in a relaxed, unstructured setting in the beautiful Texas hill country: the rewards can be astounding! The Great Teaching Round Up differs from most conferences in that, for the most part, the program is created by the participants themselves. The staff's major role is facilitation. The format varies but often includes: teaching clinics, panels, organized discussions, "hands on" workshops, and presentations by participants or Round Up staff. Learn more and register here.	TBD
Tuesday, May 24, 2022	1:00PM—2:00PM CST	Webinar	Limeaide Well-being Webinar Series – “How to Make Employees Feel Heard and Valued in the Workplace.” The importance of feeling valued and heard cannot be understated. It’s key to the success of your employees, whether they’re working in an office, at home, in the field, or with a hybrid approach. With so many more easily measurable approaches to ensuring employee engagement and satisfaction, how can you safeguard employees’ sense of value? Learn about initiatives to help employees feel recognized in the workplace and further their wellbeing. Discover a full range of actions, from easy changes you can implement today to long-term strategic investments in employee engagement. Join the conversation here.	1 hour
Tuesday, May 31, 2022	12:00PM—1:00PM	Live Webinar	NISOD Webinar Series – “Plan for Your-Future: Your Social Security Benefits.” This complimentary session addresses various aspects of the well-known social insurance program consisting of retirement, disability, and survivor benefits. Presenter Glenn Kent works as a financial advisor with Ameriprise. He earned an associate degree while attending community college in Pennsylvania and continued his path in education, obtaining a PhD in psychology. In addition to financial advising, Glenn teaches at the community and state college levels in Virginia. With advanced education and training in psychology, Glenn appreciates the important role of emotions and behavior in successful financial planning and investing. Glenn is an exercise enthusiast and lives in the city of Roanoke with his wife and three children. Learn more and register here.	1 hour





Spring 2022 Vernon College Professional Development Calendar

Volunteering Opportunities Calendar

Volunteer Opportunity	Application Deadline: April 26	Volunteering Opportunity	<p>North Texas Area United Way – Become a United Way Ambassador! Sharing your time and talent is an invaluable way to give back and impact the lives of our neighbors. An exemplary way to that is to become a United Way Ambassador! The 2022-2023 United Way Ambassador applications are now open. Ambassadors will assist the North Texas Area United Way (NTAUW) in building long-lasting relationships with workplaces, organizations and individuals in Wichita County. Ambassadors will gain an understanding of needs in our community and United Way’s efforts to build a stronger and healthier community for all to thrive. In addition, Ambassadors will manage relationships with 2 companies/organizations and assist with planning and implementing successful workplace campaigns. As an Ambassador, you will be an advocate for hundreds of local families and individuals in need of services and programs offered by our 16 Funded Partners. Being an Ambassador for United Way means sharpening your leadership skills, forging strong community connections and being a part of something much larger than any one person or organization. Trainings will occur May 03, May 10, and May 17. If the 2022-2023 Ambassador role sounds like a good fit for you, please complete the application and return it to North Texas Area United Way (3401B Armory Road) or scan/email the application to Dierrica Smith by April 26, 2022. Appropriate for all Vernon College Employees.</p>	TBD
 				
Ongoing	Mobile Food Pantry Volunteer Schedule	<p>1230 Midwestern Parkway Wichita Falls, TX 76302</p>	<p>Wichita Falls Area Food Bank. 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! Teams/departments are encouraged to volunteer together! In addition to making a difference, contributing to the community, and meeting new people, participants receive 3 hours of community service professional development credit. To receive more information and volunteer, please complete the volunteer application.</p>	3 hours
				



Spring 2022 Vernon College Professional Development Calendar

Ongoing	Volunteer Schedule	1300 Travis St, Wichita Falls, TX 76301	<p>Faith Mission of Wichita Falls. The mission of Faith Mission is to “Provide Christ-centered programs and services that lead the homeless towards self-sufficiency.” This challenge is only accomplished through collaborative efforts with the community, unique social service programs, volunteers, staff, and a strong Board of Directors. Faith Mission serves the homeless through two shelters, Faith Mission and Faith Refuge. All services are made possible through the generosity of individuals, churches, businesses, and foundations. Faith Resale & Donation Center also returns profits to help with operating expenses of both shelters. There are many ways Vernon College can partner with Wichita Falls Faith Mission to minister to the hungry, hurting, homeless, and disadvantaged persons. In addition to making a difference, contributing to the community, and meeting new people, participants receive 3 hours of community service professional development credit. See the volunteer need here. Register yourself here. Register your departmental team here.</p>	3 hours
 <p>– WICHITA FALLS – FAITH MISSION EVERY STORY MATTERS</p>				
Ongoing	10:30AM- 12:30AM Monday through Friday	1008 Burnett Street Wichita Falls, TX 76301	<p>Meals on Wheels-Wichita Falls. 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 lgrace@thekitchenwf.org. Complete the volunteer application here. In addition to making a difference, contributing to the community, and meeting new people, participants receive 3 hours of community service professional development credit. Together, we can deliver!</p>	3 hours
 <p>MEALS on WHEELS WICHITA FALLS TOGETHER, WE CAN DELIVER.</p>				

