

| Presenter | Topic | Description | Room |
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| Kim Grewe | Using Google Apps to “Brighten” Your Blackboard Site | “Using Google Apps to ‘Brighten’ your Blackboard Site” is intended mostly for faculty who want to use the tools available through Google to make their Blackboard class sites “shine”. Administrators and staff may be also interested in learning how Google Apps can brighten any organization’s communication and collaboration. Learn to manage your Gmail more effectively, how to use Google Docs to create documents, spreadsheets, and forms. See how easy it is to use Google calendar to keep you and your students more organized within your course. See a demonstration of voice and video Google chat, a great tool for virtual office hours. | |
| Chris Pfautz | Managing Behavioral Risks Threatening | With the growing concern for mental health issues on most college campuses, JTCC has implemented a Threat Assessment Team. The Team is a multidisciplinary group responsible for evaluating and managing risks associated with behaviors which may pose a threat to the campus community’s safety. The Team includes representatives from student services, security and human resources. The Team is charged with addressing all reported behavioral or mental health incidents involving students, faculty, staff, or visitors which occur on a JTCC campus or site (including email, blogs, and blackboard postings). | |
| Sharon Buckner | Relax The Stress Away! | Are you feeling stressed at work and /or at home? Does Techno-stress get the best of you? Having trouble balancing your work and personal life? Is your stress affecting your sleep, your health and your relationships? This workshop will give you the techniques to help you relax and restructure your day to help reduce or eliminate the accumulative affects of stress. Participants will get a chance to learn and practice micro-stress break techniques such as deep breathing, visualization and simple meditation. The workshop will conclude with ideas for developing a healthy personal relaxation plan. HAAAAAA..... I hope you are feeling relaxed already! | |
| Susan Perry | You deserve a (Stretch) Break Today! | Do your shoulders and neck ever get tense at work? Do you often get tired or drowsy or experience that afternoon slump while you work? This session will explain the importance of brief stretch sessions throughout the day to improve energy and production. Such stretches will also help lower stress and improve morale leading to a healthier administration, faculty, and staff. While we will demonstrate and practice the stretches, you won’t need any special clothes or equipment; they are designed to be done briefly in regular work clothes! | |

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| Edward O. Watson | Environmental Sustainability: If not now, when? | The Chancellor recently appointed a Task Force to investigate opportunities for the VCCS to become more environmentally sustainable. This task force has completed its investigation and is preparing to present its findings to the State Board for Communities Colleges. This report targets academics, work force, facilities and operations. | |
| Linda Jilk | E-Mentoring, Global Engagement through Technology | The Peacework Global E-Village is an innovative technology-based strategy for social change that connects the community college classroom with a school or community group in the developing world. E-Village projects engage community college faculty and students and partner villages in internet-based collaboration and programming in response to economic development and educational needs identified by the village. Year one of this new strategy for integrated economic development will take place in Belize City. Future plans include expansion of the E-Village model throughout the developing world. | |
| | | In this session, we'll discuss how E-Village projects can connect with courses and provide your students with the opportunity to apply new course-related skills and knowledge to a global setting. You'll learn more about project possibilities and cost, and about the successful pilot E-Village project completed by Patrick Henry Community College's Early Childhood Development Department. The Peacework E-Village brings together people from a variety of disciplines and across different cultures to share resources, knowledge, and insights for Internet-based projects. Won't you join us? | |
| Don MacNicoll | WRAP: A Support Program for Veterans in our Community Colleges | The Wellness Recovery Action Plan (WRAP) assists veterans in our community colleges who have suffered from the devastating trauma of war and are now returning from combat in Iraq and Afghanistan to education, jobs, and society. The program assists veterans by developing a plan for mental and physical health and how to identify specific, trusted sources of emotional and psychological support. This presentation will explore the need among veterans for this kind of support, how WRAP complements existing services for military veterans, how this program is structured and conducted, and the potential benefits to the veteran and to the community college. The director is the Don MacNicoll, a 30-year veteran of the United States Air Force, United Methodist minister, and certified mental health educator. The program is sponsored by College & Community, Inc. and has approval of the Virginia Community College System. The pilot program was successfully conducted this spring at Tidewater Community College in Virginia Beach. | |

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| Kimberly Pond | "Aroma-Flex . . . A Nurturing Touch | The marriage between Reflexology and Aromatherapy is unique with long lasting effects. First we'll explore the fascinating science of foot, hand and ear reflexology, doing hands on techniques. We then move on to the ancient medicine and beauty of essential oils, learning how to correctly blend for safe use. Finally, we will marry them into a "nurturing touch" providing the basics of both reflexology and aromatherapy so that you are comfortable and on your way to enhance and nurture your Health, Lifestyle and Peace of Mind. You will make a custom blend to take with you and receive a handout of useful information. | |
| Crystall Newell & Judy Nevin | Information for Everyday Life | Information for your everyday life presents search skills and techniques to make your everyday interactions with information more efficient and more satisfying. Presenters will discuss types of information, search strategies, evaluating websites and advanced features in Google. Topics covered will be appropriate for work and personal use. | |
| Kelly Goscinski & Ashley Leslie | Go Gaga Over Google Docs | "Google Docs is a free, web-based word processor, spreadsheet, presentation, and form application offered by Google. It allows users to create and edit documents online while collaborating in real-time with other users." It is part of Google Apps which all VCCS students, faculty, and staff have access to. During this workshop, we will explore Google Docs, how to access it, its sharing capabilities, and its application inside the classroom and out. Although we will address its use instructionally, we will also look at its use for staff and administrators. | |
| Craig Herndon | The Virginia Education Wizard: Expedia® Meets Higher Education | Imagine searching for educational offerings and careers as easily as you searched for your last vacation. Come learn how the Virginia Education Wizard will provide comprehensive, individually-tailored, quality information on admission, advising, financial aid, student transfer, and career development opportunities at Virginia's Community Colleges in an easy to use format. The presenter will briefly describe the development of the Wizard, and then give a demonstration of some of the tool's key functionality. | |

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| Jim Cole | The Art of Communication in the Math Classroom | Math class, <i>any math class</i> , can be a fun and interesting class for the professor and for the students in the classroom. It can and should be a class that both look forward to attending. However, it is up to the professor to make it fun and interesting. This session will focus on the instructional methods available to the professor that will boost student comprehension and create an atmosphere where his/her students actually want to learn. It will show participants how to take black and white boredom of the textbook and present it in a fashion that will enhance both student interest and student learning. | |
| Wil LaVeist | "Coping During Tough Economic Times" | These are tough economic times. More than 5 million Americans and counting have lost their jobs since 2008 and signs of a turnaround remain far off. Unemployment leads not only to loss of wages, but can also lead to low self-esteem and battered relationships. Mr. Wil LaVeist knows what this pressure and pain is about. He was brutally fired in 2006 unexpectedly, only six months after relocating his family. But a shocking firing is often the catalyst that redirects your career toward your true destiny. Mr. LaVeist turned his crisis into a book, "Fired Up" that is helping others to cope and come back in tough times. Mr. LaVeist shares the 4 steps to coping with any major crisis, such as a job loss. He offers vital tips on dealing humanely with people who are facing a major crisis. Through his personal insights rooted in journalistic research, Mr. LaVeist empowers people to embrace their tough <u>circumstances in order to come out on top.</u> | |
| Cheryl Thompson-Stacy | Breaking the Glass Ceiling | Description – this session will focus on strategies for leadership development and moving up the career ladder. Tips on how to make yourself an even greater asset to your institution along with strategies for career advancement will be discussed. In addition, information on improving your self-negotiation skills and lessening the salary gap between male and <u>females will also be addressed.</u> | |
| Dave Urso | Putting the "ME" in TEAM | In a time when most state employees are being asked to do more with less, our ability to work together with one another is more important than ever. This session emphasizes strategies for working with other professionals within and across units and challenges participants to think critically about how they as an individual are contributing to the <u>success of the group as a whole.</u> | |
| Dave Urso | Dealing with Difficult People | Each of us has difficult people in our lives that we have no choice but to partner. Working with these people can be quite stressful, but finding paths to work with them successfully is incredibly rewarding. This session focuses on sharing everyday strategies to diffuse difficult people and strengthen work relationships. | |

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| Dave Urso | Reflecting Your Way to a Brighter Tomorrow | Session addresses the importance of looking within to find personal leadership and professional peace. Outcomes included strengthened motivational skills, approaches to goal setting, and the importance of living a balanced life. | |
| Jennifer Schaefer | Writing Across the Curriculum: Tips to Try Tomorrow | There is a daunting amount of Writing Across the Curriculum information available, and no one denies the value of writing or its connection to critical thinking. It is definitely nothing new. However, many faculty members still haven't included writing exercises in their classrooms. They either don't know where to start or can't spend the time to search the vast number of resources for ideas that can be easily implemented. | |
| | | This presentation gives you a very brief overview of many different writing assignments that can be tailored to your discipline and/or your teaching style. Most will NOT increase your grading workload, and some may even lighten it. Let your students benefit from writing to learn! | |
| Stephen Lovett | Student Behavioral Health: Increasing Student Productivity & Campus Safety | This highly interactive workshop will examine the serious and delicate issues facing college students today. We will assist the school with identifying and providing the necessary referrals for those students in need. The session will also provide information on Critical Incident Stress Debriefing (CISD), with a focus on exploring ways to communicate in crisis situations. we will describe the process of developing a proper community and provider networks to assist in follow up for crisis and individual situations | |
| Chad Patton | Differences Between Rural, Suburban, and Urban Students Within the VCCS | Community colleges receive funding based in large part to the number of students they serve. Understanding why students choose to attend a particular community college could offer the college's administrators insights to guide recruiting and retention efforts. Now more than ever it is in the college's best interest to use their resources wisely and focus on the issues which attract students to enroll and encourage their continued attendance in the institution. It is also important to understand student's perceptions of the education and services they are receiving at their institution. | |
| | | While much research centers on student recruitment, retention and success a need exists to replicate the study within the VCCS taking into account the variables of rural, urban and suburban localities. Researchers studied student perceptions on college affordability, persistence, and college choice, comparing and contrasting students' perceptions based on the type of college they attend at three different community colleges across the VCCS. | |