
From: Rachel Bennett <bennett.rachel@spcollege.edu>

Date: Monday, March 27, 2023 at 9:16 PM

Subject: Monday Memo

WELCOME TO SNEEZE-A-PALOOZA IN FLORIDA, TITAN FACULTY!

I hope you have your Benadryl and Claritin handy as we observe this pollen-y Spring! I am going to lean into my favorite topic in this email introduction: self-care. Please don't forget that while there are papers to grade, experiments to set up, and so much more, you are the thing that keeps the wheels moving! After all, successful students require successful faculty.

Some Unusual Self-Care Ideas:

- **Dive into some nostalgia:** Starting off on the unusual self care ideas list is hitting that nostalgia factor! Whether this is childhood cartoons, cringey songs you listened to in middle school, or looking back at old pictures, the familiarity of nostalgia is so comforting. If you've been overwhelmed by a lot of new stimuli lately, it helps to take a trip down memory lane!
- **Do any task you've been putting off that can be done in 2 minutes:** You may have heard the "2-minute rule" by productivity consultant David Allen, which states, "[if it takes less than two minutes, do it now.](#)"

- **Scribble really hard on paper:** You probably haven't done this since you were a kid, but you totally should. Getting that physical release of pent up frustration out can do wonders for any body anxiety you may be feeling. Tapping into physical sensations that help you feel a release is a great approach to these unusual self care ideas!
- Want More? See: <https://ambitiouslyalexa.com/unusual-self-care-ideas/>

CETL EVENTS & OTHER NOTEWORTHY GOINGS ON

Join the IDEAS team for a new Webinar Series: Bright IDEAS for Teaching

The Instructional Design Education and Support (IDEAS) team is hosting monthly Webinars that focus on high impact teaching strategies. These 45-minute sessions are designed to provide a “short burst” of key concepts and techniques, and to promote conversation.

See the full schedule below and mark your calendars!

Register for the 3/28 event which is on **Visual Appeal** which is ONLINE at: <https://web.spcollege.edu/survey/34427>

Topic	Date	Time
Visual Appeal	3/28/23	12:30-1:15 p.m.
Accessibility	4/18/23	12:30-1:15 p.m.

Wednesday, March 29, 12:45-1:30 pm

LFKT Webinar: Authentic Assessment

Join us to talk about what authentic assessment looks like and how to foster it in your classes and classrooms.

JOIN HERE: <https://spcollege.zoom.us/j/92501647090>

Teaching & Learning Conference

WHEN: April 21st ☐ All Day

WHERE: EPI Center

WHAT: We are back! The TLC will be back in person with lots of fun, prizes, and information to help you in your classes and classrooms!

REGISTER: <https://web.spcollege.edu/survey/34770>

We would like YOU to **share your expertise and best practices** at the **Annual SPC Teaching and Learning Conference!**

This innovative learning event will be on **Friday, April 21, 2023, IN PERSON** and we need *you* to help make it amazing by sharing your passion for teaching and learning with your colleagues.

Call for Proposals: If you would like to contribute to this exciting event, please complete the survey below by **Friday, March 31st:**

<https://web.spcollege.edu/survey/34860>

Possible Topic Ideas:

- High-Impact Teaching Practices
- Time Management Tools for Faculty (streamline grading techniques, time saves in the LMS, crafting a syllabus for success)
- Cool stuff in D2L or other new tech
- Fighting Burnout, Keeping Learning Fresh, Assessment
- Face2Face Teaching and Learning Strategies (alternative course resources, LMS to complement F2F engagement, collaborative topics and innovative pedagogy)
- Beyond the Faculty: SPC Resources to Support Student Success (Student Support Services, Mental Health Resources, Career and Academic Support, International Opportunities)
- Accessibility best practices and resources
- Anything cool you have been working on!

Don't forget there will be lots of giveaways and FUN! Please mark

your calendar and plan to join us on April 21st!



Rachel Bennett, Esq.

Academic Director

Center for Excellence in Teaching and Learning

St. Petersburg College | Clearwater Campus



727.791.2656 | bennett.rachel@spcollege.edu

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