If we are to encourage our students to bring themselves more fully into the classroom, to be there not just as students but as human beings, with all the complexity that entails, we have no choice but to show up too.

-Contemplative Pedagogy Network

The purpose of this event is to provide an introduction to some contemplative practices to help balance our busy lives. This day is an opportunity to nourish ourselves both intellectually and holistically, to explore mindful wellness practices for self-care. When we take care of ourselves, both mentally and physically, we provide an example for our students as well.

STUDENT SUCCESS IS ROOTED IN FACULTY SUCCESS.

In the CTLE, we see faculty success as a holistic whole-person inclusive daily practice. We hope some of the things we practice and learn today will help all of us build a self-care practice throughout this and future academic years.

MAP OF ALC 4TH FLOOR

This event was created in loving memory of our beloved friend and colleague Suzie Fairman, who inspired all of us to focus on mindful self-care.
Finding the perfect textbook for your course can be stressful. We’ll start with broad patterns that help reduce the stress of the digital environment. Please bring a laptop so you can participate with us.

The process of reflection allows learners to make sense of their experiences and designing reflective exercises requires educators to consider where, when, and how the reflection will occur, and to think about what type of media (text, audio, images, video) will be used to document and make it visible.

Making reflective practice visible with Digital Storytelling
Kenneth Foster, School of Medicine
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Preserving time and peace: patterns and paths in Google products
Tom Woodard, ALTLab
Digital environments can be overwhelming and stressful. We’ll start with broad patterns that help reduce the stress of the digital environment. Please bring a laptop so you can participate with us.

Detox your textbook with OER
Hilary Miller & Jessica Kirschner, VCU Libraries
Finding the perfect textbook for your course can be stressful. It may be mismatched to your syllabus, have outdated examples, lack ancillaries, or be too expensive. Open Educational Resources (OER) are free to access and customizable, presenting a unique avenue to eliminate this stress.

Feng Shui course design lab
Faculty development support available
This is an open collaborative space to meet other faculty, work on something for your course, or to work individually with an instructional consultant. Tea will be available.

Tai Chi & self-care
Lisa Phipes, Institute for Women’s Health
Coming from a Chinese Martial Art, Tai Chi has become an increasingly popular way to participate in mindful movements. In this session, we will explore movements and breathing techniques used in Tai Chi and their health benefits.

Social Space
This is an open collaborative space to meet with other faculty, have a cup of tea, have a small snack, socialize, or to brainstorm implementation of a learning session.

Relearn to relax
Mike King, CommonHealth
Relearn to Relax: CommonHealth’s Guide to Meditation and Mindfulness for the Busy Beginner – This program offers tips on how to slow down and get some real mental and physical health benefits through meditation.

Reclaim your weekends
Kim Case, Director of Faculty Success
Too frequently we find ourselves burning the candle at both ends: working on the weekends, missing deadlines and feeling overwhelmed by competing priorities. Reclaim your weekends by recognizing procrastination traps, organizing your time in a mindful way, and creating a productivity plan for the upcoming semester.

Mindfulness in the classroom
Elizabeth Bambacus, Strategic Enrollment Management
Mindfulness is about learning to train your attention to the present moment without dwelling about what has happened in the past or worrying about the future. This session will explore the self-regulation and anxiety reducing benefits of a mindfulness practice you can try in your own classroom.

Universal Design for Learning participant panel
Facilitated by Tim Davey, Faculty Affairs
In this panel discussion, participants of the National Center for Faculty Development and Diversity’s Faculty Success Program will discuss their experience with the program and share ideas and actionable outcomes.

Hypnosis, therapy, mindfulness, wellbeing
Evan Cameron,
In this session, you will get a quick introduction to the theories that guide hypnosis and an array of techniques and practices that you can take with you.

Values affirmation and professional identity
Jean Bailey & Katherine Henderson, School of Medicine
Affirming the values that support our behaviors can reduce stress and increase perseverance. In this session, we’ll complete a values identification exercise and link them to the characteristics of our professional identities.

The “ripple effect” of mindfulness
Mia Laidus, The Well
This workshop will give you tools to incorporate mindful practices in your workplace, with students, and in your personal life. It will discuss the benefits of how making small, intentional changes, can create a great impact on your overall health and well-being.

Mindfulness meditation
Elizabeth Bambacus, Strategic Enrollment Management
In this session, you will be guided through a mindful meditation practice, focusing on breathing, bodily awareness, and letting go of intrusive thoughts. Then together we’ll share the benefits of a regular contemplative practice on stress reduction, health improvement, and overall well being.