

**PROFESSIONAL DEVELOPMENT DAY**

Tuesday, October 4, 2022

**AGENDA AT A GLANCE**

7:45 – 8:00 AM	Coffee and Registration - Robert M. Smith Student Center Ballroom	
8:00 – 9:00 AM	<p>Welcome and Introduction of Keynote Speaker  <b>Dr. Michael Zieg</b>  Interim Provost &amp; VP for Academic Affairs  <b>KEYNOTE ADDRESS</b>  <i>Creating a Campus Culture of Resiliency</i>  <b>Dr. Dori Hutchinson, Sc.D., CPRP, CFRP</b>  Executive Director, Center for Psychiatric Rehabilitation  Associate Professor, Sargent College of Health and Rehabilitative Services</p>	
9:05 – 10:05 AM	<p><b>WORKSHOP</b>  <i>Preventing Faculty and Staff Burnout in These Challenging Times</i>  Facilitator: Dr. Dori Hutchinson, Sc.D., CPRP, CFRP</p>	
10:10 – 10:55 AM Concurrent Sessions		
<p><i>Benefits of Boost: Discussion of Student Support's Boost Peer Educator Program</i>  Presenter: Earl Coburn  Location: Room 319</p>	<p><i>Incorporating Wellness Activities into Class</i>  Presenter: Heather Fritz  Location: Room 320</p>	
<p><i>Wellness in Higher Education: Coping with Loss, Burnout &amp; Compassion Fatigue</i>  Presenter: Tami Micsky  Location: Room 321 <b>CANCELLED</b></p>	<p><i>Resilience Through a Critical Lens: The Student Perspective</i>  Presenters: Monique Alexander, Linda Zane and students – Amera Coleman, Kristina Coscarelli and Rebekah Froehlich  Location: Room 322</p>	
11:00 – 11:45 AM Concurrent Sessions		
<p><i>Student's Mental Wellness: What, How, When and Why Me?</i>  Presenters: Alessia Zanin-Yost and Melissa Luchynsky  Location: Room 319</p>	<p><i>Building Resilience through Recreational-Music Making: The Biopsychosocial Benefits of Drum Circles</i>  Presenters: Catherine Massey and Jennifer Willford  Location: Room 320</p>	
<p><i>Panel Presentation: How a Coordinated Campus Response Enhances Student Resiliency</i>  Presenters: Ken Messina, Kristina Benkeser, Patrick Beswick, Natalie Burick, Karla Fonner, Lenora Karenbauer, Sunshine Mushrush and Maranda Stack  Location: Room 321</p>	<p><i>How Faculty Self-Talk Can Support Resilience in Gen Z Students</i>  Presenter: Daniel Dieter  Location: Room 322</p>	
<p><i>Resiliency, Pliancy, Recoil, Snap! Whatever We Call It, One Size Does NOT Fit All!</i>  Presenters: Michelle Amodei and Linda Zane  Location: Room 323</p>		
11:50 AM – 12:35 PM Concurrent Sessions		
<p><i>Active Shooter Awareness &amp; Survival</i>  Presenter: Paul Novak  Location: Room 319</p>	<p><i>How to Run Your Day From an Index Card</i>  Presenter: Justin Zackal  Location: Room 320</p>	
<p><i>Faculty Mentoring Strategies to Impact Student Self-Efficacy Throughout Their Education</i>  Presenter: Ann Cook  Location: Room 321</p>	<p><i>Understanding the State of SRU Student Resilience: How Student Affairs and the Department of Strategic Communication &amp; Media Partnered to Address Student Resilience Issues on Campus</i>  Presenters: Karla Fonner and Allison Peiritsch  Location: Room 322</p>	
<p><i>Strategies to Enhancing the Self-Efficacy of Students to Promote Academic Success and Resilience</i>  Presenter: Padma Anand  Location: Room 323</p>		

12:35 – 1:45 PM

Luncheon

*Networking with Colleagues*

Location: Ballroom

1:50 – 2:35 PM

Concurrent Sessions

*Preparing Departmental Emergency Plans*

Presenter: Paul Novak

Location: Room 319

*Encouraging Academic Integrity with the Academic Integrity Quiz*

Presenter: Stephen Larson

Location: Room 320

*University Assessment Committee: Developing Your Assessment of Diversity, Equity and Inclusion*

Presenters: Michael Holmstrup, Brian Danielson, Anthony Jones and Richelle Dykstra-Crookshanks

Location: Room 321

*Thriving is Optimal but What's My Reality*

Presenter: Jennifer Culver and Natalie Drozda

Location: Room 322

*Windows of Slippery Rock University: Art From our Community. Create Arts Programs that Inspire.*

Presenter: Doris Short

Location: Room 323

2:40 – 3:25 PM

Concurrent Sessions

*Identifying and Managing Burnout in Yourself and Colleagues*

Presenter: Elise Somers

Location: Room 319

*Mind full or Mindful?*

Presenter: Katie Leckenby

Location: Room 320

*Changes in Resiliency Scores Among SRU Students During the Pandemic*

Presenters: Kevin McCarthy and Lauren Moran

Location: Room 321

*What IS This Job? The Role of the Dean of Students, Student Conduct and Student Support in Student Resilience*

Presenters: Karla Fonner, Sunshine Mushrush, Maranda Stack, Earl Coburn and Scott Irlbacher

Location: Room 322

3:30 – 4:15 PM

Concurrent Sessions

*Grit, Gratitude, Growth Mindset and Problem Posing*

Presenter: Junko Yamamoto

Location: Room 319

*Building Resiliency for Student Success: From Course Design Perspective*

Presenter: Xinchao (Steven) Wei

Location: Room 320

*How to Plan, Prep and Create Systems for Success and Cultivate Resilience*

Presenters: Nicole Hahna and Cassandra Eisenreich

Location: Room 321

*Let's Connect! Utilizing Office Hours Effectively to Support Students*

Presenters: Jessica Hall-Wirth and Katie Leckenby

Location: Room 322

***Thanks to all of the presenters and attendees for contributing to the success of the 2022 Professional Development Day!***

## ABOUT THE KEYNOTE SPEAKER



**Dr. Dori Hutchinson, Sc.D., CPRP, CFRP**  
**Executive Director, Center for Psychiatric Rehabilitation**  
**Associate Professor, Sargent College of Health and Rehabilitation Services**  
**Faculty Advisor, Boston University's ACTIVE MINDS group**  
**Faculty in Residence, first-year dorm, living with 600 first year students**

Dr. Hutchinson has worked for almost 4 decades to develop innovative community recovery education and college mental health services that support the success of individuals who live with serious mental health conditions. Her programs and services help individuals thrive by building wellness strategies and skills that promote valued role development, healing, and resiliency. Her Recovery Education Program uses an adult education/supported education framework and hires certified peer specialists and family members as teaching faculty. The program offers wellness courses in recovery, career development, healthy relationships, yoga, tai chi, mindfulness, laughter yoga, fitness, nutrition, chi gung and Reiki.

She has also developed, implemented, and evaluated initiatives in supported education for college students with serious mental illnesses on leaves of absence, peer academic coaching and college suicide prevention. Her programs provide comprehensive skill building through education and coaching for students and their families. In addition, Dr. Hutchinson works closely with faculty and staff around the United States to enhance their knowledge and strategies in supporting students with empathy and responding to students in distress. Dr. Hutchinson sits on several community mental health center advisory boards both locally in Massachusetts and nationally. Dr. Hutchinson was the 2000 recipient of the International Association of Psychosocial Rehabilitation Services Association's (IAPRS) Early Career Research Award for her contributions on health issues for persons with serious psychiatric disabilities and the 2010 Armin Loeb recipient for her work in health promotion and recovery education for the United States Psychiatric Rehabilitation Association. She is a member of the Board of Directors of the Psychiatric Rehabilitation Association, and the chair of the Psychiatric Rehabilitation Foundation. In addition, she has served as Chairwoman of the Board of Directors for Employment Options, a clubhouse program in Massachusetts and continues as a Board member.

### KEYNOTE ADDRESS

*8:00 – 9:00 AM*

#### *Creating a Campus Culture of Resiliency*

Dr. Dori Hutchinson will invite the audience to join her in exploring the challenges of being a college student in today's world, particularly as we contend with the radiating consequences of the pandemic and socio-political issues that are ever present and charged. The importance of creating a campus culture that comes from a stance of empathy and promotes mental health as foundation for a successful education cannot be overstated. Strategies and programming that assist students to build connections, skills and supports so they thrive, will be shared to stimulate ideas that builds resiliency.

### WORKSHOP

*9:05 – 10:05 AM*

#### *Preventing Faculty and Staff Burnout in These Challenging Times*

Faculty and Staff have been pushed to the brink during these challenging times and are experiencing high rates of burnout. The pandemic, the impact of the pandemic on our mental health, the learning losses and consequences, as well as socio-political strife, are huge stressors for all of us working in higher education. This workshop will address the importance of acknowledging and addressing burnout as well as strategizing to assist campuses, faculty and staff to make self-care a priority in the workplace.

## Concurrent Session Descriptions

10:10 – 10:55 AM

### ***Benefits of Boost: Discussion of Students Support's Boost Peer Educator Program***

Presenters: Earl Coburn

Location: Room 319

Description: Come learn how Student Support utilizes Boost Peer Educators to help with personal, social and emotional wellness through a variety of programming efforts. Participants will learn about the Boost Peer Educators and the variety of topics Boost covers as they relate to improve student resiliency.

### ***Incorporating Wellness Activities into Class***

Presenter: Heather Fritz

Location: Room 320

Description: Supporting wellness in our students has been a task given to faculty since the pandemic due to the students' increased stress and anxiety. During the Summer 2022 semester, physician assistant students learned and then practiced different forms of wellness, like yoga and mindfulness, and incorporated them into the class. Learn different ways to incorporate wellness activities into your teaching!

### ***Wellness in Higher Education: Coping with Loss, Burnout & Compassion Fatigue***

Presenter: Dr. Tami Micsky

Location: Room 321

Description: To maintain wellness and instructional vitality, faculty and staff should have an understanding of the risks of unrecognized grief, burnout, compassion fatigue and secondary trauma. Participants will utilize tools to assess burnout, professional satisfaction and current coping mechanisms. The presenter will share strategies for incorporating self-care into daily practices.

### ***Resilience through a Critical Lens: The Student Perspective***

Presenters: Dr. Monique Alexander, Dr. Linda Zane and students – Amera Coleman, Kristina Coscarelli and Rebekah Froehlich

Location: Room 322

Description: While a focus on personal resilience has gained momentum within education, the presenters will address this stance through a critical lens. Faculty and undergraduate students will share how “resiliency” can unwittingly add to student trauma. Suggestions for a more balanced view of promoting student dignity and achievement will be addressed.

11:00 – 11:45 AM

### ***Student's Mental Wellness: What, How, When and Why Me?***

Presenters: Dr. Alessia Zanin-Yost and Dr. Melissa Luchynsky

Location: Room 319

Description: This session will explore the correlation between mental health and resilience while considering the influence reduced mental wellness has on self-efficacy and the ability to rebound from adversity. Using case examples, participants will discuss appropriate faculty responses while learning about mindfulness interventions and available resources on and off campus.

### ***Building Resiliency through Recreational-Music Making: The Biopsychosocial Benefits of Drum Circles***

Presenters: Dr. Catherine Massey and Dr. Jennifer Willford

Location: Room 320

Description: Drum circles bring people together to make music without any specific training or experience; they are easy to engage in, and a fun way to reduce stress and improve physical and mental resilience. Learn about the benefits of making music and experience the joy of participating in a drum circle.

### ***Panel Presentation: How a Coordinated Campus Response Enhances Student Resiliency***

Presenters: Dr. Ken Messina, Kristina Benkeser, Patrick Beswick, Dr. Natalie Burick, Karla Fonner, Lenora Karenbauer, Sunshine Mushrush and Maranda Stack

Location: Room 321

Description: As student needs increase, campus support services have had to develop pathways involving multiple layers of care and collaboration. This session will explore Slippery Rock University's move from a Behavioral Intervention Team to a Care Coordination Team model and the ways in which this team works to support student resiliency.

### ***How Faculty Self-Talk Can Support Resilience in Gen Z Students***

Presenter: Dr. Daniel Dieter

Location: Room 322

Description: Are you frustrated with Gen Z students? Research shows that frustration is a top adult response to Gen Zs. Stories will tell ourselves about this generation of students are messages they receive, too. Through better understanding and reframing our internal narratives, faculty can reinforce student self-esteem that supports resilience.

### ***Resiliency, Pliancy, Recoil, Snap! Whatever We Call It, One Size Does NOT Fit All!***

Presenters: Dr. Michelle Amodei and Dr. Linda Zane

Location: Room 323

Description: Since COVID made its impact on educators and students of every age and grade level, transitioning back into a more “normal” standard of practice has included conversations about the resilience of students and educators. This session will discuss the concept of resilience and how we must look at a variety of factors if we want to understand what it means for individuals to demonstrate resiliency as learners.

**11:50 AM – 12:35 PM**

### ***Active Shooter Awareness & Survival***

Presenter: Paul Novak

Location: Room 319

Description: This training is designed to raise awareness of your surroundings and present a positive approach towards the ultimate goal of survival if faced with an active shooter situation, be it on campus or elsewhere in the community.

### ***How to Run Your Day from an Index Card***

Presenter: Justin Zackal

Location: Room 320

Description: Take control of your day with a low-tech tool – a 3-by-5-inch index card – to get the right things done at the right time. Learn practical, evidence-based advice to help you organize your day, develop habits to increase productivity, reduce cognitive fatigue and be more engaged and effective with your work.

### ***Faculty Mentoring Strategies to Impact Student Self-Efficacy Throughout Their Education***

Presenter: Dr. Ann Cook

Location: Room 321

Description: Self-efficacy, one’s belief in their ability to complete a task, is influenced by four factors, the most influential being mastery and least influential being persuasion. Teaching faculty and faculty advisors are perfectly positioned to influence these four factors, thus promoting resilience in students to succeed in their education and careers.

### ***Understanding the State of SRU Student Resilience: How Student Affairs and the Department of Strategic Communication & Media Partnered to Address Student Resilience Issues on Campus***

Presenter: Karla Fonner and Dr. Allison Peiritsch

Location: Room 322

Description: This presentation will showcase the work undertaken during the spring 2022 semester between Student Affairs and students in the Department of Strategic Communication & Media’s COMM 431 PR & IMC Campaigns Capstone course. Students in this course were challenged to develop a comprehensive campaign, based on primary and secondary research, to begin to address declining student resilience on campus, while also generating awareness for the resources offered by SRU Student Support. Participants in this session will learn more about: student resilience issues facing faculty and staff in higher-education institutions nationwide; common student-resilience issues at SRU; how SRU students perceive their own resilience, as well as their peers’ resilience; the role SRU students perceive faculty to have in addressing resilience issues; and strategies and tools to help students begin to develop resilience.

### ***Strategies to Enhancing the Self-Efficacy of Students to Promote Academic Success and Resilience***

Presenter: Dr. Padma Anand

Location: Room 323

Description: The purpose of this presentation is to look at some of the variables affecting the development of self-efficacy and the efforts we can undertake to promote the development of this important self-belief component to promote resiliency and academic success.

**12:35 – 1:45 PM**

**LUNCHEON**

**Networking with Colleagues**

## Concurrent Session Descriptions

1:50 – 2:35 PM

### ***Preparing Departmental Emergency Plans***

Presenter: Paul Novak  
Location: Room 319  
Description: This training will emphasize the importance of creating and maintaining departmental emergency plans and clarify notions of a departmental plan versus a building plan. General concepts of policies, plans and procedures will be covered and direction will be given on how to prepare departmental emergency plans – how these plans interface with emergency action guidelines and contribute to recovery and continuity of operations following a disastrous emergency event.

### ***Encouraging Academic Integrity with the Academic Integrity Quiz***

Presenters: Dr. Stephen Larson  
Location: Room 320  
Description: Encouraging students to uphold academic integrity and adhere to agreed upon moral and ethical principles when engaging in academic or scholarly pursuits by having them take a quiz based on the SRU Academic Integrity Policy. Learning the policy and abiding by it will help students successfully adapt to difficult or challenging school experiences, especially through the mental and behavioral flexibility and adjustment to demands of academic integrity.

### ***University Assessment Committee: Developing your Assessment of Diversity, Equity and Inclusion***

Presenters: Dr. Michael Holmstrup, Dr. Brian Danielson, Dr. Anthony Jones and Dr. Richelle Dykstra-Crookshanks  
Location: Room 321  
Description: The University Assessment Committee has established a DEI requirement for all departments and programs moving forward. This session will provide insight into this requirement, and a discussion of DEI at the Rock. We will have experts on DEI and Assessment on hand to workshop ideas with chairs, assessment committee leaders, and faculty members towards the intentional and informed planning of this exciting new direction for our academic units

### ***Thriving is Optimal but What's My Reality***

Presenters: Dr. Jennifer Culver and Dr. Natalie Drozda  
Location: Room 322  
Description: The last couple of years have found many of us trying to survive the various hardships that have arisen related to the COVID pandemic, geopolitical conflicts, social injustice, natural disasters, and more. While thriving in the area of wellness and resilience is ideal, what is practical when thriving is not the reality? This session focuses on strategies to improve work satisfaction and overall well-being. The presentation explores developing wellness practices that are responsive to one's capacity, social location, and the ever-changing demands of higher education. Topics covered include burnout support, mental health resources, and mental and emotional resilience. It's great to plan to do self-care, it's even better to develop habits that facilitate ongoing wellness strategies responsive to changing and dynamic context.

### ***Windows of Slippery Rock University: Art from our Community. Create Arts Programs That Inspire.***

Presenter: Doris Short  
Location: Room 323  
Description: Arts and culture define and connect us, celebrate our diversity and unite us. A strong cultural foundation makes our communities resilient, sustainable and vibrant places to live and work. In this seminar, you will get inspired to get your community together and connect through art.

2:40 – 3:25 PM

### ***Identifying and Managing Burnout in Yourself and Colleagues***

Presenters: Elise Somers  
Location: Room 319  
Description: By attending this session you will be able to define stress and burnout and will be able to identify burnout in yourself and your colleagues. It will also give you strategies to prevent or treat workplace stress and burnout.

## 2:40 – 3:25 PM (continued)

### ***Mind full or Mindful?***

Presenter: Dr. Katie Leckenby

Location: Room 320

Description: This session will provide information and data from a study that was conducted regarding students' perceptions from engaging in mindfulness practices in the classroom and how these practices made an impact on students' lives outside the classroom. This session will also discuss simple ways to incorporate mindfulness strategies into any course to increase student resiliency.

### ***Changes in Resiliency Scores Among SRU Students During the Pandemic***

Presenters: Dr. Kevin McCarthy and Dr. Lauren Moran

Location: Room 321

Description: The COVID-19 pandemic has had wide-ranging, negative impacts on our students. In this session, we will explore how student resiliency at SRU – as measured by a national survey – changed between spring 2018 and spring 2021 and which groups of students experienced a disproportionately large drop.

### ***What IS This Job? The Role of the Dean of Students, Student Conduct and Student Support in Student Resilience***

Presenters: Karla Fonner, Sunshine Mushrush, Maranda Stack, Earl Coburn and Scott Irlbacher

Location: Room 322

Description: Student resilience is built upon overcoming failure, mistakes, difficulties, and challenges; none of us does these things alone. At SRU we resurrected the Dean of Students role within Student Affairs. This session will explore what SRU's Dean of Students does and the primary areas of responsibility lending themselves to student resilience.

## 3:30 – 4:15 PM

### ***Grit, Gratitude, Growth Mindset and Problem Posing***

Presenter: Dr. Junko Yamamoto

Location: Room 319

Description: Grittier students keep trying when challenged. Gratitude exercises build optimism, and optimistic people tend to have high efficacy. Educators with a Growth Mindset see potential in learners and offer cognitive and emotional support for higher performance – problem-posing bridges grit, gratitude and a growth mindset. This session shows how a class can start with a gratitude exercise.

### ***Building Resiliency for Student Success: From Course Design Perspective***

Presenter: Dr. Xinchao (Steven) Wei

Location: Room 320

Description: As a student-centered campus, our goal is to prepare students to success with the skills and qualities needed for a rapidly changing future. This session is focused on building resiliency in course design: class activity design, scaffolding in course delivery, and assessment design. Workshop activities include presentation, demonstration and group discussion.

### ***How to Plan, Prep and Create Systems for Success and Cultivate Resilience***

Presenters: Dr. Nicole Hahna and Dr. Cassandra Eisenreich

Location: Room 321

Description: Two SRU faculty share the lessons they learned as teachers and advisors to create systems they use to support wellness and setup structures to cultivate boundaries and separation between academic and personal life for themselves as well as their students. Specific examples, planning tools and systems will be shared.

### ***Let's Connect! Utilizing Office Hours Effectively to Support Students***

Presenters: Dr. Jessica Hall-Wirth and Dr. Katie Leckenby

Location: Room 322

Description: Is student attendance poor for office hours? This session will allow participants to learn new ways to make office hours more engaging and meaningful to support student development and engagement. During the session, participants will be given time to brainstorm with colleagues to design their own outline for office hours.