















BREAKOUT SESSION SCHEDULE
Monday, August 15, 2022

Super Sessions 10:10 AM – 11:55 AM	Super Breakout Sessions Each Session Extends to Lunch	
	<p>Supervisor Mini Boot Camp. Penny Miller presents a crash course in supervision, designed to aid Vernon College supervisors in navigating the many difficult and common situations they will encounter with those they supervise on a daily basis. In this extended session, learn methods for setting performance expectations, setting goals, and giving feedback. Session lasts to lunch.</p>	<p>Location - 310 Penny Miller, My HR Department Sign Up Here!</p>
	<p>Flexible Universal Design for Learning: Strategies for Designing an Accessible, Engaging, and Sustainable Hyflex Course. This interactive session provides instruction about how to extend Universal Design for Learning (UDL) to include learner choice and flexibility through a hyflex course model. In this extended session, the content is structured around a framework by UDL principles, Keller’s ARCS Model of Motivation, and Mayer’s Cognitive Theory of Multimedia Learning. By integrating multimedia, adaptive learning pathways, and student instruction on self-regulated learning, participants create a sustainable, motivating, and engaging hyflex course. Presenter: Candice Freeman, Faculty and Program Director, Clinical Laboratory Science/Health Sciences, Fayetteville Technical Community College. Session lasts to lunch.</p>	<p>Location - 423 Dr. Candace Freeman, Fayetteville Technical Community College Sign Up Here!</p>
	<p>Volunteer at the Boys and Girls Club of Vernon! Come be a part of something GREAT! The Boys & Girls Club is gearing up to begin their 63rd year of their after school program. Take advantage of a volunteering opportunity at the Club by engaging in activities designed to help get the over 400 after school members excited about a new year! Volunteer projects include organizing art and sewing project areas, decorating for the first day of school, writing inspiring messages on the sidewalks to welcome members, and more will help to ensure that Great Futures Start HERE! For questions or other volunteering opportunities, please reach out to Sarah Hernandez at shernandez@vernonbgc.org 940-552-2961 ext.3 or 940-357-0241. Session lasts to lunch.</p>	<p>Location: BGC of Vernon 2015 Yamparika St. Vernon, TX 76384 Sign Up Here!</p>
	<p>Volunteer at the Wilbarger Humane Society! Without volunteers at WHS, the job of the full time staff would be impossible! Volunteers lend their valuable time, energy, and talents to keep the shelter operating. While the staff have a variety of volunteer needs, on this day volunteers are invited to love on, walk, clean, feed and/or help dip the animals. If you enjoy the experience, you may volunteer you time later in the term and participate in photographing the animals, grounds keeping, coordinating animal rescue groups, arranging for transportation of animals and working in the office. Volunteers also assist with organizing and participating in special events such as animal vaccination clinics, dip day, the annual shelter cleanup day, fundraising, special events, nursing home visits. Session lasts to lunch.</p>	<p>Location: WHS of Vernon 2801 Sullivan Street Vernon, TX 76384 Sign Up Here!</p>

Hour 1 Sessions 10:10 AM – 10:55 AM	10:10AM – 10:55 BREAKOUT SESSIONS	
	<p>Supporting Well Being – A Guide to Employee Mental Health. The mental health of each employee has a ripple effect on the organization. Collectively, it impacts individuals’ well-being, their co-workers, the business’s bottom line, and even society as a whole. With that, mental health awareness is critical to boosting mental health in the workplace. Supporting mental health initiatives is not just the right thing to do from a moral perspective—but also a strategic imperative for Vernon College. Join Joni Beckham, Chief Nursing Officer and Martha Dillard, Assistant Nursing Officer, both from Red River Hospital, as they share why employees can afford to ignore mental health—and provide strategies employees can deploy to support and manage it.</p>	<p>RM - 409 Joni Beckham, Chief Nursing Officer/ Martha Dillard, Assistant Nursing Officer Red River Hospital Sign Up Here!</p>
	<p>Desk Yoga with Carson Ford. It's great to do a yoga routine before or after work, but if you could also incorporate some stretches into the rest of your day—that would be even better! Stretch breaks are especially important for people whose jobs require them to sit at a desk in front of a computer for long hours, resulting in back pain and neck pain. Just taking a few minutes to do stretches at your desk can relieve stress, increase productivity, and, most importantly, make you feel better. Join Carson Ford, owner and operator of Balance Yoga and Barre Studio as she leads attendees through several options for desk-friendly stretches to try that can help relieve physical and mental tension as well as combat the effects of sitting.</p>	<p>RM - 309 Carson Ford, Owner and Operator, Balance Yoga + Barre Studio Sign Up Here!</p>
	<p>Active Shooter/Emergency Preparedness Update. “Do Something to Survive an Active Shooter Situation.” In this timely session, we will explore methods of preparation and gain the skills needed to prevent, recognize and increase your power to survive during an active shooter incident. We will discuss how to make educated life-saving decisions regarding which actions to take during an active shooter incident.</p>	<p>RM - 306 Kevin Holland, Director, Campus Police Sign Up Here!</p>
	<p>HR/Employee Benefits Update. Get an update on HR initiatives as well as important information regarding your employee benefits in this session. Bring any questions you have regarding HR and/or your benefits package. Presenters: Jackie Polk, Director of Human Resources and Michelle White, Benefits Coordinator.</p>	<p>RM - 308 Jackie Polk, Director of Human Resources Michelle White, Benefits Coordinator. Sign Up Here!</p>
	<p>Catholic Charities – “K(No)w Poverty Hour.” The “K(No)w Poverty Hour” is a session designed to educate attendees about Catholic Charities and its various programs that serve our qualifying students “K(No)w”ing poverty and understanding its full impact within our communities, CC facilitators hope to increase awareness of Catholic Charities’ efforts to end poverty – one family at a time. See specifically how Catholic Charities removes barriers for qualifying students on your campus/in your programs! Opened to all, this session is designed specifically for CTE directors, coordinators, and instructors.</p>	<p>RM - 301 Catholic Charities Navigators Sign Up Here!</p>

Hour two Sessions 11:10 AM – 11:55 PM	11:10 AM – 11:55 PM BREAKOUT SESSIONS	Location/Presenter
	<p>Supporting Well Being – A Guide to Employee Mental Health. The mental health of each employee has a ripple effect on the organization. Collectively, it impacts individuals’ well-being, their co-workers, the business’s bottom line, and even society as a whole. With that, mental health awareness is critical to boosting mental health in the workplace. Supporting mental health initiatives is not just the right thing to do from a moral perspective—but also a strategic imperative for Vernon College. Join Joni Beckham, Chief Nursing Officer and Martha Dillard, Assistant Nursing Officer, both from Red River Hospital, as they share why employees can afford to ignore mental health—and provide strategies employees can deploy to support and manage it.</p>	<p>RM- 409 Joni Beckham, Chief Nursing Officer, Red River Hospital</p> <p>Martha Dillard, Assistant Nursing Officer Red River Hospital Sign Up Here!</p>
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	<p>ReQlogic Training Update with Mindi Flynn. ReQlogic is a complete end to end procurement system, encompassing the entire eProcurement cycle. Organized into four main modules, Requisitions, Invoicing, Expenses and Timesheets, ReQlogic provides a robust set of features powered by workflow functionality that enables advanced routing – helping Vernon College reduce costs and increase value! Sit in on this session to hear the latest on operating this system.</p>	<p>RM – 428 Mindi Flynn, Vice-President, Administrative Services Sign Up Here!</p>