



Fall 2020 Vernon College Professional Development Calendar

DATE	TIME	LOCATION	EVENT	PD HOURS
Thursday, October 08, 2020	10:00AM— 11:00AM	Webinar	 <p>Coping Strategies to Build Resilience with Kevin Gilliland, Ph.D. Resilience is defined as the ability to quickly recover from difficult challenges. Since March, we have had more challenges than we could have possibly imagined. In this webinar, Kevin Gilliland, Ph.D. will discuss coping strategies that can help us deal with challenges most effectively. You will take away strategies from this webinar that will help you build mental, physical, and emotional resilience to prepare you for the next challenge you face. Register here.</p>	1 hour
Thursday, October 08, 2020	1:00 pm –2:00 pm	Webinar	 <p>A Syrian Immigrant's Perspective on Teaching English to Non-Native Speakers. This webinar presents an activity that teaches English to international and immigrant students. The presented activity includes three procedures that shore up students' confidence and build their prowess in a college writing course. First, participants use a candy-based exercise, including the well-known Hershey's Kisses, to stimulate the five senses and generate descriptive words. Next, participants focus on using the descriptive words to create sentences with a template that organizes ideas and creates a structure for paragraph development and coherence. Finally, participants cooperate to create a separate paragraph that describes a different object or experience by modeling the pattern provided in the template. For more information or to register, click here.</p>	1 hour
Friday, October 09, 2020	9:00AM—3:00PM	Webinar	 <p>2020 Instructional Innovation Conference. “Necessity is the Mother of Invention” Instructional Innovation in a COVID-19 World. Online via ZOOM! Many breakout sessions to choose from during the day including <i>How Do I Teach Students How to Learn From Videos?</i>; <i>Reinventing the Syllabus for Greater Student Engagement</i>; <i>How Do I Create a Positive Synchronous Learning Environment Online?</i>; <i>The On Demand Lab</i>; <i>Intentionally Inclusive: Ensuring a Multicultural Perspective in the Classroom</i>; <i>Innovation and Gamification in Online Learning and Virtual Field Experiences</i>; and <i>Active Learning in Introductory American Government</i>. Sponsored by: North Texas Community College Consortium. Cost: \$40.00. For more information or to register, click here.</p>	TBD






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Thursday, October 15, 2020	10:00AM— 11:00AM	Webinar	<p>Feel Good Food: Nutrition to Support Immunity. The way we nurture our bodies is often described as self-care. At the core of nurturing is nutrition. Consuming high quality, nutrient dense foods can help bolster the immune system and can help the body as it responds to stress. In this webinar hosted by Texas DPS, we will discuss the types of foods that help boost immunity and strategies to fit them into a busy day. Register here.</p>	1 hour
				
Tuesday, October 20, 2020	1:00PM—1:30PM	Webinar	<p>What is Real Appeal? Real Appeal is a program that helps you take small steps that lead to lasting weight loss. The program can be tailored to your goals, preferences and lifestyle. Participants join in weekly online group sessions led by a Transformation Coach. In this webinar, you'll learn how Real Appeal works and how you can get started at no cost! Real Appeal is available at no cost to employees, retirees or dependents enrolled in a HealthSelect plan who are 18 or older and have a BMI of 23 or higher. Register here.</p>	1 hour
				
October 20- October 30, 2020		Webinar	<p>Motivating Learners Virtually: Starting Strong. Motivate Lab and the Gardner Institute are pleased to offer “Motivating Learners Virtually: Starting Strong” This hands-on course equips faculty to kick off their courses with motivationally-supportive tools and language designed to excite students for the semester ahead. Participants will learn how to create a course that supports students to develop adaptive beliefs about learning and school. In particular, participants will learn about three key learning mindsets—Growth Mindset, Purpose & Relevance, and Sense of Belonging—and workshop strategies for leveraging these mindsets in a way that promotes equity while being customized to their own courses, teaching methods, and styles of communication. Time Commitment: Approximately 20 hours. Cost: Registration Fee: \$150. Registration: For more information or to register, click here.</p>	20 hours
	  Motivate Lab			







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DATE	TIME	LOCATION	EVENT	PD HOURS
October 21, November 04, November 18, December 02, and December 16.	1-5pm each session	Webinar	 <p>Foundations of Equity and Anti-Racism for Change Agency and Institutional Transformation. Culture change that considers the perspectives, experiences, and interactions of a complex system takes time. While institutional personnel may be subject matter experts in their respective areas, creating strategic and operational support for equity-minded student success in an area fraught with challenges, frustrations, limited perspectives and fear decreases the probability of successful outcomes. This program offers a starting point for institutions to develop subject matter expertise applicable to the various conduits for change across their institutions, and develop their own organizational culture. Five Modules, supervisor approval required. Sponsored by: North Texas Community College Consortium. Cost: \$200.00. For more information or to register, click here.</p>	20 hours
Thursday, October 22, 2020	10:00AM— 11:00AM	Webinar	 <p>Building Resilience through Self-Compassion. In this workshop, participants will learn about the science and practical application of self-compassion. We will discuss the following topics through an engaging and interactive format: how self-compassion builds resilience, our brain's "Default Mode," strategies to silence our "inner-critic," & ways to practice self-compassion. After participating in this webinar you will receive a link to a self-compassion meditation you can use on a regular basis to help you build and maintain resilience. Register here.</p>	1 hour
Thursday, October 29, 2020	1:00 pm –2:00 pm	Webinar	 <p>Guided Pathways: A First Look at Student Experiences and the Role of Faculty. Across the country, colleges are redesigning guided pathways. How are students experiencing this change? This webinar discusses a national report from the Center for Community College Student Engagement that takes a first look at how students are experiencing this transformational reform. Participants also learn how faculty are changing the guided pathways framework at Wallace State Community College. For more information or to register, click here.</p>	1 hour






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October 2020	NA	Online	<p>SAFECOLLEGES TRAINING: Online. October Suggested Session: Pandemic Flu (located within the “Health” Category). Participate in this online training and discover the value of precaution over panic! See how this training content aligns with our current situation! Use your Vernon College e-mail to login, select “Extra Training” arrow, select the “Health” category, select “Pandemic Flu,” and complete the course! Print your certificate! <u>Appropriate for all employees!</u> Log-in here to get started!</p>	1 hour
				
Wednesday, November 04, 2020	10:00AM— 10:30AM	Webinar	<p>What is Real Appeal? Real Appeal is a program that helps you take small steps that lead to lasting weight loss. The program can be tailored to your goals, preferences and lifestyle. Participants join in weekly online group sessions led by a Transformation Coach. In this webinar, you'll learn how Real Appeal works and how you can get started at no cost! Real Appeal is available at no cost to employees, retirees or dependents enrolled in a HealthSelect plan who are 18 or older and have a BMI of 23 or higher. Register here.</p>	
				
Thursday, November 12, 2020	1:00 pm –2:00 pm	Webinar	<p>The Scope of Colleges. This webinar explores why and how faculty must align and connect course objectives, course learning outcomes, and program learning outcomes with syllabi, class lessons, and assessment plans. The facilitator explains curriculum mapping and how it affects student success. Participants learn to identify the disconnect between instructor, student, and employers, and how to connect course objectives to employers’ demands. For more information or to register, click here.</p>	1 hour
				
November 2020	NA	Online	<p>SAFECOLLEGES TRAINING: Online. November Suggested Session: Implicit Bias and Microaggression Awareness (located within the “Social and Behavioral” Category). Participate in this online training and gain an understanding of what implicit bias and microaggressions are, the science behind these concepts and how to prevent imposing them on students and coworkers. Use your Vernon College e-mail to login, select “Extra Training” arrow, select the “Social and Behavioral” category, select “Implicit Bias and Microaggression Awareness,” and complete the course! Print your certificate! <u>Appropriate for all employees!</u> Log-in here to get started!</p>	1 hour
				






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November 2020	NA	Online	 <p>STARLINK PROFESSIONAL DEVELOPMENT: Mental Wellness Strategies with Ron Stout. Uncertain future, financial stress, pandemic, depression, job insecurity - there is no doubt we live in stressful times, exacerbated by the dramatic changes brought on by COVID-19. A recent study by the American Federation of Teachers found that “78% of teachers reported feeling physically and emotionally exhausted”, and that was before COVID-19 intruded into our lives! To partake of this or any other STARLINK offerings, access the STARLINK website, click on the ‘First Time User’ dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio.</p>	5 hours
Tuesday, December 08, 2020	3:00PM— 4:00PM	Webinar	 <p>Address Your Stress. Your everyday life can improve when you know how to manage your stress. The Have Stress? Or Does it Have You? webinar will help you better understand: the effects of stress, common internal and external stressors, workplace stress, symptoms of chronic stress and various strategies and techniques to help manage stress. This webinar, part of your HealthSelectSM plan’s wellness program, is for educational purposes only and is not intended as medical advice. Register here.</p> <p>hour</p>	
November 2020	NA	Online	 <p>STARLINK PROFESSIONAL DEVELOPMENT: How Do I Infuse Equity into Any Online Class? What does equity look like in the online classroom? This session will explore what it means to teach equitably and identifies five equitable practices that you can incorporate into your online courses. To partake of this or any other STARLINK offerings, access the STARLINK website, click on the ‘First Time User’ dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio.</p>	1 hour



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November 2020	NA	Online	<p>STARLINK PROFESSIONAL DEVELOPMENT: How Can I Make the Activities in My Course More Inclusive? Students dealing with physical, cognitive, and other barriers to learning might not be able to participate fully in some activities because of their challenges. This fast and focused session will show you a practical approach to making accommodations and promoting equitable opportunity for learning and engagement for all your students. To partake of this or any other STARLINK offerings, access the STARLINK website, click on the 'First Time User' dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio.</p>	1 hour
				
November 2020	NA	Online	<p>STARLINK PROFESSIONAL DEVELOPMENT: How Do I Build Community in My Classroom? Community is an essential ingredient in the educational experience. Studies show that community building can increase retention, improve students cognitive intellectual development, and promote contributions to society. Find out why it's important for you to know how to create community. To partake of this or any other STARLINK offerings, access the STARLINK website, click on the 'First Time User' dropdown, and create an account associated with your Vernon College e-mail. All trainings include assessments as well as completion certificates for your Vernon College Professional Development Portfolio.</p>	1 hour
				
Module 1—Nov 02 Module 2—Nov 9 Module 3—Nov 16	1:00PM-- 2:30PM	Webinar	<p>NISOD VIRTUAL WORKSHOP SERIES: Navigating Through New Instructional Norms. The recent pandemic has shaken the norms of instructors and students. Instructors have had to rapidly adapt to previously untapped technology that would normally be placed in the “try later” category. This technology is key to establishing new comfort zones in online learning and providing effective instruction to students. This workshop series provides instructional tools that help participants create their desired online or blended learning environment. Cost: \$ 399.00 (entire workshop). For more information and/or to register, access the NISOD Workshops Page here.</p>	5 hours
				






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Module 1—Nov 06 Module 2—Nov 13	10:00AM- 11:30AM	Webinar	<p>NISOD VIRTUAL WORKSHOP SERIES: Exercise Toolkit for Virtual Interactive Teaching and Learning. During this two-part workshop, participants practice a series of exercises that can be used in remote teaching to engage students in interactive learning and exploration. The workshop helps faculty build a sense of community within the classroom and emphasizes dialogic approaches to teaching the whole student and engaged learning. Participants gain hands-on experience practicing the exercises and leave the workshop ready to bring new approaches back to the classroom. Together with the facilitator, participants consider questions, additional remote teaching ideas, and key take-aways from the two sessions.</p> <p>Cost: \$ 300.00 (entire workshop). For more information and/or to register, access the NISOD Workshops Page here.</p>	3 hours
Module 1—Nov 10 Module 2—Nov 17	11:00AM- 1:00PM	Webinar	<p>NISOD VIRTUAL WORKSHOP SERIES: Tiny Habits of Student Success. One size does not fit all! Understanding human behavior is key to designing and creating habits for student success. During this workshop, participants focus on behaviors that have the biggest impact on creating successful learning experiences. Participants learn and apply a simple and empirically proven method of behavior change that creates a powerful learning environment. They also learn the power of habit design and a step-by-step process for creating tiny habits. In addition, participants create actionable habit recipes applicable to students, faculty, and staff. Cost: \$ 300.00 (entire workshop). For more information and/or to register, access the NISOD Workshops Page here.</p>	4 hours
November 20, 2020	11:00AM- 2:00PM	Webinar	<p>NISOD VIRTUAL WORKSHOP SERIES: The Hidden Learning Disability of Anxiety, Stress, and Trauma: Science and Strategies for Improved Learning. Mental health issues are becoming a crisis in education due to the effects of the pandemic. In addition to impairing physical health, anxiety, stress, and trauma make it harder for students to do higher-order thinking, focus, regulate emotions, get to class, budget time, and complete projects. But you can help! Workshop participants learn how to reduce these obstacles to achievement, whether they're teaching in-person or online. Cost: \$ 249.00. For more information and/or to register, access the NISOD Workshops Page here.</p>	3 hours



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December 2020	NA	Online	 <p>SAFECOLLEGES TRAINING: Online. December Suggested Session: “Browser Security Basics.” Session: (located within the “<i>Information Technology</i>” Category). Participate in this online training and gain an understanding of browser security and ways to browse the web safely. Use your Vernon College e-mail to login, select “Extra Training” arrow, select the “<i>Information Technology</i>” category, select “Browser Security Basics,” and complete the course! Print your certificate! Appropriate for all employees! Log-in here to get started!</p>	1 hour
Module 1—Dec 04 Module 2—Dec 11	1:00PM- 2:30PM	Webinar	 <p>NISOD VIRTUAL WORKSHOP SERIES: Addressing Faculty Anxiety. Are you experiencing trouble concentrating? Are you struggling to regulate your emotions or experiencing sleep disturbances? These behaviors are normal reactions to high stress and trauma. Unfortunately, it’s easy for your brain to form pathways in response to anxiety, stress, and trauma. The more these pathways fire, the more likely they are to fire again and become “hardwired.” It’s important to rewire these pathways into feelings of calmness, resilience, and happiness. Cost: \$ 300.00 (entire workshop). For more information and/or to register, access the NISOD Workshops Page here.</p>	3 hours

