

LINDENWOOD

U N I V E R S I T Y

LEARNING ACADEMY



CONTENTS

Fall 2022 Course
Catalog

Atomic Habits

LinkedIn Learning

Bounce Back from
Burnout

Faculty Welcome Week

Faculty Focus

Teaching Tech
Presenters

Professional
Development
Opportunities

Learning Academy Fall 2022 Course Catalog

Interested in learning what development opportunities are in store for the fall 2022 semester? Check out the [fall 2022 course catalog](#)! With the help of our marketing team, this catalog was created to give you a snapshot of the events and trainings that lie ahead. Scroll through the opportunities and register for the sessions that interest you! If you have any questions, please contact the [Learning Academy](#).

FACULTY AND STAFF PROFESSIONAL DEVELOPMENT

FALL 2022

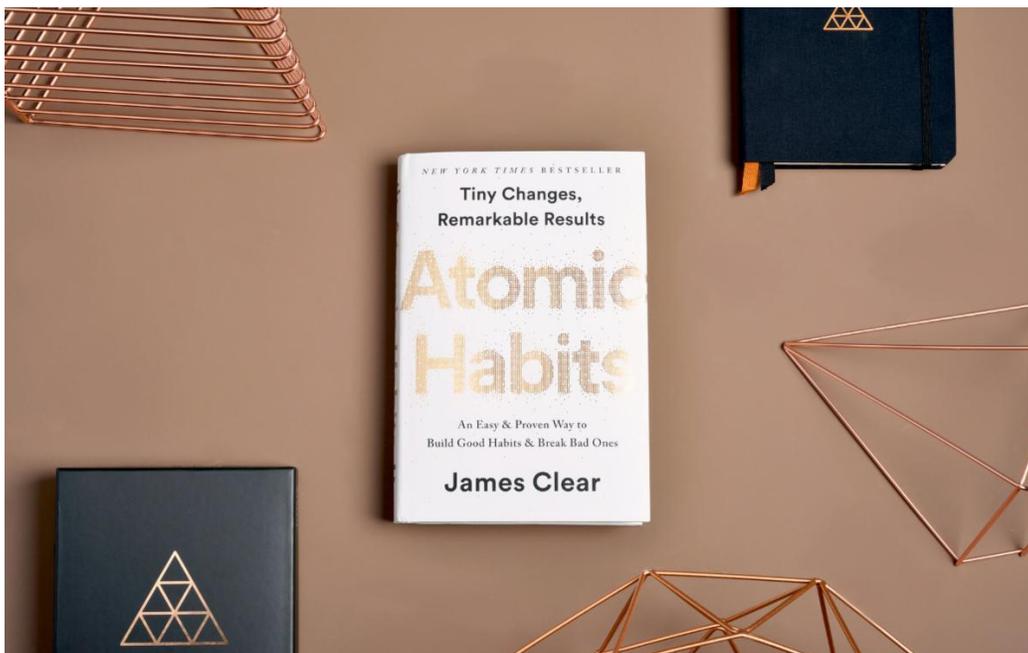


LINDENWOOD.EDU
REAL EXPERIENCE. REAL SUCCESS.

LINDENWOOD
UNIVERSITY

Atomic Habits – Summer Learning Opportunity Recap

This summer, the Learning Academy led a group of faculty and staff through James Clear's book, *Atomic Habits*. Many of Clear's examples focus on one of three themes: *financial habits*, *healthy life(style)* and *lifelong learning*. Clear says that "Some people wait their entire lives for the time to be right to make an improvement." And "Small habits helped me fulfill my potential." He's making the point that you can get started with small changes at any time, rather than waiting for the perfect moment. Have you ever found yourself in the perfect moment trap? What habit are you looking to break or implement into your life? Consider using Clear's [30 Days to Better Habits Workbook](#) to get started.



Dana Moore, Director of Community Standards and Conflict Resolution, participated in this development opportunity, here are a few of her takeaways:



1. A small shift in your daily habits really does create a change.
2. The easier the shift, the more likely you will stick with the change.
3. Making a change obvious definitely makes it easier for you.

Dana went on to say, “Participating in the Atomic Habit by James Clear reading group was an opportunity to learn about myself in a different way. Also listening to others challenges you.” We thank all those that participated in this study and look forward to hearing more about your journey to increasing the good habits in your life. For more development delivered straight to your inbox, sign up for this [30-day lesson email course](#) straight from the Clear’s website.

LinkedIn Learning

[Leading without Formal Authority](#)

Leadership isn't just a skill for managers. Demonstrating leadership is important for employees at every level of an organization. There are opportunities to lead every day, whether you hold a formal leadership position or not. In this course, leadership and personal development experts Lisa Earle McLeod and Elizabeth Lotardo outline how individual contributors or SMEs can exhibit leadership by influencing, inspiring, mentoring, and motivating others. They also help you overcome unique challenges such as how to communicate when you think your boss or team is headed in the wrong direction.

Bounce Back from Burnout

Staff and Academic Administrators Can Help

Burnout has become a buzzword over the past several years, but what is it really? The Mayo Clinic defines burnout as a state of physical, emotional, or mental exhaustion combined with doubts about one’s competence and work value. According to a 2021 survey from the global staffing firm Robert Half, more than 40% of employees feel more burned out in their jobs today than they did a year ago.

But there is good news! Managers can be instrumental in helping their employees recover and bounce back from this state of exhaustion and doubt. Udemy business suggests managers must first identify burnout and its specific causes within their teams, while also addressing it and taking care of your own mental health. To learn more about how to address burnout within yourself and your team, [click here for a development toolkit](#).



In partnership with the National Alliance on Mental Illness (NAMI), the Learning Academy will be hosting in-person sessions on mental health led by Jessie Brown, Director of Programs, NAMI St. Louis.

Mental Health Is Health!

Date: September 20

Time: 1 - 2 p.m.

Location: Lindenwood Learning Academy, LARC 009

In this presentation we will discuss information about warning signs for mental health conditions as well as suicide, facts and statistics, how to

start the conversation with your student or someone you care about, and specific steps to take to find support on campus and in the community.

Self-Care Isn't Selfish

Date: September 27

Time: 1 - 2 p.m.

Location: Lindenwood Learning Academy, LARC 009

Join us to learn more about the importance of take care of your mental health and self-care strategies that can be used to reduce stress!

Register today!

Faculty Welcome Week

Teaching Strategy Round Up

During Welcome Week, faculty members exchanged several excellent teaching strategies that align with the RISE Project pillars during various events and workshops. Two common topics of discussion were our desire to promote a growth mindset in our students and the need for authentic, lively, and engaging discussions. Below you will find a few interesting strategies shared by our Lindenwood colleagues throughout the week for achieving both of these goals.

Discussions

- Jigsaw Discussions involve all students in class discussion and engage them in deep learning on course topics. [This video](#) from Harvard University's Graduate School of Education offers an overview of the method and how best to implement it.
- Video or audio discussions are a great way to connect with your students and increase your instructor presence in online courses. Students can record and upload videos to

their discussion posts in Canvas or you can also use a platform like [Flip](#) or [Padlet](#).

- Through your course discussions, try to emphasize how the topic of your courses can benefit students' lives or careers beyond the conclusion of the semester or how it connects to crucial current issues in our communities and across the globe.

Promoting a Growth Mindset

- Discuss the concepts of fixed and growth mindsets with your students and encourage them to think of success as something that can be achieved through effort rather than being determined by innate abilities. Help your students to understand that failure is not an indication that they are incapable of success, and instead try to frame failure as an opportunity for learning and growth.
- Incorporate metacognition in your courses by asking students to reflect on what they have learned, how they have learned, and how they can continue to grow. Strategies like the [3-2-1](#) exercise or an [exam wrapper](#) help students reflect on what and how they learn.
- Metacognition can also be embedded in your course through discussions and individual reflections. Ask students to set goals for their learning or skill development at the beginning of a course and have them revisit those goals periodically through discussions or journals.



Many faculty members shared excellent teaching strategies during Welcome Week, but special thanks are due to Melissa Elmes, Mitch Nasser, Meri Marsh, and RISE Scholars Megan Woltz, Ana Schnellman, Emilie Johnson, and Javeria Farooqi for suggesting the strategies described here.

Strategies from *Faculty Focus*

Formula-Work-Answer-Explanation: A Strategy for Teaching Word Problems

Ruby Evans wrote a recent article for *Faculty Focus* on a strategy that can be used to teach students to solve word problems. This four-step process offers a methodical approach to solving word problems. To learn more about the Formula-Work-Answer-Explanation method, read the [full article](#) by Evans.

Storytelling as a Teaching Tool

Faculty members can use storytelling effectively in their courses for several purposes. Storytelling cultivates empathy and helps students connect to their instructors. Using stories in class also offers students an opportunity to learn about the applicability of course material to their future careers. [This article](#) offers an overview of storytelling as a teaching tool, and there are additional related links on the topic at the bottom of the page.

Call for Presenters: Teaching Tech

The Learning Academy will host a Teaching Tech demo session in early November. During the session, various teaching tech tools will be

demonstrated and discussed so that participants can learn about tools that may enhance their own courses. If there is a tool you would like to learn about or a tool you could demo for your colleagues, please email Betsy Melick at emelick@lindenwood.edu with that information.

Professional Development Opportunities

Courageous Conversations

Location: Center for Diversity and Inclusion, Spellmann 3085

Being Your Authentic Self

Date: September 1

Time: 10:30 a.m. – 12 p.m.

Ensuring Everyone is Part of the DEI Conversation

Date: September 15

Time: 2 – 3:30 p.m.

“Courageous Conversations” is a facilitated conversation for faculty and staff to have an open dialogue about topics that impact real career and life experiences. We will discuss challenges, opportunities and successes related to a variety of things from which we can learn from each other, become more empathetic, and identify actionable ways to create a more inclusive environment for our entire campus community. Please come prepared to have an engaging and productive conversation.

REGISTER

Microsoft Trainings

Location: Online

Time: 10 a.m. & 2 p.m.

Join Instructional Technologist, Cindy Lane, for a 30-minute session to get your Microsoft questions answered.

Office Hours

Dates: September 12, 19, & 26

What do you need? How can I help?

Microsoft Teams in Canvas

Dates: September 6, 13, 20, & 27

MS Teams is replacing BBB inside of your Canvas Course. This 30-minute training will provide all you need to be successful in your Canvas Course!

Stream

Date: September 7

Microsoft Stream is a video-sharing service that allows Lindenwood colleagues to securely upload, view, and share recordings of classes, meetings, presentations, and training sessions.

OneDrive

Date: September 14

Learn how to use OneDrive to share files, collaborate on documents, and sync files to your computer.

SharePoint

Date: September 21

Join us to learn a range of information, starting from “what is SharePoint” to creating the first page. Learn how to add content to SharePoint and understand how SharePoint works with other Microsoft Office applications.

Forms

Date: September 28

Microsoft Forms is an application that allows you to create shareable surveys, quizzes and polls in minutes. Forms tracks participant responses, providing real-time results and analytics for your survey.

REGISTER

Culture Connection: Cohort 5

Location: Lindenwood. Learning Academy, LARC 009

Excellence

Date: September 8
Time: 9 - 10:30 a.m.

Integrity

Date: September 15
Time: 9:30 - 10:30 a.m.

Teamwork

Date: September 22
Time: 9:30 - 10:30 a.m.

Welcome to Lindenwood University! Culture Connection is a Professional Learning Community (PLC) for new hires where we explore Lindenwood's mission, values, and culture of Q2 service excellence and learn how to apply them to your daily work. Throughout this 6-week PLC, you will learn where we have been, where we are going, and what it looks like to be an employee at Lindenwood University. You will hear from university leaders and Q2 Champions. If you were hired February – September 2022 and have not received an invitation, please contact [Brittany Brown](#).

REGISTER

Faculty Performance Evaluation

Cohort 9

Dates: September 20 & 22
Time: 2 - 4 p.m.
Location: LLA, LARC 009

Cohort 10

Dates: September 26 & 28
Time: 2 - 4 p.m.
Location: Online

Do you have questions about the **2022-2023 Faculty Performance Evaluation** process? Would you like more information about the ins and outs of the new rubric? If you answered yes to either question, make sure to sign up for your training sessions today! During this two-day training, which counts toward your professional development hours, you will learn about the performance evaluation journey, review key components and terms used throughout the rubric, and participate in hands-on workshop sessions. Please remember to schedule both sessions for your cohort. Contact [Shenika Harris](#) if you have any questions.

REGISTER

Financial Fitness - Power of Budgeting

Date: September 21
Time: 12 - 1 p.m.
Location: Online

This seminar will cover the importance of creating and maintaining a budget,

VR Classroom Consultation

Date: September 28
Time: 10 - 11 a.m.
Location: Immersive Reality and Gaming Hub, LARC 322

examine the difference between wants and needs, and explore how to set goals for personal spending, savings, and debt repayment.

REGISTER

A drop-in session hosted by Michael Feters, VR Champion, providing advice to faculty interested in adopting virtual reality in their classroom. You will receive information on what resources are currently available to fit the specific needs of their courses.

REGISTER

Center for Diversity and Inclusion **Diversity/Bias Trainings**

Spiritual/Religious Bias

Date: September 1

Time: 2 - 3:30 p.m.

Location: Hybrid: Lindenwood Learning Academy, LARC 009

This interactive workshop will help the training participants develop an awareness of how spiritual/religious bias can impact those around them who practice different spiritualities or religions. Training participants will discover campus resources and strategies to apply what they learned to their environment in order to identify and challenge their own spiritual/religious bias.

disAbility Bias

Date: September 7

Time: 3 - 4 p.m.

Location: Lindenwood Learning Academy, LARC 009

This interactive training session will help the training participants develop an awareness of how disAbility bias can impact those around them with ability differences. Training participants will discover campus resources and strategies to apply what they learned to their environment in order to identify and challenge their own disAbility bias.

Socio-economic Status (SES) Bias

Date: September 13

Time: 1 - 2:30 p.m.

Location: Online

This interactive training will help the training participants develop an awareness of how SES bias can impact those around them with different socioeconomic statuses. Training participants will discover campus

Making Diversity, Equity and Inclusion a Reality Pt. 2

Date: September 14

Time: 9 - 11 a.m.

Location: Center for Diversity & Inclusion, Spellmann 3085

This interactive training session will help the training participants develop an awareness of how disAbility bias can

resources and strategies to apply what they learned to their environment in order to identify and challenge their own socioeconomic status bias.

impact those around them with ability differences. Training participants will discover campus resources and strategies to apply what they learned to their environment in order to identify and challenge their own disAbility bias.

Anti-Racist Pedagogy: Discovery & Deployment (Faculty)

Date: September 14
Time: 6 - 7 p.m.
Location: Online

Attendees of this interactive workshop will discover the harms of racism and colonialism in pedagogy and learn how to utilize anti-racist and decolonization pedagogical strategies. This workshop provides a way to connect adjunct faculty to campus resources for continued learning.

Safe Zone

Date: September 15
Time: 1 - 3 p.m.
Location: Lindenwood Learning
Academy, LARC 009

This interactive training session will help participants learn how to support and advocate for LGBTQ+ students, faculty, and staff. Participants will examine LGBTQ+ identities, genders, and sexualities. Training participants will discover campus resources as well as strategies to apply what they learned to their environment.

Implicit Bias

Date: September 22
Time: 1 - 3 p.m.
Location: Lindenwood Learning
Academy, LARC 009

This interactive training session is designed to define implicit bias; demonstrate common forms of implicit bias and their potential impact on the University community; provide applicable resources on campus; and allow participants to examine their own assumptions and privileges.

Safe Zone 2.0

Date: September 29
Time: 1 - 3 p.m.
Location: Lindenwood Learning
Academy, LARC 009

This interactive training session is for anyone who has completed Safe Zone training. Safe Zone 2.0 will focus on the current events, issues, and policy that are impacting the LGBTQ+ community nationally and globally. It will also help participants examine bias, prejudice, and privilege through hypothetical social scenarios.

REGISTER

"In life we answer questions in black and white, but we live in gray; because the gray is where we struggle and where we grow." — Dana Moore, Lindenwood University

Visit our Website

Lindenwood Learning Academy

LARC 009
209 S. Kingshighway
St. Charles, MO 63301
636-949-4408



Lindenwood University | 209 S Kingshighway St, Saint Charles, MO 63301

[Unsubscribe phuffman@lindenwood.edu](mailto:unsubscribe_phuffman@lindenwood.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by learningacademy@lindenwood.edu in collaboration with



Try email marketing for free today!