Faculty & Staff Convocation
Mini-Conference
August 8, 2022
<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>PRESENTER</th>
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<tbody>
<tr>
<td>8:00 – 8:30AM</td>
<td>Grab &amp; Go Breakfast</td>
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<td>Fine Arts Lawn</td>
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<td>8:30 – 8:50AM</td>
<td>Welcome - Faculty &amp; Staff Excellence Awards</td>
<td>President Richard Carvajal</td>
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<td>8:50 – 9:00AM</td>
<td>BREAK – 10 minutes</td>
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<tr>
<td>9:00 – 9:20AM</td>
<td>BREAKOUT SESSION A</td>
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<tr>
<td>A2 9:40 – 9:50 AM</td>
<td>Stop, Drop, &amp; Roll: Identify and Prevent Workplace Burnout!</td>
<td>Tricia Hale</td>
<td>Student Union 1107 Theater</td>
</tr>
<tr>
<td>A3 9:55 – 10:10 AM</td>
<td>Strike a Pose: Morning Yoga (or Chair Yoga) Session</td>
<td>Meagan Arrastia-Chisholm</td>
<td>Fine Arts 2074B Dance Studio</td>
</tr>
<tr>
<td>A4 10:15 – 10:30 AM</td>
<td>Defining Student Success: Best Practices and Strategies</td>
<td>Shani Wilfred</td>
<td>Odum Library 3270</td>
</tr>
<tr>
<td>A6 10:55 – 11:10 AM</td>
<td>Who Wants to be a Millionaire</td>
<td>Jeanine Boddie-LaVan</td>
<td>Odum Library 1160 Auditorium</td>
</tr>
<tr>
<td>A7 11:15 – 11:30 AM</td>
<td>Teaching and Feedback: Use Qualtrics Surveys to Get Answers to Questions</td>
<td>Bryan FitzGerald</td>
<td>Fine Arts 2052</td>
</tr>
<tr>
<td>A8 11:35 – 11:50 AM</td>
<td>Digital Wellness</td>
<td>Sheila Hall</td>
<td>Odum Library 2633</td>
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<tr>
<td>A9 12:00 – 12:15 PM</td>
<td>Budgeting Discipline and Stretching Your Resources During Inflation</td>
<td>Elvan Aktas</td>
<td>Fine Arts 1032 Choir Room</td>
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### 9:35 – 9:55AM  | BREAKOUT SESSION B
---|---
**B1** | **Combining Superpowers: Building a Dynamic Multigenerational Workforce**
Baby Boomers, Gen X, Millennials, and Gen Z unite! This session will allow participants to discover their generation’s “superpowers” to show what happens when we combine forces to create a powerful, multigenerational workplace culture.

**Presenters:**
- Ashley Cooper
  - Associate Director for HR and Employee & Organizational Development
  - Fine Arts 2084
  - 40 seats

**B2** | **Appreciation Matters: The 5 Languages of Appreciation in the Workplace**
We want to feel valued for our work, and we like to be appreciated in different ways. Recognition and engagement are key to retaining good employees. Learn about the 5 languages of appreciation and how to effectively and consistently communicate authentic appreciation to your team members and get positive, lasting results.

**Presenters:**
- Wendy Byrd
  - HR and Employee & Organizational Development Training Specialist
  - Student Union 1107 Theater
  - 305 seats

**B3** | **Teaching: Be an “Intelligent Agent” in BlazeVIEW**
Want to notify your students when they are performing poorly, are inactive in class, or missed an assignment? Or praise students who are doing well? Learn how to automate these types of notifications with personalized messages using the Intelligent Agents tool in BlazeView. Communication that took hours, will now only take a few minutes! Set up Intelligent Agents before your course begins and be a secret agent in your class!

**Presenters:**
- Cori Crews
  - Associate Professor of Accounting
  - Odum Library 3270
  - 60 seats

**B4** | **Teaching: Active-Learning on the First Day of Class**
Come share active-learning strategies for teaching the first day of class. Rather than a rote reading of the syllabus or a cliche ice breaker, faculty will apply best practices for teaching the first day of class that include building community and rapport between the instructor, students, and their peers, establishing course expectations, and motivating students to engage in the course long-term.

**Presenters:**
- Jamie Landau
  - Director of the Center for Excellence in Learning & Teaching (CELT)
  - Fine Arts 2078
  - 46 seats

**B5** | **Stop the Bleed. Save a Life.**
With three quick actions, you can be trained to save a life. The number 1 cause of preventable death after injury is traumatic bleeding. A bleeding injury can happen anywhere. We’ve all seen it happen too often – on the news or in everyday life. Life-threatening bleeding can happen to people injured in serious accidents or disasters. Instead of being a witness, learn how to become an immediate responder because you know how to STOP THE BLEED ®.

**Presenters:**
- Alan Rowe
  - VSU Police Chief
  - Fine Arts 2014
  - 35 seats

**B6** | **Maintaining a Healthy Work-Life Balance**
Work Life Balance is critical to success at work and home. Do you feel like your personal and professional relationships are suffering because you’re juggling too many tasks? Do you feel overwhelmed? Do you pour out so much and there is no one to pour back into you? Then this session is for you! Learn to work from your OVERFLOW of skills and abilities and not from your CUP where your skills and abilities reside. Learn to seal the leaks and never leave your CUP empty.

**Presenters:**
- Carla Jordan
  - Director of Career Opportunities & Volunteer Services
  - Odum Library 1160 Auditorium
  - 96 seats

**B7** | **Just Breathe: Practicing Mindfulness**
Developing a mindfulness practice like meditation reduces stress, improves sleep, and generates lasting, internal happiness. If you can breathe, you can meditate! The only way to “do it wrong” is to not do it. If practiced for just a few minutes a day, you’ll discover that you can maintain your peace of mind no matter what events you encounter. Learn a simple, short, breath awareness meditation that you can practice on your own for any length of time.

**Presenters:**
- Chere Peguesse
  - Associate Professor of English and Director of the Academic Support Center
  - Fine Arts 2006
  - 40 seats

**B8** | **USG Wellbeing 101**
Learn about all the wonderful USG Wellbeing programs available to you and how to earn the $200 well-being credit!

**Presenters:**
- USG Richey
  - USG Virgin Pulse Onsite Wellness Coordinator
  - Odum Library 2633
  - 43 seats

**B9** | **How to Manage Your Retirement Portfolio in a Volatile and Scary Market**
Retirement dreams are nice, but they require long-term planning and discipline. Volatile markets and sudden big drops in asset values make investors nervous, and sometimes push them to do irrational things. Let’s discuss how to turn periods with high volatility and decreasing asset values into great opportunities for your retirement portfolio.

**Presenters:**
- Elvan Aktaş
  - Interim Department Head & Professor of Finance
  - Fine Arts 1032 Choir Room
  - 75 seats
VSU Convocation Mini-Conference
MONDAY, AUGUST 8, 2022
8:00 – 11:30AM
# 2022 Faculty & Staff Convocation Mini-Conference Schedule

## AT-A-GLANCE

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<td>Closing Remarks</td>
<td>President Richard Carvajal</td>
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<td>11:30AM – 1:30 PM</td>
<td>Lunch</td>
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<td>Palms Dining</td>
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About the Program

Active Minds Speakers provide engaging, encouraging, and safe mental health education that’s tailored for students, young adults, educators, professional groups, and other audiences. Research shows that peer-to-peer outreach is the best way to reduce the stigma that surrounds mental health and encourage people, especially students, to seek help if they need it. That’s why Active Minds Speakers are so effective. Their personal stories show that mental health struggles are common and there is both help and hope. Their relatable presentations interweave key mental health messages, creating an inspiring and educational experience for audiences.

Frank’s Impact

PostSecret creator Frank Warren introduced the world to a collection of highly personal and artfully decorated postcards mailed anonymously from around the world. What started as a community mail art project exploded in popularity; since PostSecret’s inception in 2004, Warren has received over 1,000,000 anonymous secrets on homemade postcards.

Warren’s project has raised over $1,000,000 for suicide prevention, earning him the Mental Health Advocacy Lifetime Achievement Award in 2011 and an invitation to the White House to share his thoughts on mental wellness in 2013. PostSecret’s website is the most visited advertisement-free blog in the world and has won seven Webby Awards for “Best Blog on the Internet”. With over 2,500,000 views, his TED talk is one of the most watched in the popular series.

All six PostSecret books published have been featured on the New York Times bestsellers list, with PostSecret: Confessions on Life Death and God reaching number one. PostSecret post-cards have been exhibited at New York’s Museum of Modern Art, the Smithsonian’s National Postal Museum and the Visionary Art Museum in Maryland, and there is an album and a play based on the project.

Warren’s interactive multimedia event, “PostSecret Live” engages audiences with inspiring and funny stories behind the secrets, discusses the blog and how it led him to make suicide awareness part of his life’s work, and demonstrates that through our secret struggles and adversity, we can help others.

speakers@activeminds.org / @active_minds
202-332-9595