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A Mindful Campus: Cultivating Awareness and Connection in a Distracted World

Friday, October 23
See Times and Locations Below

Please join us as Dr. McCown introduces us to the Mindful Campus. The practice of mindfulness, or the act of bringing the attention to the present moment without judgment, has been the subject of much empirical and scientific study in Western culture over the past 15 years and is rapidly becoming a standard clinical treatment to manage stress and improve one’s relationships and quality of life.

Wellness and "Withness"
Mindful care for self and others. Continental breakfast served.
October 23, 9 - 10:30am, 2204 Kirkhof Center

Contemplative Classrooms
Empirical evidence and practical applications. Lunch served.
October 23, 11am - 1pm, 2204 Kirkhof Center

The Mindful Campus
Cultivating awareness and connection in a world of distraction.
October 23, 2 - 3:30pm, 1008A L. William Seidman Center

Register for all Mindfulness programming in Sprout. To learn more about GVSU mindfulness offerings visit:
http://www.gvsu.edu/healthwellness/mindfulness-430.htm
Mindset Reading Circles

Members of the advising community at GVSU are invited to participate in a Reading Circle sponsored by the Academic Advisor Professional Development Committee. The featured book is the following: *Mindset: The New Psychology of Success*. 

Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success – a simple idea that makes all the difference. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. Discussion in the Reading Circles will be facilitated and will focus, in part, on how to increase a growth mindset in students.

The committee would ask that you check your availability prior to signing up to ensure you are able to attend all three sessions. There will be sessions held at both the Allendale and downtown campus locations for your convenience. The book will be provided (free of charge) to participants.

The dates, times, and location (TBD):

- **October 21, 12-1:30 pm** – Chapters 1-2
- **November 18, 12-1:30 pm** – Chapters 3, 4, and 5
- **December 16, 12-1:30 pm** – Chapters 6, 7, and 8

Participants can register at [www.gvusu.edu/sprout](http://www.gvusu.edu/sprout) until Friday, October 9 at 5pm.

2015 Academic Advising Conference

**November 13, 9 - 12:30pm**  
**Meijer Campus in Holland**

The Academic Advising Professional Development Committee would like to invite you to join faculty and staff as we share and discuss the work advisors are doing on campus. The conference will provide an opportunity for faculty and staff to not only learn from, but also inform others on the great things happening at GVSU. The committee is requesting proposals from both faculty and staff to present on best practices during the concurrent sessions.

*Please register in Sprout.*

Educational Technology Organization of Michigan (ETOM) Fall Conference

**November 6, 2015**  
**Mary Idema Pew Library Learning and Information Commons**
Grand Valley State University

The Pew FTLC is pleased to be able to sponsor 10 faculty to attend the ETOM Fall Conference. This conference focuses on innovation in distance learning and educational technology. Kari Frisch of Central Lakes College in Brainerd, MN will open the conference with a keynote entitled “How’d You Do That? Tips and tricks that might account for my 95% retention rate.” For more information about the conference, including titles of breakout sessions, visit: http://www.etom.org/. For full consideration, please submit an application for support via our new online grant application system by Wednesday, October 21.

Foundations of Online/Hybrid Course Development

Foundations of Online/Hybrid Course Development is a multi-part workshop offered each semester by Instructional Design for e-Learning. In this series, they will discuss the basics for developing a course with the online or hybrid designation. Designed to provide a starting point and to meet the requirements stated in the faculty handbook, they will orient you with resources and tools to begin your planning process with a foundation of quality standards. Offered throughout the year in different formats, participation in all components of the series is required.

Late Fall 2015 session begins Friday, October 30
Winter 2016 session begins Friday, January 29
For details and a complete schedule ...

General Education Assessment Workshops

C. “Griff” Griffin, Director, General Education Program
Monday, October 12, 8:30 - 11am. - 488C DEV
Tuesday, October 13, 11:00am - 1:30pm - 3068 JHZ
Wednesday, October 14, 8:30- 11pm - 3068 JHZ

It is easier than you think--if you come to our 30 minute workshop. We’ll show you the most efficient and effective way to collect and analyze assessment data for the General Education assessment process.