

LINDENWOOD

UNIVERSITY

LEARNING ACADEMY



The month of February is used to bring awareness to cardiovascular health through the American Heart Health month programming. **Click on the Learning Log image above** to learn more about

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cardiovascular health and the American Heart Health month.

A Q2 Valentine



2022-2023 RISE Awards

The 2022-2023 RISE Awards and RISE Innovator Award are now open for submissions. Submissions are **due on Monday, March 13.** See below for more information about the awards and application instructions.

All LU faculty members are eligible to apply for both the RISE Award and the RISE Innovator Award.

To apply, complete **the application form** which will ask you to discuss how you have implemented two of the RISE pillars in your courses and what impact your implementation of these two pillars has had on your students (350 words maximum for each pillar).

RISE Award 2022-2023

The 2022-2023 RISE Awards will recognize four faculty members (two adjunct and two full-time faculty members) who have achieved excellence in implementing two of the RISE pillars in their courses. Each of the four recipients of the RISE Award will receive a \$500 prize.



RISE Innovator Award 2022-2023

The RISE Innovator Award will recognize one Lindenwood faculty member (full-time or adjunct) for exceptional creativity, problem solving, or innovation in implementing the RISE pillars in their courses. The recipient of the RISE Innovator Award will receive a \$500 prize.



To apply, complete **the application form** that will ask you to discuss a creative or innovative way that you have implemented RISE in your courses, or how you devised a creative solution to an obstacle to implementing RISE effectively (maximum 500 words).

F E B R U A R Y

February pays tribute to Black History. The theme for 2023 is "Black Resistance".

- Be sure to stop by the Library and Academic Resources Center to check out the book display of authors that share, through their work, the Black experience.
- The Library will have a digital display from the Archives and Sporting News Collection that features St. Louis Cardinal player and activist Curt Flood, who's resistance was instrumental in changes in the Cardinal and Major League Baseball organizations. Learn about Curtis Flood by looking at his correspondence, newspaper articles from the period, and papers written about his famous U.S. Supreme Court case located in [Lindenwood's Digital Commons](#).
- The **Martin Luther King, Jr. Leadership Award Ceremony** will take place on Tuesday, February 28 from 1-2 p.m. in the AB Leadership Room on the fourth floor of Spellmann Hall. Please mark this event on your calendar so you can attend!



JOIN

Us!

IT IS A LIONS LIVING WELL TRADITION THAT EVERY FEBRUARY, **IN HONOR OF HEART HEALTH MONTH**, WE FOCUS OUR ATTENTION ON BRINGING AWARENESS TO CARDIOVASCULAR DISEASE AND STROKE.

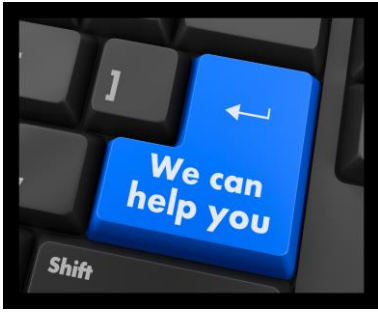
TO KICK THINGS OFF, JOIN US FOR **FREE LUNCH FRIDAY IN EVANS COMMONS ON FEBRUARY 3!** IT IS **NATIONAL WEAR RED DAY** AND WE ENCOURAGE EVERYONE TO PARTICIPATE BY WEARING **RED**.

AT THIS EVENT, THERE WILL BE...

- SHIRTS FOR THE FIRST 75 INDIVIDUALS WHO SHOW UP BETWEEN 11 A.M. AND 1 P.M. **WEARING RED!**
- HEART HEALTH TRIVIA WITH A RAFFLE PRIZE
- A **SCRUMPTIOUS** TREAT
- AND MORE!

ADDITIONALLY, BE SURE TO LOGIN TO **HEALTHCHECK360** TO ACCESS THIS MONTHS HEART HEALTH CHALLENGE.

SEE YOU SOON!



Lindenwood's LX Design Team

Making Every Student Count

As the hub for professional development at Lindenwood, the Learning Academy is responsible for providing support to faculty in the effective design and delivery of teaching and learning across any modality. Toward this end, the Academy's **Learning Experience Team (LX Design)**, comprised of instructional designers and instructional technologists, is here to support Lindenwood's faculty in the creation, facilitation, and evaluation of effective and engaging instructional approaches that result in meaningful learning experiences for our students.

Working with an LX Designer Instructional Designer can help you with:

- Using instructional technologies that enhance student learning
- Engaging students with high-impact learning practices
- Developing and revising online courses or degree programs
- Mastering effective online teaching strategies
- Universal Design for Learning (UDL)
- Creating accessible course materials
- Culturally responsive teaching
- Deterring plagiarism and cheating
- Using Open Educational Resources (OER's)
- Assessment strategies that measure learning outcomes in meaningful ways
- Best practices for student success

Want to know more?

Contact **Dr. Charles Green** and request a meeting with an Instructional Designer or Technologist to discuss any of these topics and your goals for the design of the courses you are teaching.



The VIP Program (Values in Practice)

Human Resources and the Lindenwood Learning Academy are excited to announce a new initiative aimed at identifying, reenergizing, and recommitting ourselves to Lindenwood's core values. Partnering with our Q2 Champions, we are launching the Values in Practice program (VIP). Each division and college have one or two *VIP Lead(s)* to represent them in this work.

Please welcome your VIP Leads!



Throughout 2023, VIP Leads will forge the way by providing information and training on Lindenwood's values. They will work with the Cabinet, Human Resources and the leadership of each division/college to bring university values to life. VIP Leads will collaborate with you to create unit specific value definitions. As a team you will determine what behaviors are representative of someone carrying out our values, and for those who espouse our values, they will have the opportunity for university wide recognition.

If you have ideas or suggestions about values training for your division/college, please talk with your VIP Lead. Working together,

Lindenwood will accomplish its mission of Real Experience and Real Success.



Scaffolding Strategies

Date: February 1
Time: 2-3 p.m.
Location: Lindenwood Learning Academy, LARC 009

Using a scaffolded structure for major assessments is one of the most effective ways to embed support for students in a course. In this session, we will discuss best practices and various strategies for implementing scaffolded assessments. This workshop is applicable to instructors teaching in all

Signature Assignments

Date: February 16
Time: 2-3 p.m.
Location: Lindenwood Learning Academy, LARC 009

OR

Time: 3-4 p.m.
Location: Online

Signature assignments are the assignments we use in the classroom to assess our outcomes. In this workshop, we will take the assignments we are already

modalities and supports the RISE Project Pillar of Support.



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implementing and ask the questions: How does this assess my course outcomes, program outcomes, and graduate attributes? How does this align to rubrics? Or do rubrics need to be developed? What makes my assignment signature? How could this assignment be scaffolded with other courses in my program? Join us as we ask and work through these questions and learn more about using signature assignments in our courses!

REGISTER

Enhancing Cognitive Complexity in CLOs and Assessments

Time: 1-2 p.m.

Date: February 8
Location: Lindenwood Learning Academy, LARC 009

Date: February 21
Location: Online

Betsy Melick and Robyne Elder will facilitate this interactive workshop on increasing the level of cognitive complexity in course learning objectives and setting rigorous standards for learning. This workshop will address needs for cognitive complexity according

Designing Discussions for Authentic Engagement

Date: February 6
Time: 3-4 p.m.
Location: Lindenwood Learning Academy, LARC 009

Date: February 15
Time: 1:30-2:30 p.m.
Location: Online

Student engagement in class discussions is one of the most important factors in their sense of connection, interest, and investment in the course material. Authentic discussions are difficult to achieve, but this authenticity enhances students' experience significantly. In this

to both the Graduate Attributes and RISE Project. We will also work on aligning major assessments with learning objectives and designing authentic assessments. This workshop applies to all learning modalities and correlates to the RISE Pillar of Rigor.

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collaborative workshop, participants will explore strategies and best practices for engaging students in authentic discussions. This workshop supports the RISE Pillar of Engagement.



REGISTER



The Power of Design: Increasing Student Engagement through the Visual Design of Course Materials

Date: February 28

Time: 1-2 p.m.

Location: Online

In this workshop, participants will explore best practices for creating course materials that are visually engaging for students, ranging from how to find open-source assets, to choosing images, to designing slideshows and documents that are both visually appealing and well organized. This workshop supports the RISE Pillar of Engagement. Heather Sandy is the workshop facilitator. **Click on the image above to register for the class.**



How to Beat Burn Out, Exhaustion & Stress

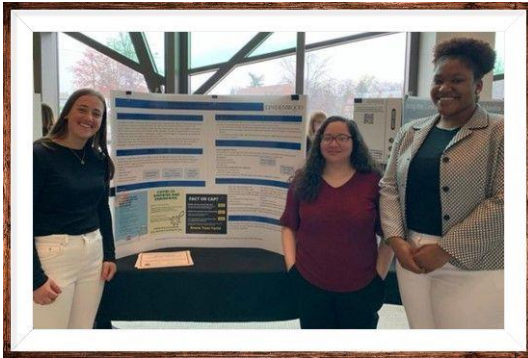
Burnout is often assumed to be the consequence of overwork. But this is only partially true—exhaustion is merely one facet of burnout. In this audio-only course, learn about the factors that cause these overwhelming feelings of exhaustion, cynicism, and inefficiency; how you can prevent burnout from happening; and

what you can do to recover from it. Dr. Jacinta M. Jiménez breaks down the key mismatches that usually cause burnout, as well as how to use the PULSE framework to guide your recovery. She also shares a few easy habits to help you build resilience, how helping others can help you heal your mind, and how to beat negative thinking with curiosity. Completed LinkedIn Learning courses are automatically downloaded to your Workday Training profile and count toward your 40 hours of professional development.

Click on the image above to go to the course.



As the Center for Engaged Learning and its Office of Service Learning and Responsible Citizenship seek to promote service learning in the curriculum and in the classroom, we're met with a variety of reactions ranging from enthusiasm (how can I jump right in?), to curiosity (what is it?), to reluctance (do I have to?), to fear (doesn't it involve a lot of work?), and more besides. CEL defines service learning as: "a multi-disciplinary, experiential learning effort that allows students to engage academically through community service." But to take a page from experiential learning theory, it might be good to begin with a concrete example so faculty can answer their questions with, "I know better what service learning is, the work it involves, and I want to partner with others to make this happen!" If you need help getting started, CEL wants to be that partner!



Take the case of Dr. Amy Estlund's Health Communication Class and their Service Learning Projects. She starts off with a concrete experience too: the needs of local agencies such as the Lincoln County Department of Health, the St. Charles School District, and the St. Louis Area Foodbank. Her students work in teams to use their different talents to meet with agency staff,

discuss the needs, and agree on campaign objectives. The students then engage in active reflection by researching more about the problem and audience demographics and characteristics. They couple this reflection and research with appropriate health behavior theories that they learn under the guidance of their faculty. They use this research and information for active experimentation: developing an implementation plan and creating campaign materials. In the end, the students come up with their own concrete experience for others to encounter: a multi-faceted health communication campaign for the agencies to use.

Last spring, the St. Charles County Department of Public Health approached Lindenwood public health faculty and students to collaborate on increasing COVID-19 vaccination rates in high school students and young adults. One team of students in Dr. Estlund's Health Communication class partnered with the St. Charles Center for Advanced Professional Studies (CAPS) high school students to understand more about opinions, barriers, and misconceptions. LU students learned that many high school students wanted to get the vaccine, but didn't know how to advocate for themselves to resistant parents. This LU team

implemented their campaign via the Public Health Student Association social media and the social media of several CAPS students.

By taking the extra step of entering the Student Academic Showcase in April 2022, this team in Dr. Estlund's class won the top prize in the category of Civic Engagement Project! While these projects do take time, the gains for students are big. For Public Health students Izzy Folan and Kortney Fautleroy, being curious, listening, and being open to diversity of viewpoints were keys to their success. Izzy commented: "Especially in the Public Health setting, listening to a single story or making assumptions can lead to the needs of the community not fully being met." Kortney also observed: "Working with real world clients gave me to see just how many different perspectives can be held even by individuals within the same demographic." Dr. Estlund's students are now poised to become the kind of Public Health professional who makes a real difference in their communities!

If you would like to learn more about service learning and see how you can incorporate such projects into your practice, please contact Dr. [Mark Valenzuela](#).



If you have students who have already participated in such work, consider nominating them for the Student Academic Showcase, which will be held on April 13, 2023, in the LARC. Faculty nominations are due February 23 and student abstracts are

due March 23. In addition to Civic Engagement Projects, students can also give presentations or prepare posters for Original Research, Creative Projects, Exploratory Projects, and Proposal Projects. **You can find out more about Student Academic Showcase by clicking on the logo above.**



Center for Diversity & Inclusion

Making Diversity, Equity and Inclusion a Reality

Part 1

Date: February 15

Time: 9-11 a.m.

Location: Online



Part 2

Date: February 22

Time: 9-11 a.m.

Location: Online

The current landscape and climate in our country requires now more than ever, that we stand up and become part of the solution versus being bystanders and hoping change will come or progress will be made. “Hope is not a strategy.” This 2-part foundational interactive class will help to establish a foundational understanding of diversity, equity, inclusion, and belonging. We will learn how we can contribute to and benefit from having a more diverse and inclusive culture where everyone can thrive and feel a

sense of belonging, while delivering a superior academic experience to Lindenwood students.

REGISTER

Courageous Conversations

Location: Center for Diversity and Inclusion, Spellmann 3085

Ensuring "Everyone" is Part of the DEI Conversation & Efforts

Date: February 2

Time: 10:30 a.m.–12 p.m.

Demystifying the LGBTQ Community

Date: February 16

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



Safe Zone 1.0

Date: February 23
Time: 10 a.m.-12:00 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.

Safe Zone 2.0

Date: February 8
Time: 11 a.m.-12:30 p.m.
Location: Lindenwood Learning Academy,
LARC 009

You must take Safe Zone 1.0 to attend this course.

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



Socio-Economic Bias

Date: February 7
Time: 1-2:30 p.m.
Location: Lindenwood Learning Academy,
LARC 009

Anti-Racist Workshop

Date: February 16
Time: 10-11:30 a.m.
Location: Online

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

REGISTER

This interactive workshop will review current events regarding anti-racism and decolonization along with the harms of racism and colonialism. Training participants will discover campus resources and anti-racist strategies to apply what they learned to their environment.

REGISTER

Disability Bias

Date: February 23
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.

REGISTER

Implicit Bias

Date: February 16
Time: 11 a.m. -1 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.

REGISTER



HLC Criterion Workshops

Location: Hyland VIP Room

Teaching & Learning: Quality, Resources Support

Date: February 15
Time: 12-1:30 p.m.

Teaching & Learning: Evaluation and Improvements

Date: February 23
Time: 12-1:30 p.m.



In preparation for a very successful HLC Comprehensive Evaluation next year, all employees and students are invited to join one or more of these topical workshops. Each workshop is designed to achieve the following objectives:

- Participants gain a deeper understanding of the value and process of regional accreditation.
- Participants gain insight into Lindenwood's quality assurance journey.
- Participants understand better the HLC Criteria for Accreditation.
- Participants review draft responses and provide input toward a penultimate draft.

Click on the image to register for the session.

Graduate Attribute Lunch and Learn Workshops

In Person

Date: February 23

Time: 11 a.m. - 12 p.m.

Location: Lindenwood
Learning Academy, LARC 10

Virtual

Date: February 24

Time: 11 a.m. - 12 p.m.

Location: Online

Bring your own lunch (or brunch!) and learn more about the Graduate Attributes during these virtual or in-person workshops! We will overview the Graduate Attributes, alignment in courses and programs, and assessment using signature assignments. Come to one or all and bring your ideas and questions as we workshop our way to the new Graduate Attributes! Dr. Robyne Elder is the event facilitator.



2023 Retention Retreat

Date: February 22

Time: 1:30-3:30 p.m.

Location: Online

Please join us for the annual Retention Retreat! This 2-hour retreat will include one 30-minute general session and two 45-minute breakout sessions. Breakout topics

will include Retention Initiatives for Traditional Students, Retention Initiatives for Post-Traditional and Online Students, Course Design for Student Retention, and Equity in Retention. Keep an eye on the Learning Academy's calendar to learn more about this important retreat! **Click on the image to register!**

Financial Wellness: Five Money Questions for Women

Date: February 23
Time: 12-1 p.m.
Location: Online



Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. During this presentation, we explore five critical money questions for women. **Click on the image above to register for the session.**



Date: Every Thursday in February
Time: 9:30-10:30 a.m.
Location: Lindenwood Learning Academy, LARC 009

Welcome to Lindenwood University! We would like to invite you and encourage your participation in the Professional Learning Community (PLC) for new hires where we will explore Lindenwood's mission, values, and culture of Q2 service excellence and learn how to apply them to your daily work.

Culture Connection is a 6-week PLC hosted by the Learning Academy. 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

REGISTER

REGISTER



ChatGPT and the Future of College Writing: Handling Plagiarism Concerns

Date: February 17

Time: 11 a.m. - 12 p.m.

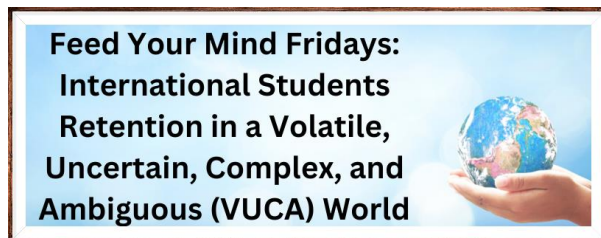
Location: Lindenwood Learning Academy, LARC 009 & Online

This workshop aims to provide educators with an introduction to ChatGPT, a powerful language model developed by OpenAI, and its potential applications in the classroom. Understandably, teachers have concerns about misuse of this tool, in particular its potential for plagiarism that cannot be detected with the usual tools. This workshop will review the problems as well as possibilities offered by ChatGPT, offer strategies for faculty to prevent plagiarism, demonstrate tools to help detect bot-written documents, and suggestions for how to teach with, rather than against, this new web tool (this abstract was, in its first draft, written by ChatGPT). This session is for anyone who wants to develop better plagiarism prevention strategies, as well as anyone who is curious about the potential of this new tool for written communication. **Click on the image above to register for this session.**

**FEED
your
MIND
FRIDAYS**

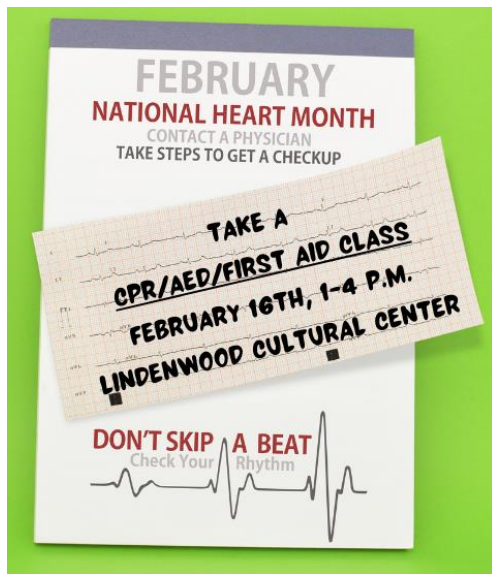
A small image of a hand in a dark suit sleeve, pointing upwards with the index finger.

Feed Your Mind Fridays are brief discussions on current research and practice in Higher Education. Students, See the Learning Academy's spring calendar for the complete listing of these session.



Date: February 24
Time: 12-1 p.m.
Location: Online

Tamayo Zhou will lead participants in a discussion regarding supporting international students in and out of the classroom. The presenter will review specific techniques departments may consider to improve the experience of international students. **Click on the image to register.**



Adult Heartsaver CPR AED First Aid

This training is open to Lindenwood University faculty, adjunct faculty, staff and students. There is a \$20/person cost to be certified.

The Heartsaver Adult First Aid with CPR & AED course teaches how to manage illness, injuries, and cardiac arrest before professional help arrives. Content taught in the Heartsaver Adult First Aid with CPR & AED Course includes:

- General first aid principles
- Adult medical and injury emergencies
- Critical concepts of high-quality adult CPR
- Use of an automated external defibrillator (AED)

- Relief of choking for the adult

Successful completion of this course requires successfully demonstrating competency performing the following skills:

- Removing Protective Gloves
- Finding the Problem
- Using an Epinephrine Pen
- Controlling Bleeding and Bandaging
- 1 Rescuer Adult CPR (includes mouth to mask and AED use)

REGISTER

Making Blue Hats for #HatNotHate: Stand up to Bullying

Date: February 19

Time: 3-5 p.m.

Location: Lindenwood Learning Academy,
LARC 009

Date: February 22

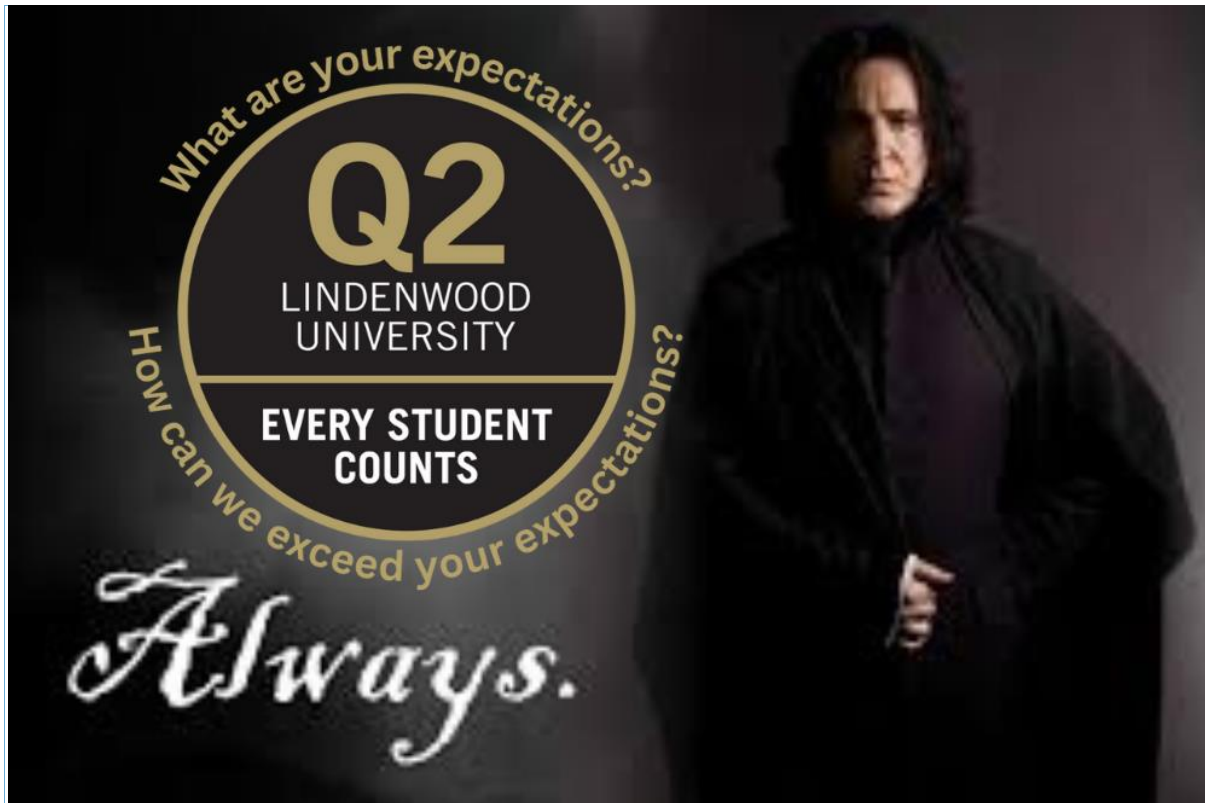
Time: 6-8 p.m.

Location: Lindenwood Learning Academy,
LARC 009



#HatNotHate

#HatNotHate is an anti-bullying initiative for K-12 students across the country. During the month of October (National Bullying Prevention Month) participating schools get an all school assembly (in person or virtual) from #HatNotHate educators and each student receives a handmade knit or crochet blue hat to reinforce that we all can and should spread kindness! At hat making sessions, we will have knitting looms, crochet hooks or knitting needles for you to borrow for making blue hats. Yarn will be provided (while supplies last) and finished hats will be collected. **Click on the image above to register.**



"Never be limited by other people's limited imaginations. . ." — Dr. Mae Jemison
(engineer, physician, former NASA astronaut)



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

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