

2013 Discovery Day at Selkirk – Nelson

Friday February 15th

“Change Making from the Inside Out”

Registration Form / Agenda Friday February 15th – Nelson Campuses

NAME: _____

PHONE: _____

HOME ADDRESS: _____

DATE OF BIRTH: _____

VEGETARIAN MEAL EMAIL : _____

Note: Your birthday is required in our computer system to distinguish between people with similar names and to establish a permanent record of your continuing education studies

ALLERGIES _____

Please indicate your choice of one session and an alternate session for the time slots shown below. Every effort will be made to accommodate your preferences; the earlier you register the better chance of getting into the session(s) you want. See attached description of workshops offered. **REGISTRATIONS are due by Friday February 1st 2013. Please email or fax PAGE ONE completed to VAL ESCHER (Vescher@selkirk.ca or fax: 250-352-3180).** Transportation: Information attached.

8:30 – 9:00 am is CHECK-IN AND MORNING WAKE UP.
Select one workshop for the **FULL** morning (9:00– noon) **OR**
TWO workshops (9:00 – 10:15) and (10:45-12:15)

9:00 am – noon (FULL morning session)

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| <ul style="list-style-type: none"> • Blacksmithing - KSA • Welding – Silver King • Feng Shui - KSA • Medical QiGong - Tenth • Raw foods – Inspiring Health - Tenth • Experiential Education - Tenth | <p>My 1st choice:</p> <p>_____</p> <hr/> <p>My alternate choice:</p> <p>_____</p> |
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TWO MORNING WORKSHOPS

9 am – 10:15 session

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| <ul style="list-style-type: none"> • Nourish Your Creativity - Tenth • Kitchen Cosmetics – Silver King • ABC's of Motivation - Tenth • Social Media - Tenth • Moodle - Tenth • Instructional Skills – Silver King • Finger Style Guitar – Silver King • iPads – Silver King • Groupwise and ShoreTel phone system - Tenth • Memorable Presentations – Tenth • Esthetics – Silver King | <p>My 1st choice:</p> <p>_____</p> <hr/> <p>My alternate choice:</p> <p>_____</p> |
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10:45 – 12:15 session

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| <ul style="list-style-type: none"> • Understanding Your Mortgage - Tenth • Kitchen Cosmetics – Silver King • Triathlon 101 - Tenth • iPads – Silver King • Peace Begins With Babies - Tenth • Groupwise and ShoreTel phone system - Tenth • Instructional Skills – Silver King • Social Media - Tenth • Moodle - Tenth • Vodcasting – Tenth • Esthetics – Silver King | <p>My 1st choice:</p> <p>_____</p> <hr/> <p>My alternate choice:</p> <p>_____</p> |
|--|--|

12:30 – 1:30 LUNCH – MARY HALL

1:30-3:00 GROUP EVENT

3:00 – 4:00 SOCIAL EVENT with LUCAS MYERS

| Workshop | Instructor | Description |
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| Blacksmithing | Kevin Kratz | Learners will try their hand at hammering hot steel and making some hooks. Please bring work boots, safety glasses, ear plugs and gloves to class. Water bottles are also a great idea – it gets hot. |
| Vodcasting | April Gudenrath | Vodcasting is creating short videos of course material that are typically made available before and after class. This encourages learners to focus class time interacting with their instructor and other learners. You'll get to view vodcasts; learn about vodcasting mobile equipment and create a short vodcast. |
| Welding | Colin Makeiv | Learn the basics of oxy-acetylene gas welding. Get ready to learn to weld, braze, and maybe even form metals together into a take home project or to display on your desk! All supplies will be provided but Colin suggests bringing a change of clothes in case you catch on fire! Followed by a "just kidding" ... always a good time welding. |
| Esthetics | Cathy Watt | Visit the estetic lab and discover the wonderful array of services available. How about receiving that special mini-manicure? |
| Memorable Presentations by TED Who? | Self Design Staff and coordinator of 3 TEDx events | Have you heard about those great talks by TED? Ever wondered Who is TED? TED stands for Technology, Entertainment and Design, the original "subjects" for what twenty five years ago began as a conference. Several incarnations later, TED is now a foundation which runs conferences worldwide, curates the main website, ted.com as an incredibly clever way of liberating latent creative energy of the intelligent masses. TEDx, the newest iteration is a series of TED-like events around the world, independently organized by teams of passionate in each location. Do you want to bring a TEDx effect to your presentations? Come view some talks, and be introduced to the phenomenon and try some of the tips yourself. |
| Nourish Your Creativity | Desire Hall and Karli Harrison | How can we be creative when we haven't had time to brush our teeth? Catch some highlights from this year's Creativity Forum – including techniques from professionals. We'll also participate in some activities developed by students and staff for the recent Creativity Forum on Tenth Street Campus. This is a student/staff led workshop. |
| Medical Healing Qigong | Ming Kit Kwan | Are you curious to learn how medical healing qigong can compliment conventional medicine? In this workshop you'll be introduced to medical healing qigong. You'll learn to understand how we get sick, how to prevent it and how to restore and maintain good health. Learn practical techniques to heal yourself and others. Medical Qigong to prevent, restore, and heal. |
| Feng Shui – Making a Difference | Charlyne Chiasson | Often it is the simple things that have the most impact in life. Charlyne is a practitioner of Feng Shui and energy clearing as well as a designer. In this workshop Charlyne will share a short list of things that you can do that make a REAL difference. Ever wonder what a feng shui cure was? You'll find out in this workshop and even craft one that is specific to your needs and home. You will leave this workshop with tools to use to set intentions and create change that will empower your life. |
| Kitchen Cosmetics – Safe Beauty | Jan Norn | Gifts made with love are always better than the grab-and-go kind from stores. This is because the makers are gifting their time, creativity and thoughts instead of just spending money. Also, the making is as much fun as the receiving. Join us in this workshop that will inspire you to make your own soap; bath bombs; lip balm and many other great "kitchen cosmetics" – safely and economically. |
| ABC's of Motivation | Arleen Gallo | This workshop will introduce the ABC model that can be used to increase motivation. It will allow participants to better understand the difference between intrinsic and extrinsic rewards. This workshop will provide opportunity for participants to practice delivering meaningful reinforcement and get feedback in a safe fun interactive environment. |
| Triathlon 101 | Michael Konkin | From successfully completing your 1 st triathlon to racing an Ironman. Learn how triathlon can be a fun way to get into AWESOME shape. Triathlon is the ideal sport for developing full body fitness. ANYONE can do it with a proper training program. Our very own four time IRONMAN finisher will guide you on this fitness journey that includes a look at diet; building blocks and preparation. |

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| <p>Understanding Your Mortgage Including How to “Green” Your Home</p> | <p>Rob McRae</p> | <p>This in-depth presentation and discussion offers insight into some of the hidden costs of obtaining and managing a mortgage. There are many tricks and tips as well as general information that you can use to help you save yourself an astonishing amount of money – whether obtaining a mortgage or renegotiating one. Learn how to better manage your mortgage to minimize interest payments and discharge your mortgage sooner. Have you dreamed of building your own home? Dreamed of a tiny ecological footprint? Come and learn from Rob’s experiences - the perils and the pleasures of building your dream ecological home.</p> |
| <p>Social Media</p> | <p>Shannon Dupuis</p> | <p>This workshop will explore Who uses Social Media elaborating on the student experience, why and what is the way we are using it? Shannon will demonstrate etiquettes of use and how to incorporate this learning within the College environment. You’ll learn how to apply certain social media tools to student learning and career development. You’ll also take a look at what other institutions are doing and their successes with social media.</p> |
| <p>iPads – Inspire Teaching</p> | <p>Danielle Cossarini</p> | <p>In this workshop, Danielle Cossarini, Chair of the Learning and Technology Advisory Committee, introduces the addition of a set of IPADS that can be loaned from the library, as well as pilot programs that are currently using this technology! Danielle will introduce the software that instructors are using and have those instructors talk about their hopes and challenges with this technology.</p> |
| <p>Experiential Education</p> | <p>Jay Roberts – virtual with REAL Rhys Andrews</p> | <p>In this talk, Jay Roberts, author of Learning by Doing, will visit us virtually. Roberts will briefly describe why students value universities and colleges that create a relationship through learning with place. Roberts will introduce the five (5) “seismic shifts” in higher education and how they are leading toward a more applied “laboratory learning” based pedagogy. Selkirk College has been coupling place-based and experiential learning since its inception. Rhys Andrews will facilitate this workshop where participants will explore with Jay why place-based experiential education is important.</p> |
| <p>Peace Begins With Babies</p> | <p>Debbie Laurin</p> | <p>When does the power struggle begin? Is it in adolescence? No, it begins in infancy. How can the key to a peaceful world lie in the infant-adult relationship? In this time of global tumult, how can the thinking of Dr. Emmi Pikler and her protégé, Magda Gerber lead us to a more peaceful existence with children and show us the way to the end of societal violence?</p> |
| <p>What’s New in GroupWise and ShoreTel Phone System</p> | <p>Garth Forsyth and Ken Anderson</p> | <p>Simplified ways to find and share information, including shared folder trees, easier attachment editing, and a new “relevance” sorting engine that presents your most-used contacts, folders and categories first. Calendaring enhancements that streamline common scheduling tasks like delegating, editing, setting recurring appointments; managing multi-user calendars. Also, an overview of the new ShoreTel phone system which is currently installed in Nelson and coming to your campus in the New Year.</p> |
| <p>Moodle Conversion</p> | <p>Judy McIvor</p> | <p>Moodle 2.X – We’ll explore the differences between 1.9 and 2.X and hear from our pilot experiences firsthand. If you are already using Moodle then you know we are in the process of migrating into Moodle 2.X. Our group of “Moodle pilots” have been teaching in 2.X since September 2012. Come and hear about their experiences – as well as student responses.</p> |
| <p>Instructional Skills – Warm Up</p> | <p>Theresa Southam</p> | <p>In the summer of 2013, Selkirk will be introducing its own Instruction Skills Workshop. This 30 hour course offered partly online and partly face-to-face is an equivalent course to the Professional Instructor Diploma course 3220 Delivery of Instruction. In this workshop we will introduce you to some of the resources that will be made available as part of this initiative including the building blocks of a course, In the second half of the workshop we’ll have you build a mini, mini, mini lesson that you will deliver and receive feedback on!</p> |
| <p>Raw Food – Inspiring Health</p> | <p>Ulla Devine</p> | <p>Wanting to incorporate more vegetables and fresh food in your diet? Looking for a fresh start and feeling more energetic? Considering moving towards a high food diet year round? Whether new to a vegan lifestyle or already eating a high raw diet, you will be inspired to learn something new in this workshop. Food prep demos; easy take home recipes, and many helpful tips and tricks to keep your health journey on-going.</p> |
| <p>Finger Style Guitar</p> | <p>Dan Obradovic</p> | <p>If you’re a strummer and would like to finger-pick songs like “Dust in the Wind”, “blackbird”, or “Freight Train” this is a workshop for you. You’ll learn a couple of chords and some easy finger-picking patterns. All you need is your guitar and your cerebellum. If you need a guitar contact Dan to reserve one (dobradovic@selkirk.ca) .</p> |

Transportation:

Should you have any transportation questions or concerns please contact Milane Kutcher at 250.365.7292 ext. 410 or mkutcher@selkirk.ca.

VAN SCHEDULE DRIVING FOR DISCOVERY DAY 2013

- 7:45 pm Leaving Castlegar Campus
- 8:25 pm Arrive: Silver King Campus for drop off
- 8:35 pm Arrive: KSA Campus (On Victoria St. Side) for drop off
- 8:45 pm Arrive: Tenth Street Campus (Mary Hall) for drop off
- 8:46 pm Department Tenth Street Campus heading Back to KSA and Silver King
- 10:20 pm Bus Leaves Tenth (In front of Patenaude) to go to Silver King
- 10:30 pm Bus Leaves Silver King to go to Tenth
- 12:05 pm Bus Leaves Silver King – goes to KSA for pick up
- 12:15 pm Leave KSA going to Tenth Street (Mary Hall) for lunch
- 3:50 pm First Bus Leaves from Tenth (Mary Hall)
- 4:05 pm Second Bus Leaves From Tenth (Mary Hall)
- 4:30 pm Arrive back at Selkirk College Castlegar campus
- 4:45 pm Arrive back at Selkirk College Castlegar campus