



VALENCIA COLLEGE **LEARNING DAY 2021**

LEARNING SESSION 2 **12:00 – 12:50 p.m.**

B1. Hand Lettering + Strategies in Teaching Visual Arts Online Part 1 of 2

Presenters: Amanda Kern, Kristy Pennino

Track: Personal Development

Zoom Link: <https://valenciacollege.zoom.us/j/93190129645>

Join this creative session with Kristy Pennino and Amanda Kern as they share tips in learning a variety of hand lettering techniques. This creative session is anticipated to be therapeutic and fun as you are introduced to techniques in hand lettering and explore learning how to brush letter, calligraphy, decorative lettering along with a variety of processes and examples to help you begin or advance your journey in hand lettering. Throughout their session they will also share strategies in teaching a visual arts course online to share ways faculty can teach visual art classes more effectively online.

Recommended supplies and resources for this session:

https://docs.google.com/document/d/1vPFO2u_wy1MfCXKIAOb1Fv7iYKiUNyVYHOZ3DcWd7H8/edit

B2. QPR [Question Persuade Refer] Gatekeeper Training Part 1 of 2

Presenters: Tullio Bushrui, Remy Ansiello, Fontella Jones

Track: Wellness

Zoom Link:

<https://valenciacollege.zoom.us/j/92383133105?pwd=YnhPcFFjNVp0b3hQR2JORzRraTEvUT09>

This is a part one of a two part session.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide. These trainings are essential in establishing awareness and recognition of the warning signs of suicide, as well as resources around suicide prevention.

B3. Transfer Advocacy for Valencia Students

Presenter: Mark Poisel

Track: Adaptability and Change

Zoom Link: <https://valenciacollege.zoom.us/j/94670241547>

This session will provide participants with an overview of the work being done at the National Institute for the Study of Transfer Students (NISTS). The presenter will share important strategies for supporting transfer students.

B4. The Virtual Answer Center, Est. April 2020: Collaborative Leadership during a Pandemic

Presenters: Nicholle Trapp, Lauren Zanders, Lateshia Martin, Mary McGowan

Track: Adaptability and Change

Zoom Link: <https://valenciacollege.zoom.us/j/99304750241>

On April 1, 2020, the Virtual Answer Center opened to serve current and prospective students. This was only possible with the collaboration of Student Services Managers, Student Services Directors, Campus Deans, Atlas Lab Coordinators, Financial Aid Assistant Directors and front-line staff from across the college. Utilizing the Zoom platform, Student Services Advisors have been able to mirror the face-to-face services typically provided on campus. In this session, we'll share our best practices for operating a virtual service center and how we continue to keep our teams engaged, informed and connected.

B5. Acceptance and Cultural Change in the LGBTQ+ Community

Presenters: Jen Danilowski, Jon Taylor

Track: Equity and Inclusion

Zoom Link: <https://valenciacollege.zoom.us/j/91803934829>

A historical perspective of the experiences of the LGBTQ+ community, future directions, and contemporary resources both within the community and Valencia.

B6. Closing the Achievement Gap for Black Males

Presenter: Melvin Middleton

Track: Equity and Inclusion

Zoom Link: <https://valenciacollege.zoom.us/j/96235635533>

With the most recent data for first time in college students at Valencia indicating that Black males are graduating at a rate of 21%, the college is faced with the challenge of identifying how it will support this demographic in order to meet its goal of a 50% graduation rate for all demographics by 2030. This session will:

1.) explore how Black Male Initiatives at institutions are working to improve educational outcomes for Black men

2.) provide a space for a conversation on what Valencia is doing and what more it can do to improve educational outcomes for Black males.

- B7. Building Safe Spaces: Practicing the Principles for How We Treat Each Other in Course Curriculum**
Presenters: Nicole Valentino, Mollie McLaughlin
Track: Equity and Inclusion
Zoom Link: <https://valenciacollege.zoom.us/j/96331147968>
Have I ever avoided discussing a valuable topic in class because it is too controversial? How can I facilitate critical conversations in my course despite feeling a little uncomfortable? Learn how to build rapport and create safe spaces for open dialog using the Principles for How We Treat Each Other.
- B8. Demystifying Work-life Balance: Is it Balance or Harmony You Are Seeking?**
Presenter: Anitza San Miguel
Track: Personal Development
Zoom Link: <https://valenciacollege.zoom.us/j/99337165618>
Today, many people lead hectic lives in their quest to achieve the always challenging balance between work and personal time. This balance may not be achievable for some. Perhaps, it is because it is unrealistic. What we need is harmony, not balance. In this presentation you will learn strategies to finding harmony and insightful information to help you create the life that you want in a harmonious way.
- B9. Writing in Your Own Voice**
Presenter: Christopher Brown
Track: Personal Development
Zoom Link: <https://valenciacollege.zoom.us/j/94968195856>
College courses usually ask students to read and write in a voice that doesn't sound like their own. Some of us may have become comfortable speaking and writing in 'Standard Academic English', but what about your own voice? Think about your family, upbringing, code-switching, accents and more as we workshop writing by ear. This workshop is for writers and readers of all levels and genres!
- B10. Developing a Daily Peace Practice**
Presenter: Paul Chapman
Track: Personal Development
Zoom Link: <https://valenciacollege.zoom.us/j/92700802991>
Great peace leaders of the past thought of nonviolence/peace as a way of life. They committed to working on the values and skills of peace every day. Gandhi supposedly said, "There is no way to peace. Peace is the way." The goal is not perfection but rather learning how to practice peace with a sustained effort that endures through repeated failure and success.
What you do on a daily basis that nurtures the better parts of your humanity? This workshop will explore how to develop and sustain a daily peace practice.

B11. Effective E-mail and Canvas Communication with Students

Presenters: Ramon Velez, Sonia Casablanca

Track: Personal Development

Zoom Link: <https://valenciacollege.zoom.us/j/7227635768>

This session is intended to help faculty and staff learn to use e-mail more effectively when communicating with students. It may help faculty and staff determine whether email is the best method of communication in a specific situation, and write emails which effectively convey their meaning to students.

B12. RTV (Real Talk Virtually) about RTV (Real-Time Virtual)

Presenter: Al Groccia

Track: Remote and Virtual Technologies

Zoom Link: <https://valenciacollege.zoom.us/j/93086128346>

In this presentation I will facilitate a conversation about RTV (Real-Time Virtual). The goal is to inform about RTV, discuss opportunities and challenges with RTV, and share best practices in this new modality. The presentation is for those who have taught in the modality of RTV (Real-Time Virtual) and those who are interested in learning about it. We will discuss best practices such as cameras on/off, recording class meetings, and other RTV concerns such as, What if a student is wearing a bathrobe?, What if a student's cat is attending class? and more.

B13. Enhancing Virtual Learning with Camtasia

Presenters: Anne Ross, Stephen Stull

Track: Remote and Virtual Technologies

Zoom Link: <https://valenciacollege.zoom.us/j/97484900010>

This session will demonstrate the Camtasia screen recording and editing application. The application allows users to record their screen actions with audio as well as use the video camera to produce professional-quality tutorials and learning aids for students. The end product may be uploaded to the web on services such as youtube for easy access by students.

B14. Playing Games at Work

Presenter: Daniel Barkowitz

Track: Remote and Virtual Technologies

Zoom Link:

<https://valenciacollege.zoom.us/j/91326499294?pwd=YjZuUVlGZ1U4Y3hqVFkramlnQyt5Zz09>

Work is hard. Work during the pandemic can be all-consuming, and serious business. So what do you do to celebrate and play with staff? Join us as we review some games that I have used in Financial Aid Team meetings to encourage team building. Examples for you to take back to your team will be provided as well.

- B15. Collaborate, Curate, Communicate: Creative Uses of LibGuides In and Out of the Classroom**
Presenters: Regina Seguin, Beth King, Devika Ramsingh, Lily Dubach
Track: Remote and Virtual Technologies
Zoom Link: <https://valenciacollege.zoom.us/j/91041480604>
Join us for this introduction to the many uses of LibGuides, a software that allows librarians to create web pages of library and free resources. Learn how librarians have leveraged the LibGuides platform to support a wide range of courses, programs, organizations and initiatives at Valencia. Session is open to all employees.
- B16. Google Docs: How to Word Process in the Cloud**
Presenter: Robert McCaffrey
Track: Remote and Virtual Technologies
Zoom Link: <https://valenciacollege.zoom.us/j/93588317047>
Google offers a set of office productivity products that you can access from your web browser, but mastering the tools can be tricky if you are used to traditional word processing software. This session will give a brief overview of cloud computing and offer practical tips on how to use the Google word processor, Google Docs.
- B17. Adaptability and Change ODHR Roundtable**
Presenter: Chanda Postell
Track: Roundtable
Zoom Link: <https://valenciacollege.zoom.us/j/93812032239>
How are you dealing with working from home with your new co-workers? (children, pets, parents, siblings, etc)
- B18. Reducing Food Waste in the City of Orlando**
Presenter: Brittany McPeak
Track: Sustainability
Zoom Link: <https://valenciacollege.zoom.us/j/94468197375>
Overview of the City's programs and pilots that aim to prevent food waste from entering our landfill through food waste prevention messaging and education, food recovery, and food waste recycling. This will include an explanation of the many ways food waste is detrimental to our health and the health of the environment.
- B19. Urban Agriculture and Hydroponics: Growing Needs, Responsive Research**
Presenter: Hannah Wooten
Track: Sustainability
Zoom Link: <https://valenciacollege.zoom.us/j/94919692389>
Florida produces the second highest value of vegetables in the entire US, and agriculture is the second largest industry in the state. Florida is also the third most populated state and continues to urbanize. Globally, the population is expected to increase from 7 billion to 10 billion by 2050, and almost 1 billion people are currently hungry. A great question remains, with more people living on land that was once agriculturally productive, where will the food be produced to feed those people? Today's students will seek tomorrow's solutions.

B20. College Idea Session: Brainstorming

Presenters: Katie Tagye

Track: Sustainability and Community Building

Zoom Link:

<https://valenciacollege.zoom.us/j/91411028753?pwd=b2M0TVdxaHBJRTJCT3p5dHRDbC9mZz09>

This session will give participants an opportunity to share ideas around how we can improve in order to better help students meet their goals. This session will include a creative warm up, large group collaboration, and smaller group idea generation.

B21. Self-Care Talks: Why it's important and How to Start

Presenters: Jessica Langone, Lisa Clousing, Carlos Gonzales

Track: Wellness

Zoom Link: <https://valenciacollege.zoom.us/s/93086215365>

This session will be a self-care talk. We will watch a self-care ted talk, having a wellness check in and short discussion about the video, doing a self-care wheel activity, and show a short comedy video about self care (Even superman needs a day off). We are also going to be sharing self-care and wellness resources that session participants can access after the session is over.

B22. Pathway to Becoming a Certified Mindfulness Teacher

Presenter: Marcia Roman

Track: Wellness

Zoom Link: <https://valenciacollege.zoom.us/j/99081024828>

Interested in incorporating Mindfulness into your curriculum to improve students' living and learning outcomes, but unsure of how to do that? This session will include how and why you might incorporate mindfulness and meditation skills into your curriculum, and (certification) pathways to learn how to teach Mindfulness and Meditation skills.

B23. Stress(ED) Management

Presenters: Rhonda Atkinson, Paula DaSilva

Track: Wellness

Zoom Link: <https://valenciacollege.zoom.us/j/93542586165>

After 2020, everyone is stressed! This session will help participants assess their current level of stress, identify definitions of stress, and provide resources and suggestions for stress management and relaxation.

B24. Are There Health Benefits to Intermittent Fasting

Presenter: Ron Owens

Track: Wellness

Zoom Link:

<https://valenciacollege.zoom.us/j/99311939858?pwd=MVJWREVoalh2a2JvVS9pTWNnWmYzQT09>

We will explore the concept of intermittent fasting; the theories, science and application of who, when and how it works.

B25. Mental Health First-Aid Kit: Five Signs of Emotional Distress

Presenters: Tanner Anthony, Natali Shulterbrondt

Track: Wellness

Zoom Link:

<https://valenciacollege.zoom.us/j/96240953627?pwd=ck5ZenFMeXZaMTNHVTBsMIU0dzJqUT09>

Prior to working remote, Osceola Counselors visited sections of New Student Experience to teach students how to manage stress, recognize when others may be in distress, and how to get help for themselves and others. Recognizing the importance of this especially during the high-stress year that was 2020, the Counseling Team transitioned their program online to a Canvas module for faculty to directly import into their courses. In this session learn about how this module can be incorporated into any class and how you can equip yourself and students with a basic set of mental health first-aid tools.

B26. Understanding Your Health Insurance: Saving Money with Your Health Care & Wellness

Presenter: Tom Keller

Track: Wellness

Zoom Link: <https://valenciacollege.zoom.us/j/99061561587>

Understanding benefits especially health insurance is a challenge. Most of us don't think about our insurance until we're faced with health issues or an illness. Learn how you can have a better understanding of your UnitedHealthcare insurance and how to best utilize it in the most cost efficient and advantageous way. You have the opportunity to save money and get the most out of your health care simply by using the right tools, knowing your insurance plan, and choosing the right providers.

B27. Roadmap for Reopening Townhall

Presenters: Amy Bosley, Paul Rooney

Track: Adaptability and Change

Zoom Link: <https://valenciacollege.zoom.us/j/99830555521?from=addon>

Join Vice President of Organizational Development and Human Resources Amy Bosley to learn more about our Roadmap for Reopening plans. This will be a town hall to get answers to questions and information specifically addressing on-site and remote operational procedures and protocols.

B28. Caring for Elders

Presenter: Cathy Richards, Optum EAP

Track: Wellness

Zoom Link: <https://valenciacollege.zoom.us/j/94440028079>

This course aims to educate on all facets of ageing and caring for those who are ageing. Using interactive exercises to engage the participants, this course prepares us for our own eventual ageing as well as caring for our parents and others. Symptoms and behaviors of those who have dementia are explored and warning signs, coping strategies, and safety tips are considered. Finally, it is stressed that no matter what, it's always important to take care of yourself, too.

B29. Environmental Issues and Solutions in Central Florida

Presenter: James Adamski

Track: Sustainability and Community Building

Zoom Link:

<https://valenciacollege.zoom.us/j/96312957746?pwd=QklqMINiamc1ZUJKRnJiYkJuRGxJZz09>

Ground-water depletion, habitat loss, and invasive species are three of the major environmental issues affecting central Florida. Ground water, our main source of drinking water, is being used at a much faster rate than its being replenished. Development and non-native plants reduce habitat for wildlife. Conservation practices, native landscaping, and protecting the wildlife corridor can help reduce these issues.

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