

Wednesday, May 11, 2016

Birds of a Feather (11:00am-12:00pm)

Birds of a Feather Sessions allow for networking with your provincial peers in the same area. If you have specific topics you would like to discuss, please bring these and let's see where the conversation takes us!

A1	Admissions/ Transfer
A2	Registration
A3	ASAPA—Financial Aid
A4	ASAPA—Scholarships
A5	AECCA (Counselling)
A6	General
A7	Employment / Career
A8	Front-Line
A9	Health and Wellness
A10	PADRA-Post Secondary Accessibility and Disability Resource Association, Alberta
A11	Recruitment
A12	Residence Life
A13	International Student Services
A14	Aboriginal Student Services
A15	Library Services
A16	Advising

Session Schedule

Wednesday, May 11, 2016

Session B (1:00pm-2:00pm)

B1	Being Confidently Undecided in the First Year
B2	The Art of Presenting : Tips for Public Speaking Part 1
B3	How “I” became a Team
B4	Indigenous Retention
B5	Shake it Off: Claim Your Calm Part 1
B6	Architectural History and Tour of GPRC Part 1

Session C (2:30pm-3:30pm)

C1	These Shoes are Made for Walking
C2	The Art of Presenting: Tips for Public Speaking Part 2
C3	Shaping the Future in Dual Credit
C4	Centralized Academic Advising
C5	Shake it Off: Claim Your Calm Part 2
C6	Architectural History and Tour of GPRC Part II

Fun Sessions (Wednesday, 3:45 - 5:00pm)

FSA1	Interpretive Drawing with Ink
FSA2	Zumba
FSA3	Dreamcatcher Making

Thursday, May 12, 2016

Session D (9:30am-10:30am)

D1	How Does your Garden Grow
D2	Making Accessibility Everyone's Lens
D3	ASAPA - Determining Financial Need for Bursaries
D4	Shaping the Future: Helping Students Manage Career Planning Anxiety
D5	Residential School Experiences

Session E (11:00am-12:00pm)

E1	Creative Ways to Survey Students
E2	The Athlete Experience and Why Its Beneficial to the Future of Your Institution
E3	HeartMath
E4	Advancing Your Career in a Union Environment; What Your Manages Wont Tell You
E5	Cultural Healing in Post-Secondary: Finding Safe Spaces for Students

Session Schedule

Thursday, May 12, 2016

Session F (1:00pm-2:00pm)

F1	Changing Demographics
F2	Document Accessibility: Facilitating Online Learning
F3	A Century of Palaeontology
F4	Appreciative Advising
F5	ASAPA– Student Aid Alberta Session
F6	Peer Facilitated Dating Violence Prevention

Session G (2:30pm-3:30pm)

G1	Steps to Success
G2	One Hat, Two Hat, Red Hat, Blue Hat: Mental Health First Aid
G3	Dr. Phillip J. Currie Dinosaur Museum (<i>Continues in Fun Session FSB3</i>)
G4	Habits of Happiness
G5	Dear Abbey: Giving Advice Over the Internet
G6	Early Intervention Strategies

Fun Sessions (Thursday, 3:45 - 5:00pm)

FSB1	Interpretive Drawing with Ink
FSB2	Yoga
FSB3	Phillip J. Currie Dinosaur Museum (<i>Continued from G3</i>)

B1 Being Confidently Undecided in the First Year

Presenter: Rachel Doe/ Rea Sauter, MRU

Classes are like cards, if you play them right, they can work towards a variety of hands. Until students understand this, they are often terrified to explore. While exploring classes in their first year, undecided students can access multiple supports on campus to help them narrow their degree/career decisions.

This exploration of classes and services opens the possibility of new academic horizons, helps make them able to qualify for Early Admission for the following year (if necessary), and creates confidence in choosing an educational pathway. It's critical to engage the student in the exploration process which often involves reflective dialogue between student and advisor. Learn tools, theories, and strategies for assisting the undecided student on their education journey.

B2 The Art of Presenting Part I

Presenter: Karl Reijman/Tina Strasbourg, Lethbridge College/GPRC

Presenting is simply telling your story, and in most cases, especially at ASSC, people want to hear your story. This presentation covers topics like, how to be comfortable presenting, how to cope with the anxiety of presenting and ten super-secret presentation techniques you do not want to miss. To learn about how to use technology in presentations, please join us for "Part 2"!

B3 How "I" became a Team

Presenter: Kaitlyn DeGroote/Charlene Bonnar, Lakeland College

For many years, Academic Advising at Lakeland College was an important but solitary activity. However, over recent years, it has evolved into an AdvisingTeam housed within the academic departments. Come learn about our journey:

- how we moved from the Register's Office to Enrolment/Recruiting to the Academic Schools in which we now report to the Dean
- how our roles and duties have evolved, including the move from traditional paper files to e-portfolios
- how we went from a printed 21– page step-by-step "what to do" guide to an online Advising "course" in D2L

Note that this is not based on any research "model" of advising; it is simply our evolution!

Session Descriptions

B4 Indigenous Retention

Presenter: Angela Grier/ Tap Moore, SAIT

This presentation will share what we have learned in our journey serving Indigenous students through recruitment and retention initiatives at a polytechnic. Information presented will be supported by our current data analysis of the retention rates on our campus for Indigenous students.

We will explore the basis of our retention programming and responding to Indigenous student trends and issues. SAIT Polytechnic remains aligned in the provincial and industry demands for skilled worker, so remaining relevant in today's competitive and evolving industry is a priority for our Indigenous Center here at SAIT.

We will share daily supports, academic strategies in relation to an Indigenous Historical context, and first hand advising experiences regarding Indigenous students and Indigenous Student Success at our institution.

B5 Shake It Off :Claim Your Calm

Presenter :Darren Stoupe – Keynote

This session is two hours. If you choose to take this session, please schedule yourself into session C5.

In this workshop participants will learn about TRE® - how it functions and its benefits. Participants will have the opportunity to experience the immediate benefits of this work as they are guided through a 60-minute TRE session. There'll be time for questions and sharing about participant experiences as well. This combination of education and practical experience will leave the participants with a well-rounded experience of TRE®.

The exercises and stretches are very simple, easily modifiable, and therefore accessible to virtually anyone. Simply put, TRE® requires very little other than comfy clothes and being open to learning.

B6 Architectural History and Tour of GPRC Part 1

Presenter: Gordon Pellerin, GPRC

This session is two hours. If you choose to take this session, please schedule yourself into session C6.

Join Gordon for a behind-the-scenes tour of GPRC. This magnificent building was designed by the amazing Douglas Cardinal, a Metis Blackfoot Albertan, and a true visionary ahead of his time. Gordon was born just across the creek, and as a young man he watched this building be constructed. Gordon longed to be on the inside, and when he was in grade nine he used to sneak into the college and pretend that he was a student here – just so he could enjoy the space. Gordon's love of GPRC grew – from the bricks on the outside, to the spiral staircase on the inside – until his dream came true and he began his studies here (for real). Gordon might have started his career here because of the building, but he's stayed for the people. His stories of this space will astound you, and we expect that this might be the best tour you've ever been on! By the time it concludes, you'll know where the atrium was, where the teepee is, and where the skulls of Gordon's first victims reside. Think we're kidding? Join us to find out!

C1 These Shoes are Made for Walking

Presenter: Sonya Flessati, MRU

In 2012 and 2013, I completed a 790 km walking journey across the north of Spain. I started my journey on the El Camino di Santiago di Compostela with the intention of meeting people and seeing a country in a unique way. What evolved was far greater – it became a 790 km walking meditation. Please join me in a presentation of this journey through pictures, stories, and a consideration of how walking as a meditative activity may be considered in your life.

C2 The Art of Presenting: Tips for Public Speaking (Part II)

Presenter: Tina Strasbourg / Karl Reijman , GPRC/Lethbridge College

This presentation covers how to prepare for a presentation using slideware such as Keynote, PowerPoint, Prezi, etc. and what to do about a handout. To learn more about preparing for presentations and dealing with anxiety of presenting, please join us for “Part 1” (B2)!

C3 Shaping the Future in Dual Credit

Presenter: Darlene MacDonald/ Marcia Aldred, GPRC

GPRC has built a successful dual credit program in collaboration with local and regional school boards resulting in high school students successfully completing post-secondary courses in a variety of programs at both of the GPRC campuses as well as our West Yellowhead learning centres. We will review how we did over the past two years and how we might advance into the future.

C4 - Centralized Academic Advising

Presenter: Kalandra Deal, Janelle Stuka / Jacquie Pohorelic, BVC

Bow Valley College Implemented central Academic Advising In May 2015. Prior to this, academic advising was imbedded within each academic department. We would like to share the details of our transition process from the planning phases (prior to May 2015) to what it looks like In full operation today!

C5 Shake It Off :Claim Your Calm Part II (runs subsequent to Session B5)

Presenter: Darren Stoupe – Keynote

C6 Architectural History and Tour of GPRC—Part II (runs subsequent to session B6)

Presenter: Gordon Pellerin, GPRC

Session Descriptions

D1 How Does your Garden Grow

Presenter: Sonya Flessati / Alana-Dawn Eirikson, MRU

Community gardens are places where individuals come together and have been associated with healing, relaxation, and well-being (Abraham, Sommerhalder, & Abel, 2010; Pitt, 2014). Within this setting, research suggests that community gardens provide individuals with physical activity (York & Wiseman, 2012); decrease anxiety, depression, and stress (Kam & Siu, 2010); increase social inclusion (Diamant & Waterhouse, 2010); and, build community cohesion (Hope & Ellis, 2009). Horticulture therapy (HT), a more formal use of gardening as an intervention, is defined as “the use of plants and gardening activities for healing and rehabilitation” (Lin, 2013, p. 138). This presentation will focus on the use of community gardens to enhance well-being. Findings connected with an innovative HT intervention implemented in an inclusive community garden at Mount Royal University will be discussed. Participants will also be encouraged to consider how they will plant seeds to shape their own well-being through gardening.

D2 Making Accessibility Everyone's Lens

Presenter: Ron Whitford, SAIT

Is universal design and ensuring an accessible campus an issue for the Disability / Accessibility Services office? **Yes.** Does this relieve the rest of the institution of the responsibility of making the environment more accessible for all people? **No.**

Attend this session to get some ideas on how to make accessibility everyone's lens on campus. Whether you work in a Disability / Accessibility Services office, or within any other area of your institution, this session will give you some ideas and strategies for creating partnerships and fostering an environment that works for all. There will be opportunities for sharing and discussion.

Learn to be a champion!

D3 ASAPA - Determining Financial Need for Bursaries and Grants

D4 Shaping the Future: Helping Students Manage Career Planning Anxiety

Presenter: Anna-Lisa Ciccocioppo, U of C

At universities and colleges across Alberta, counsellors and advisors across campus are working with many students that struggle with anxiety and social anxiety. For some, this has become worse with the current recession and challenging job market. This presentation will discuss the ways in which anxiety may impact on various aspects of career planning, from the exploration of options to job interviews for summer or post-graduation. Successful strategies for individual and group intervention will be presented.

D5 Residential School Experiences

Presenter: Loretta Parenteau-English / Ashley Walker , GPRC

Understanding the impact of the Residential School on students in Post-Secondary.



Session Descriptions

E1 Creative Ways to Survey Students

Presenter: Kaylene McTavish / Janet Miller, MRU

You've just done a workshop, a training session or a classroom presentation and you want to get some feedback to gauge satisfaction, success and various outcomes, but survey fatigue is a real thing. These days, it seems that a response rate of less than 30% as a "good return" as people are busy and the last thing on their mind is to tell you about something they've already done. This session will demonstrate different ways to engage participants to get instant, tangible data to use for future planning. We will present several ways to gather feedback from your audience, including in-class strategies, online tools and new twists on traditional surveys. Through this session you'll be exposed to several new ideas around how to engage your audience and get useful feedback in the way that suits the environment, outcome and most importantly your audience. We believe you'll leave with renewed inspiration about how to "assess your success".

E2 The Athlete Experience and Why Its Beneficial to the Future of Your Institution

Presenter: Judy Eyben, Lakeland

This presentation will talk about the process athletes go through to get to college. The presentation will discuss what happens once the athletes arrive on campus. Sometimes we are frustrated by athletes not following through with directions but we don't know what the athletes have been told throughout their recruiting process. The presentation will also focus on the value that athletes bring to institutions and the community at large.

E3 HeartMath

Presenter: Heather Abbott, BVC

Want to learn more strategies for building and sustaining resilience and living optimally mentally, emotionally, spiritually, relationally, and physically? Join a trained Personal Resiliency Mentor at this HeartMath workshop where you will learn about the new science behind the heart's intelligence and its' role in contributing to optimum health and well-being. Learn some scientifically proven strategies to bring your emotional, physical and mental systems into balance with your heart's intuitive guidance. The HeartMath tools have been proven to increase your positive energy and restore your inner balance. The HeartMath Institute was founded Doc Childre in 1991 and is recently being used in many Fortune 500 companies, the military, schools, hospitals, and schools in the Western world. Attend this workshop shape your Future wellbeing and personal effectiveness with HeartMath.

E4 Advancing Your Career in a Union Environment; What Your Managers Wont Tell You

Presenter: Paul Gaudette, OLDS

So you've worked hard, fulfilled your responsibilities and received positive performance reviews. What now? Many wrongly believe that advancement in a union environment is largely (or entirely) based on seniority. And yet we have all seen some keen, new employee move quickly up the ladder and asked ourselves, "How did they do that?" In this session you will find out! What makes your work stand out? What are managers looking for? How can you be given more responsibility or show that you are capable of so much more? Join me for a conversation and some easy tips to put your career on the path you always hoped for.

E5 Cultural Healing in Post-Secondary: Finding Safe Spaces for Students

Presenter: Loretta Parenteau / Ashley Walker, GPRC

Providing safe spaces for students to use cultural healing methods while in Post-Secondary.



F1 Changing Demographics

Presenter: Lynn Connell, BVC

As a result of immigration trends, post-secondary institutions in Canada are experiencing significant cultural and ethnic diversification which is transforming college and university campuses across the nation. As such, colleges and universities have emphasized diversity and inclusiveness as strengths, assets and responsibilities but are they walking the talk as demonstrated through the lived experiences of immigrant learners who are beginning their educational journey in a Canadian college setting? This presentation explores these lived experiences and offers suggestions for improved practice and future research towards a more inclusive and supportive experience for all.

F2 - Document Accessibility: Facilitating Online Learning

Presenter: Carrie Anton, AU

This presentation will explore the assistive technologies that students use in post secondary education. Often we create documents that introduce barriers to students. It's not intentional but it does happen. This session demonstrates how to create more accessible documents that can be used with assistive technologies and facilitate learning.

F3 A Century of Peace Country Paleontology

Presenter: Kat Ormay, GPRC

Northwest Alberta is rich in palaeontological resources. The significance of these resources is recognized with every new scientific discovery and publication. Our presentation is putting these scientific discoveries in their historical perspective by showing how local citizens, amateurs, with support from educational institutes have advanced research and discovery over the last decades. Our talk will summarize the history of palaeontological discoveries in the Grande Prairie area and the people who made or contributed to these discoveries.

This session can be followed with a visit to the Phillip J. Currie Dinosaur Museum (G3 and FSB3)

F4 Appreciative Advising

Presenter: Connie Grove / Kendra Koble, MHC

Jenny Bloom, in Appreciative Advising Revolution Training Workbook: Translating Theory to Practice teaches us about the Six Phases of Appreciative Advising. This presentation will focus on two of the phases used at Medicine Hat College: Disarm & Design

Disarm: “Advisors can employ nonverbal and verbal immediacy behaviours to make a positive first impression and create a welcoming atmosphere.”

Design: “At this state, Appreciative Advisors do not assume that students know the lingo, location of buildings, or nicknames for resources”

This presentation will cover useful tools advisors employ at Medicine Hat College to engage students and help them design a plan for making the most of the students’ experiences both inside and outside the classroom.

F5 ASAPA - Student Aid Alberta Session

F6 Peer Facilitated Dating Violence Prevention

Presenter: Katie Wotherspoon, MRU

Post-secondary students are in the highest risk age group for intimate partner violence. Women aged 15-34 are most at risk of experiencing violence in intimate relationships and are most at risk of serious types of violence (2013). 30% of MRU students have experienced violence in one or more dating relationships (Warthe & Tutty, 2010;2013). These numbers while shocking are on par with the national average.

This presentation will cover:

- What peer to peer programming is
- Why peer to peer programming works within the context of dating violence
- How to integrate peer to peer programming
- The positive impact of peer to peer programming

Session Descriptions

G1 Steps to Success

Presenter: Sheena Gardner / Amanda Nelson, GPRC

Despite best efforts, attendance remained low at carefully planned and prepared workshops designed to support GPRC Students. We knew we needed to change. So, in the Winter Semester of 2016, the Library & Learning Support Centred piloted the Steps to Success Program. Designed with our busy students in mind, the program was intended to introduce students to key concepts and skills in order to bridge college readiness. Through a series of flash sessions (15-20 minutes each), students were told about the tools they needed and where they could find them. Incentives were provided to entice students to attend, but to our delighted surprise, many students were excited and eager to join. Come to our session to hear more about how the program worked, partnerships/collaborations that were formed, whether or not we met our Intended goals, hear student feedback, and our future plans for the program.

G2 One Hat, Two Hat, Red Hat, Blue Hat: Mental Health First Aid – What Hat to Wear

Presenter: Andrea Taylor, NAIT

Since 2014, NAIT has been championing Mental Health First Aid training to all of its staff, and this year has extended this out to the student body. This session is going to:

- Outline the Mental Health First Aid program
- Show the Impact it has had at NAIT on both staff and students
- Discuss building a foundation to remove the stigma around mental health problems
- Explore which hat to wear when providing mental health first aid in a support service role
- Discuss organizing Mental Health First Aid training at other institutions

G3 Dr. Phillip J. Currie Dinosaur Museum

Presenter: Kat Ormay, GPRC

This session will be longer than the one hour time frame so please schedule yourself in fun session FSB3 for today (Thursday)!

There is a minimal cost for this session (payable at the Museum) www.dinomuseum.ca

This session will be longer than the one hour time frame so please do please book yourself into fun session “J” for today (Thursday)!

“A 360 million year journey from Paleo to Petroleum”, the Phillip J. Currie Dinosaur Museum is full of interactive exhibits, life-sized dinosaur skeletons, and a paleontological history of our region. A bus trip to the museum, located about 15 minutes from GPRC, will perfectly complement session **F3 – A Century of Palaeontology!**

G4 Habits of Happiness

Presenter: Janet Miller / Sonya Flessati, MRU

Through this session we'll share our passion for understanding happiness and also the results of a recent study which aimed to identify the habits of happiness. This project looked at Canadian data from the National College Health Assessment (NCHA) and aimed to analyze the health-related behaviours, habits and perceptions most associated with high states of happiness, belongingness and life-satisfaction. We will review our findings and lead a discussion about how this information can support student services' programs and interventions. Further opportunities to make use of the NCHA data set will also be discussed and encouraged.

G5 Dear Abby: Giving Advice over the Internet

Presenter: Mirjam Knapik, MRU

There is an increasing effort to provide services to students through a variety of formats. With the prevailing sense that students are particularly comfortable on line, and recognizing that they can access resources through this medium 24/7, counsellors are exploring how to provide services via the internet. Attend this session to learn about the process of setting up an "Ask a Counsellor" blog where students can submit questions anonymously, and where the counsellor can post the questions and answers in the public domain. I will share information about how this online format needed to be responsive to both the Freedom of Information and Protection of Privacy Act and the Health Information Act. Please join us in discussing the potential value and limits of this form of service provision.

G6 Early Intervention Strategies

Presenter: Geoff Healy, RCC

Our hope is to support students to thrive, both personally and academically. Through my work as a Post-Secondary Student Support Program Counsellor at Red Crow Community College, I provide support for students who are attending the University of Lethbridge and the Arts and Science program at Red Crow College. Through this session I'll talk about how we support our Indigenous students to succeed, how we navigate through barriers and what we've learned that may help your students thrive.

Fun Session Descriptions

FUN SESSIONS

Wednesday, May 11, 2016

FSA1 – Interpretive Drawing with Ink

Have you ever drawn with a carrot stick? The results might surprise you!

You already have the Basic skills. The approach will be immediate and accessible; think of it as a fun extension of pencil or pen.

After a short power point introduction on the nature of drawing, the studio ink experience will follow, drawing either flowers or three-foot scarecrows. The subject matter lends itself to interpretive expression.

You will also be introduced to some composition, colour accenting, and counter balance as the drawings proceed.

LIMIT: 20

FSA2 - Zumba

Zumba could be hands down, the most fun of your entire conference! Dance like nobody is watching to fun Latin beats, catchy singable tunes with an energetic, easy to follow, favorite local instructor. Earn that dinner and those sips you are sooo looking forward to after a long day of learning!

FSA3 - Dreamcatcher Making

Enjoy the relaxed atmosphere of GPRC's On-Campus Friendship Centre and receive teachings and instructions to build your own dreamcatcher with GPRC's Elder-in-Residence and Aboriginal Liaison Coordinator!

In addition to scheduled fun sessions, GPRC's Fitness Centre will be available to those who would like some free time to work out. There is also a walking path just outside of the College that you can take advantage of for a leisurely stroll around the reservoir or kick it up a notch and go for a brisk walk or run while enjoying the beautiful scenery!



FUN SESSIONS

Thursday, May 12, 2016

FSB1 - Interpretive Drawing with Ink

Have you ever drawn with a carrot stick? The results might surprise you!

You already have the Basic skills. The approach will be immediate and accessible; think of it as a fun extension of pencil or pen.

After a short power point introduction on the nature of drawing, the studio ink experience will follow, drawing either flowers or three-foot scarecrows. The subject matter lends itself to interpretive expression.

You will also be introduced to some composition, colour accenting, and counter balance as the drawings proceed.

LIMIT: 20

FSB2 - Yoga

A gentle yoga session from beginner to advanced. Practice relaxation and stress release along with gentle stretching and meditation.

FSB3 - Phillip J. Currie Dinosaur Museum

(Participants must have also registered in **G3** as this fun session will exceed the 1 hour time limit).

In addition to scheduled fun sessions, GPRC's Fitness Centre will be available to those who would like some free time to work out. There is also a walking path just outside of the College that you can take advantage of for a leisurely stroll around the reservoir or kick it up a notch and go for a brisk walk or run while enjoying the beautiful scenery!

