Reset Your Brain ... Tips from a Neurologist

Academic stress causes many educators to feel "burnout" -- for example, blaming yourself for not reaching every student, blaming yourself for failure not to include all the course material, and feeling responsible for the behavior of problem students. You are not alone! According to this blog-post, the solution is to activate the “lower brain networks” to construct new circuits using a video game model.

With the school year winding down, this might not seem like the right time to suggest interventions to reduce or prevent burnout. Willis feels that when we are removed from the high-stress situation for a while, it is only then that we can think about the big picture.

To read the article, see the link below.


Workshop Series: #4 - Re-energizing Your Teaching

Past Sessions:

- Session 1: Identifying the Potential in Students
- Session 2: Net Generation Students: Who They Are, Why They are Different, and Teaching Strategies That Work For Them
- Session 3: Transformational Leadership in the Classroom: Teachers as charismatic, motivating, and influential leaders

Session #4 – Re-energizing Your Teaching:

- Date & Time: Tuesday, September 11, 2012, 4-6 PM, B214
- Presenter: Maryellen Weimer, Penn State University
- Description: Most college teachers begin their careers full of enthusiasm for teaching. But their idealistic goals and the realities of academic careers often collide, leaving teachers with tarnished goals and sometimes cynical perspectives. The goal of the session: propose ways of thinking about growth and change that can increase both the motivation to teach and effectiveness in the classroom.
- Refreshments will be served. Please RSVP to Nina Stein – nstein@trcc.commnet.edu or 860-885-2357 by Sept. 6.
DCI – Department Chair Institute
Sponsored by the IDEA Center and Title III

Who: Department chairs and first-level leaders (directors, deans) new or experienced and other faculty or staff that might be interested in a leadership role in the future

What: The Department Chair Institute (DCI) is specially designed for our faculty and staff leaders at TRCC to better manage the services they provide and are accountable for. You'll quickly see the benefits offered by a positive and supportive learning environment that affords you the opportunity to network with experts and peers.

When: Monday, July 9th through Wednesday, July 11th, 8:30 AM – 4:00 PM

Where: C-207

Workshop Description: The three-day Department Chair Institute (DCI) includes a morning and afternoon session each day; a morning and afternoon break; and one hour for lunch. Workshop format includes case studies, opportunities for practice (real and role plays) mini-lectures, assessment instruments, individual reflection and individual action planning. You also will have post-Institute access by email, for continued dialogue with other first-line instructional leaders.

Potential topics to support the AACC competencies and guidelines for Community College Leaders:

- Leading change
- Managing multiple and competing responsibilities
- Increase engagement and accountability
- Facilitating group processes
- Evaluating faculty and staff
- Designing an action plan

Certification:

- **ACTION PLAN and Certification** - (self-directed with assistance and evaluation; allow 5 to 10 hours for preparation and documentation after the training).
- **To be considered for Certification**: Participate in all three days of the Department Chair Institute ® and develop an Action Plan. Following the DCI© implement the Action Plan using the theory and practice learned during the DCI ©. Develop a brief report of your actions and the impact on yourself and others. The Action Plan can be used for your college, team, group, committee or community organization that you work with.


Coffee, refreshments and lunch will be provided. For more information click here. Contact Dave Ferreira (dferreira@trcc.commmnet.edu, 383-5229) or Nina Stein (nstein@trcc.commmnet.edu, 885-2357) to RSVP or if you have any questions.
Feedback from Critical Friends

Debbi Leialoha, Shelly Leialoha, and Sherry Leialoha-Waipa from Graceland University use a structure in their online courses they call “Critical Friends.” They ask groups of three to four students to submit weekly assignments to their group before submitting them to the instructor.

Students provide their peers with feedback on both content of the assignment and the structure. Below is a section from the weekly participation rubric:
- Critical feedback given to Critical Friends Group provides suggestions for revision or improvement of content and writing.
- Feedback assists in aligning submitted assignments with Assignment Criteria.
- Adherence to graduate writing guidelines is demonstrated in assignments.
- Candidate was respectful of divergent viewpoints and was positive and professional during all interactions with classmates.
- Candidate met all requirements of Weekly Assignment.

To find out more about how the rubric fits into the course framework, click on the link below.

Flash tutorial for explaining to students how to give good feedback:
- http://www.pitt.edu/~schunn/feedback/

Blackboard Learn Workshops

Tobi Krutt, Manager of Technological Tools & Training in the System Office, will be conducting workshops on various components of Blackboard Learn to enhance your usage of this technological tool. Registration for all of these courses is available in the course cart. All workshops will be held in E108. Contact Kem Barfield at kbarfield@trcc.commnet.edu if you have any questions.

June 8th
- Keep Your Students on Track – 10:00 AM
- Create and Grade Assignments – 1:30 PM

July 19th
- Master the Grade Center – 10:00 AM
- Create Tests, Surveys, and Pools – 12:30 PM
Techy Tip

Jing

Jing is a FREE screen-capture tool. You can take a picture of all or part of your computer screen. Once you have captured the image, you can type or draw on it, add arrows or shapes, and highlight sections of text. Jing also allows users to record screencasts. This means that you can record up to 5 minutes of your computer screen in a video format. This could come in handy when using Blackboard Learn. You can show your students something on your computer screen and post it in your Blackboard course.

In order to use Jing, you must download and install the software. Jing works on both Macs and PCs.

Website:
http://www.techsmith.com/jing.html

Call for Articles and Events!

We are looking for articles for future IDEA Center newsletters. If you would like to submit an article, please e-mail Nina Stein at nstein@trcc.commnet.edu.

If you have an event that you would like included in the “Calendar of Events” section of the newsletter, please send the information to Nina Stein at the above e-mail address. Please include the name of the event, facilitator, location, date, and time.

Wikipedia – Highlighting the Dangers

Wikipedia is a free online encyclopedia that allows anyone to edit and contribute content. These articles are free and may be reproduced freely under their license. If you have ever searched for a topic in a search engine, chances are one of the links was to a Wikipedia webpage. Since anyone can edit any article, the information could be biased, out-of-date, or even incorrect. As instructors, it is important to warn students of the dangers of using a resource like Wikipedia. Below are some articles you can use with your students highlighting the dangers of relying on Wikipedia and other digital sources of information. The titles of the articles alone indicate the minefield such resources can involve.

So, You are Going to College?!

So, You are Going to College?! was given to us by Darrin Griffin, who presented transformational leadership at TRCC in May. Darrin has worked with Dr. San Bolkan, the author of this book, researching transformational leadership. So, You are Going to College?! provides readers with some of the expectations instructors have of their students and some behaviors students need to perform if they want to do well in college. Also included are some myths students have about instructors and college in general, how to listen effectively in class and daydream less, expectations instructors have for their communication with students, formulas for doing well on exams, and helping students become aware of their goals in college.

“So, You are going to college?!” is a fun, quick read. The book incorporates the major information needed for student success in a contemporary, relaxed fashion.” ~Heidi Zenie, TRCC Assistant Professor

Fulfilling the Promise of the Community College: Increasing First-Year Student Engagement and Success

Our higher education system has been increasing the attention paid to first year college students making sure they have a successful transition from high school to college. Most of the literature focuses on students entering four-year colleges and universities. This is one of the first books to focus on the community college student. Topics covered in this book include characteristics of community colleges and their students, barriers to success, and strategies for ensuring that students achieve their higher education goals. This book also describes adaptations of faculty development initiatives, first-year seminars, common reading programs, academic and career advising, learning communities, and STEM initiatives in the community college setting.

Targus Wireless Laser Presentation Remote

At the end of the spring 2012 semester we had a good problem in the IDEA Center, all of our Targus wireless laser remotes were signed out! We originally purchased 3 remotes for faculty and staff to use in their classes. Since they were such a hot commodity, we decided to purchase a few more. Currently, we have 7 Targus remotes available to the faculty and staff.

If you have not a wireless remote, I highly suggest trying one. They are very easy to use, even for the non-tech savvy person! This is a great way to move around your classroom and continue teaching so you are not stuck at the podium. Included in the bag with the remote are directions and the Targus User Guide. To use this, first remove the back cover and remove the mini USB receiver, plug this into the computer, and press the power button on the side of the remote. You can use the remote to start and stop the presentation, advance the slide, go back one slide, and as a laser pointer.
## Calendar of Events

### June & July

<table>
<thead>
<tr>
<th>Course</th>
<th>Facilitator/Contact</th>
<th>Room</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>myCommnet/Blackboard – Faculty Support Open Lab</td>
<td>N. Stein</td>
<td>E108</td>
<td>6/5</td>
<td>10-12</td>
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<tr>
<td>Bb Learn: Keeping your Students on Track</td>
<td>T. Krutt</td>
<td>E108</td>
<td>6/8</td>
<td>10-1</td>
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<tr>
<td>Bb Learn: Create and Grade Assignments</td>
<td>T. Krutt</td>
<td>E108</td>
<td>6/8</td>
<td>1:30-3:30</td>
</tr>
<tr>
<td>Bb Learn – What is My Role in the Online Classroom? Ways to Engage and Interact with Your Online Students</td>
<td>K. Barfield</td>
<td>E108</td>
<td>6/25</td>
<td>1-2:30 PM</td>
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<tr>
<td>Getting Started with Bb Learn</td>
<td>N. Stein</td>
<td>E108</td>
<td>6/26</td>
<td>9-11 AM</td>
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<tr>
<td>Department Chair Institute</td>
<td>D. Ferreira</td>
<td>C207</td>
<td>7/9-11</td>
<td>8:30-4</td>
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<tr>
<td>Bb Learn: Master the Grade Center</td>
<td>T. Krutt</td>
<td>E108</td>
<td>7/19</td>
<td>10-12</td>
</tr>
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<td>T. Krutt</td>
<td>E108</td>
<td>7/19</td>
<td>12:30-3:00</td>
</tr>
<tr>
<td>Bb Learn – Why and How to Best Use Rubrics in Blackboard Learn 9.1</td>
<td>K. Barfield</td>
<td>E108</td>
<td>7/24</td>
<td>1-2:30 PM</td>
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<tr>
<td>Getting Started with Bb Learn</td>
<td>N. Stein</td>
<td>E108</td>
<td>7/25</td>
<td>1-3 PM</td>
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### August

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<th>Course</th>
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<tr>
<td>Bb Learn: Course Design Lab</td>
<td>N. Stein</td>
<td>E108</td>
<td>8/21</td>
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<tr>
<td>Getting Started with Bb Learn</td>
<td>N. Stein</td>
<td>E108</td>
<td>8/22</td>
<td>1-3 PM</td>
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<td>TRCC Professional Day</td>
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<td>8/24</td>
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Please use the Course Cart to register for the computer and Blackboard workshops located in E108.

*It is only out on the limb where the fruit grows. – Author unknown*