

Keeping Connected

Meaningful Mindfulness - How's Your Self-Care?

As academics, it's in our nature to over achieve leading to stress and inevitably burnout. It's time for a quick self check. How are you feeling - zealous, content, worried, fatigued? Whichever emotional response you currently identify with, let's take a moment to bring some harmony in your life and celebrate you. Close your eyes and take a deep breathe in, hold, then let it out and say to yourself, "I am awesome!"

This month, the Faculty Center for Innovation would like to focus on YOU and your self-care. After all, you deserve it. This month, and every month, we are so thankful that you are part of the Park family and for all that you do for our students; we truly are **#ParkUnited** and **#onefamily**. We hope you enjoy this material, and look forward to sharing innovative teaching and learning ideas with you throughout the year.



5-Minute Meditation You Can Do Anywhere

All it takes is 5 minutes. Just allow yourself to take this brief moment to reset your day in a positive way by participating in this meditation video below or [CLICK HERE](#) to view.



Technology, Mind and Society Conference

hosted by the American Psychological Association (APA)

APA is the proud host of the annual Technology, Mind and Society Conference. From artificial intelligence to big data, discover how psychological science advances technology. This virtual conference will be held on November 12-13, 2020 and is **FREE**. [CLICK HERE](#) to learn more about the conference and register.



FCI Teaching Essentials Program

The Faculty Center for Innovation (FCI) is pleased to announce the launch of the new ***Teaching Essentials Program***. These fully online, self-paced modules provide excellent information and practical examples from the field, for both novice and experienced instructors, with ideas to (re)invigorate teaching within your own class.

Participants will receive a certificate for each module completed, and faculty who complete all five modules will be awarded a ***Teaching Essentials*** digital badge. This badge can be shared via social media and included in the professional development section of their portfolio for their performance review.

All ***Teaching Essentials*** modules are hosted in Bridge ([HERE](#)) or may be found in FCI's Instructor Hub (i-Hub) in Canvas ([self-enroll in i-Hub HERE](#)). Module topics are listed below. For additional questions or comments related to the ***Teaching Essentials*** certification, please email innovate@park.edu.

- Module 1: Planning Class Sessions
 - Module 2: Facilitating Discussions
 - Module 3: Engaging & Motivating Students
 - Module 4: Providing Effective Feedback
 - Module 5: Using Student & Peer Feedback to Improve Teaching
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FCI November SIG Programming

Based on your excellent feedback, the Faculty Center for Innovation (FCI) has taken a flipped approach to its Special Interest Group (SIG) programming this year. Now, there are several ways to engage with the material and one another!

This month we are featuring Lacey Finley's SIG, exploring **"How to Win Students and Influence Faculty - Communicate with Carnegie"**.

You can participate in her SIG in the following ways based on your preference:

- Watch the recorded video presentation [HERE](#) (10 minutes)
- Engage in asynchronous Q&A by enrolling in the Fellow's Canvas course [HERE](#)
- Join the live discussion Wed., Nov. 4th (11:30am-12pm, CST) via Zoom [JOIN HERE](#) (Note. Please be sure to watch the recording **before** the live session, as it will serve as the foundation for the discussion).

Upcoming FCI Programming

We hope you will join us for this month's exciting opportunities that allow you to take a break from the daily grind, connect with your colleagues, and ignite your curiosity to learn something new. Join us for any (or all) of the following sessions below.

- **Introduction to Zoom**, *Melanie Kinney and Leslie Umstattd* - Tue., Nov. 3rd (2-3pm, CST) [JOIN HERE](#)
- **Digital Learning Team's Office Hours** - Wed., Nov. 4th (10-11am, CST) [JOIN HERE](#)
- **Advanced Zoom**, *Melanie Kinney and Leslie Umstattd* - Tue., Nov. 17th (2-3pm, CST) [JOIN HERE](#)
- **Digital Learning Team's Office Hours** - Wed., Nov. 18th (10-11am, CST) [JOIN HERE](#)
- **The Dark (and Bright) Side of Human Communication**, *Samantha Quinn* - Wed. Nov. 18th (11:30am-12pm, CST) [JOIN HERE](#)
- **Virtual Coffee House** - Fri., Nov. 20th (11:30am-12pm, CST) [JOIN HERE](#)



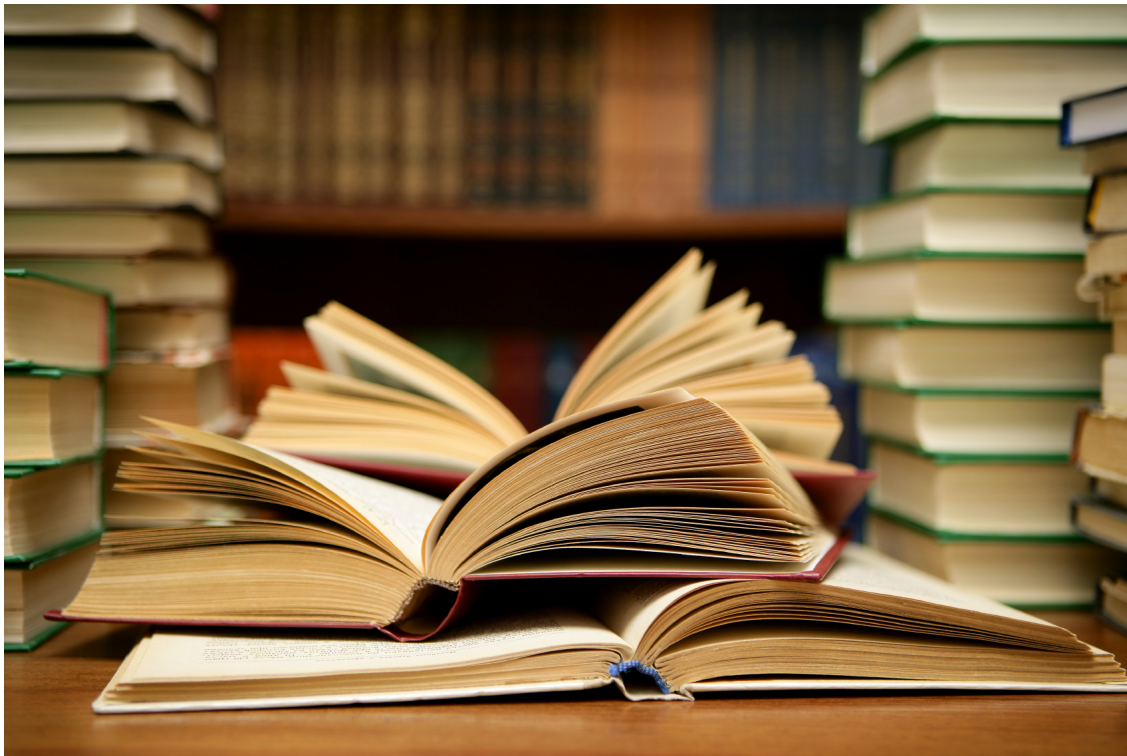
Scholarly InSights

The Faculty Center for Innovation (FCI) is excited to highlight scholarly work published by FCI's academic journal, *[InSight: A Journal of Scholarly Teaching](#)*. This month, we are showcasing Arshavskaya's (2020) article, [Language Teachers' Intercultural Learning: A Sociocultural Perspective](#), which analyzes developmental trajectories of three pre-service teachers enrolled in a course on language and culture in a master's in second language teaching program.

InSight AND...*InStruct* Call for Papers

Are you interested in potentially publishing your scholarship of teaching and learning (SoTL) work? Check out [InSight's call for papers](#)! The journal is also delighted to share with you *InSight's* new section, *InStruct*, which provides a space to celebrate and display pedagogical content that demonstrates the

practical application of SoTL principles. To learn more about *InStruct* manuscript submissions, please view [InStruct's call for papers](#). For information about the journal, including viewing current and past volumes, please visit [InSight's website](#); all inquiries should be emailed to FCI at innovate@park.edu.



iHub (Instructor Hub) Resource Share - Course Introductions

First impressions can make lasting impressions, so what kind of impression do you want to leave on your students when you first meet them? If you want to go big, we encourage you to check out this quick 4-tip video created by one of Park's Instructional Designers, Lauren Lovvorn. To view more course design strategies, Canvas or educational technology quick tips, self-enroll in [FCI's Canvas Instructor Hub \(iHub\)](#) and check out all of the on-demand recordings. For additional questions, please contact the [Digital Learning Team](#) for course design, [Melanie Kinney](#) for educational technology, [Jared Flaherty](#) for Canvas, and [FCI](#) for teaching and learning strategies and faculty development.



Virtual Coffee House: November 20th

FCI will be hosting our Virtual Coffee House once a month. All faculty are welcome to join us on **Friday, November 20th, from 11:30am-12pm, CST** for an informal social gathering and to discuss a variety of topics - wherever the conversation might lead! To join, [CLICK HERE](#). Hope to see you there!



Just for Fun: Laugh Out Loud Today!

Whether you're a novice or an expert at meditation, we encourage you to be

you during this mindfulness activity - zen like it's nobodies business and just enjoy life to the fullest.



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