**Discovery Day – Building Community**

**Wednesday, February 12, 2014, Castlegar Campus   
Registration Form and Agenda**

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| NAME: |  | | | |  | PHONE: |  | |
| HOME ADDRESS: | | |  | |  | DATE OF BIRTH: | |  |
| VEGETARIAN MEAL | | | |  |  | ***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 more chance you have of getting into the session(s) you want. See attached description of offerings.

**REGISTRATIONS are due by Friday, January 24th**.

**Please return this form to Krista Mannle at** [**kmannle@selkirk.ca**](mailto:kmannle@selkirk.ca) **or by fax at 250-365-3929**

**Transportation:** Please see attached for transit information.

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| **8:30 – 9:00 am is CHECK-IN AND MORNING WAKE UP** | | | |
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| **9:00 – 9:30 GROUP ICEBREAKER** | | | |
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| **9:45-11:15 CHOOSE ONE MORNING WORKSHOP** | | | |
| * Freedom of Flight (Aviation Tour) * Nutrition & Functional Movement * Intro to 3D Printing * Having Difficult Conversations * Make Money, Make a Difference * Prezi * Zumba * Applied Research – Part 1 * Contemplative Practices * Social Media & Your School * De-escalating Potentially Violent Situations * PhotoVoice | | | My 1st choice: |
| My alternate choice: |
|  | | | |
| **11:30-12:30 LUNCH** | | | |
|  | | | |
| **12:45-2:15 CHOOSE ONE AFTERNOON WORKSHOP** | | | |
| * Social Media & Your School * Strength Cardio Complex Workout * Team Orienteering on Snowshoes * Zen & the Art of Doodling (Zentangle) * Nest Building: Coming “Home” * Program Outcomes – Recruiting Students * Applied Research – Part 2 * Technology that Connects * Hatha Flow Yoga * True Colours * Playing with Paper: Create Beautiful Cards & Gift Tags | | | My 1st choice: |
| My alternate choice: |
|  | | | |
| **2:30-4:00 GROUP EVENT** | | | |
| Building a Monument to Pride | | | During this fun and interactive activity, you will work with others to build a three-dimensional “monument” that symbolizes team pride. |
| **4:00-6:00 SOCIAL EVENT / TGIF** | | | |
| Social in the Staff Lounge | | | |
| **Workshop** | **Instructor** | **Description** | |
| Freedom of Flight (Aviation Tour) | Aviation | Guided tour of the aviation facility, followed by a flight in one of the simulators | |
| Nutrition & Functional Movement Strategies for Increased Health & Performance | Delia Roberts | Learn about world-class research taking place right here at Selkirk College. The Fit for Work series focuses on healthy eating strategies to stabilize blood sugar, reduce blood pressure and maintain a healthy body weight along with functional movement strategies to reduce occupational injuries and help improve function in previously injured joints. Participants will undergo a postural assessment and learn simple exercises that can be incorporated into their normal daily activities to increase core strength and relieve back, knee or neck pain. | |
| Intro to 3D Printing | Jason Taylor | An introduction to 3D printing; what it is, how it works and why has it changed the world. | |
| Having Difficult Conversations | Arleen Gallo & Allison Alder | The general purpose of this workshop is to further enhance the communication skills required for your day to day interactions. The focus of this time is to encourage more communication practice with real life samples and concentrate on having difficult conversations. You will discuss “what is a difficult conversation” and what is your role. You will identify core actions you may need to take to move forward in the conversation. Learn what hinders and helps communication. Identify and illustrate strategies to deal with difficult conversations. Demonstrate some practical usage and share with others in the group. | |
| Make Money, Make a Difference: Basics on Ethical Investing and Retirement Planning | Rebecca Vassilakakis | We will cover socially responsible investing options and explain some of the basics of retirement planning. 30 minute seminar followed by a question & answer period on Ethical Funds or other financial questions. | |
| Prezi | Angus Graeme | “Prezi” is an internet cloud based software program that allows users to place all content, images and illustrations into one “canvas” for presenting in a class or workshop. This approach offers a simple alternative to more linear presentation programs like Powerpoint. **Bring:** *a presentation you want to work on!* | |
| Zumba | Natasha Perez | Escape on a fitness adventure to Brazil, Hawaii, India... Dance-fitness moves, easy to follow, Latin & World music. Work your body, rock your world. Bring: comfortable/workout clothing, inside (running) shoes and a water bottle. | |
| De-escalating Potentially Violent Situations | Liana Zwick | This will be a “pre-recorded webinar” from Crisis Trauma and Resource Institute. This will give the employees that attend a base understanding of what to do when dealing with a potential violent situation as well as know their resources within the College environment. | |
| PhotoVoice | Amy Bohigian | PhotoVoice combines personal storytelling, photography and social action and is used to raise awareness and create impact around a particular issue facing a disadvantaged group in society. This workshop will walk participants through how to plan a PhotoVoice project of their own design. **Bring:** *a camera or a cell phone with a camera.* | |
| Applied Research – Part 1 | Deb Bennett, Associate Professor, Mount Royal University | In this two-part workshop, Deb Bennett, a Nexen Scholar who has conducted applied research in educational settings, will discuss methods of collecting data and data analysis. If you are wondering about how you can enrich the student experience at Selkirk College and have considered building a project and measuring the success of that project then you will find this workshop beneficial. You will learn about a variety of ways of collecting information that lets you know what works and what can be improved. | |
| Contemplative Practices | Jane Green and Rebecca Jacobson | Whether in the workplace of as part of the learning experience, contemplative practices have been shown to increase the depth and effectiveness of subsequent activity. In this workshop you’ll learn about the Tree of Contemplative Practice and hear from College practitioners about what challenges they face when incorporating these practices in to work and student life! | |
| Social Media & Your School |  | This course will show you how Selkirk uses social media, how to manage your personal & professional accounts. We will also go over how to administer your program/services pages on facebook. You’ll receive a handout on “Best Practices” and receive tips on how to interact with students & other groups/pages. Requests on how-tos for: twitter, instagram and LinkedIn as well. | |
| Strength Cardio Complex Workout | Timm MacKenzie | Exercises set back-to-back with no breaks. CrossFit style and body weight movements, kettle bells, etc. Test the limits of your strength, speed & endurance in a group setting. Utterly vicious? Borderline insane? See for yourself and feel the benefits of the burn and firm. **Bring:** *comfortable/workout clothing, inside (running) shoes and a water bottle.* | |
| Team Orienteering on Snowshoes | Rob Macrae | Have you ever tried snowshoes? Can you use a compass? If you’ve answered no to the previous two questions, this activity is for you! You’ll learn to snowshoe on the Castlegar campus, use a compass to follow an orienteering trail, record your observations and win fabulous prizes. Participants must dress for the out of doors – loose-fitting layers, warm hat with ear coverage, warm winter boots, a small thermos bottle with hot heat and a container of cookies. | |
| Zen & the Art of Doodling (Zentangle) | Tammy McLean & Jane Green | Jane and Tammy will demonstrate how to do some basic Tangling® – then it will be your turn to create some beautiful tangled drawings while working the right side of your brain. Very Zen! *Participants will need a fine point Sharpie & a willing spirit.* | |
| Nest Building: Coming “Home” | Kate Bridger | Based on Kate Bridger’s book, *Nest Building: A Guide to Finding Your Inner Interior Designer*, in this workshop, Kate will help participants discover their personal sense of place, priorities and preferences and the cultural, historical and environmental factors that contribute to make each of us and our living environments unique. | |
| Program Outcomes – Recruiting Students | Anne Larson, Compass Adult Learning Solutions | All College staff are invited to attend this workshop where the importance of a comprehensive set of learning outcomes at the program and College-level are discussed. Learning outcomes have been part of course outlines at Selkirk College since the 1990s. However, these outcomes tend to be knowledge oriented. Presenter Anne Larson will describe how outcomes can establish the kind of behaviours and attitudes expected from students graduating from College. | |
| Applied Research – Part 2 | Deb Bennett, Associate Professor, General Education | In this two-part workshop, Deb Bennett, a Nexen Scholar who has conducted applied research in educational settings, will discuss methods of collecting data and data analysis. If you are wondering about how you can enrich the student experience at Selkirk College and have considered building a project and measuring the success of that project then you will find this workshop beneficial. You will learn about a variety of ways of collecting information that lets you know what works and what can be improved. | |
| Technology that Connects | Tyler Ballam | The amount and variety of educational technologies now available to instructors and students can be overwhelming. Apps to support learning and gadgets instructors can use in the classroom abound. In the end, the purpose is often age old, if technology connects instructor and student in a meaningful and productive way, then it’s worth exploring. In this workshop, Tyler Ballam will talk about his experience with VOD (video on demand) casting. Tyler has created a number of videos that students can watch in advance of class leaving more time for him to connect with students in small groups and one-to-one in class. | |
| Hatha Flow Yoga | Karalynn Taves | Hatha Yoga is the most widely practiced form of yoga in the world. Hatha Yoga use postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength and flexibility and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength and a sense of well-being to the practitioner. Flow-based Hatha Yoga uses movement and breath together to produce a “flow” of postures that lead from one to the next. **Bring:** *comfortable workout clothing, yoga mat (if you have one) and water bottle.* | |
| True Colours | Dianne Schwartz | Discover your personality style and look at the styles of others. Enhance your personal and professional relationships. Interactive and fun. | |
| Playing with Paper: Create Beautiful Cards & Gift Tags | Leslie Comrie | Leslie will show you how to make cards & gift tags using “found” items and various papers, stamps etc. **Bring:** *interesting papers, embellishments, photos, etc.* | |

**Transportation**:

We are encouraging the use of public transportation and/or carpooling to get to the Castlegar Campus this year. If you require a transit ticket, please contact Milane Kutcher at 250.365.7292 ext. 21410 or [mkutcher@selkirk.ca](mailto:mkutcher@selkirk.ca). **Deadline: January 31, 2014.** Transit tickets are free.

