

Knox Faculty Development Newsletter

End of Fall Term, 2018

Faculty Development Opportunities Over Break

(click hyperlinks for more information)

Wednesday, November 28--two great, if conflicting, lunchtime opportunities:

- [Escalation Workshop](#): recognizing the signs of relationship abuse
- [Managing Work-Life Balance](#)

Thursday, November 29--all day, but worth your time:

- [Mental Health First Aid Training](#)

Friday November 30--coffee and what's new in the ACM

- [Opportunities and Changes in the ACM](#) with Ed Finn

Plus:

- [Writing space and support](#)
- Low investment, high reward: [Tuesday Soup over break](#)
- [Transparent assignments](#)
- [New book club forming](#): *The Spark of Learning*



Escalation workshop

The organization [One Love](#) sponsors a dynamic and important workshop called [Escalation](#), meant to open people's eyes to the warning signs of relationship abuse. Movie with follow-up discussion facilitated by Megan Downs of Counseling Services. The discussion will include information about how to talk about healthy relationships and might help answer questions that come up with parents/adults and/or in conversations with students.

This workshop has been used with Knox students, including as part of the First Year Experience programming this fall, and at the request of several employees is now being offered to faculty and staff. Because relationships can be complicated at any age, and because many of you are also parents - in addition to the work and interactions you have with our students - this is an important opportunity to learn more.

Date: Wednesday, November 28

Time: 11:00 am - 12:30 pm

Location: Trustees Room (302), Alumni Hall

Staff Council presents “Managing Work-Life Balance”

On November 28, in Ferris Lounge at noon, Staff Council invites you to attend the next event in our monthly series of Staff Development presentations.

Tessa Hobbs-Curley, a Family Life Educator with the University of Illinois Extension office, will be presenting on "Managing Work and Life Balance". Feel free to bring your lunch, there will be tables available, and as usual, there will be coffee and cookies provided.

Mental Health First Aid Training

Thursday, November 29th, 8:30-5pm, Wilson House

Bridgeway will be on campus Thursday, November 29th to provide Mental Health First Aid Training for interested Knox employees. This is the same certificate program that has been completed by several employees from various departments and will help us to give a consistent message on addressing mental health concerns and use a common language.

Per their website:

"Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help."

This is not a replacement for counseling. This is to assist with increasing your own awareness of those who may need counseling or some support and to feel comfortable doing it. There are a variety of levels of competency regarding mental health concerns; this training is beneficial for all levels. If you interact with people, this is for you!

Lunch will be provided. Please email Janell McGruder, Director of Counseling Services, at jmcgruder@knox.edu if you wish to take part.

Opportunities and Changes in the ACM

Friday, November 30, 9 - 10:15 am, Alumni Hall 115

Stop in and chat with Ed Finn, Liaison for Innovation and Collaboration in Teaching and Learning for the Associated Colleges of the Midwest (ACM). Ed will share information about opportunities through the ACM, and can answer your questions about recent changes in the ACM's focus. In addition, Ed is a font of knowledge about both instructional technology *and* what's going on at ACM schools.

Writing space, December 3 - 7

Old Main 300 has been reserved from 8 am - 4 pm this week for faculty who'd like some dedicated time and space for writing. Coffee, quiet, and solidarity will be made available. Come and go (quietly) as you please. If you'd like to be part of an accountability group for writing projects over break, email Mary at facultydevelopment@knox.edu.

Tuesday Soup, break edition: Tuesdays 12 - 1 pm, AH 300

All are welcome; come and go as your schedule permits. Feel free to bring your lunch, or just come and chat. I'll bring (vegan, gluten-free, tasty) soup to share. (If you miss the opportunity to discuss these articles over break, never fear--they'll come around again in winter term.)

- **December 4:** [Fight the Fear/Procrastination Cycle With Small Tasks](#) Let's share tips for getting things done and/or making peace with the fact that not everything will get done.
- **December 11:** [Have Smartphones Destroyed a Generation?](#) (sorry--that's the title.) Let's talk about Gen Z students and how to reach them-- without panicking about how they might be different from how we were as students.

Transparent assignment mini-workshop, Wednesday, December 12, 1 - 2:30 pm, AH 115

What if your assignments were easier to grade? What if students knew whether or not they were doing excellent work **before** they turned it in? Clear communication about purpose, task, and criteria can make all the difference for students and for you. Bring an assignment for next term that you'd like to workshop with a few colleagues. (No need to sign up ahead of time, but, if you're pretty sure that you're coming, email Mary at facultydevelopment@knox.edu.) More information about the TILT (Transparency in Learning and Teaching) project [here](#).

Book club forming

Last June, a few faculty expressed interest in reading Sarah Rose Cavanagh's *The [Spark of Learning: Energizing the College Classroom with the Science of Emotion](#)*. If you're interested in forming a group to read and discuss the book over break and into Winter term, email Mary at facultydevelopment@knox.edu no later than November 30.