Starlink
Updated 11/2013 AMH
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Classroom

Title: Classroom Civility: How the Classroom Culture Can Generate Anger (8:30)

Summary: Examines the various sources of anger that students may bring to class or eventually generate. Students need to learn that the rules are different in college, and what are the expected rules.
Presenter: Tavris, Carol

Title: Active Classroom Techniques: Organizing Information (4:02)

Summary: Students are going to organize and so essential that teachers help them organize in an effective and appropriate way. This one teacher's method to teaching and assessing organization in her course.
Presenter: Marshall, Ellen; Angelo, Thomas

Title: Anger in the Classroom (1:27:18)

Summary: This videoconference examines the reasons for students' changing expectations and for their anger at teachers. It is led by Dr. Carol Tavris and Dr. Carole Wade, nationally respected authorities on anger, and authors of Psychology, Critical and Creative Thinking: The Case of Love and War, Psychology in Perspective, and The Longest War: Sex Differences in Perspective. They explain the nature and origins of student anger as well as the emotional responses of teachers. INSIGHTS AND SKILLS: Recognize how changing expectations, perceptions, and attributes of students fuel their anger toward teachers; Distinguish legitimate grievances from unjustified or inappropriate anger; Understand economic, social, and cultural tensions that underlie student anger; Identify what teachers can do as individuals to cope with students' anger-- and their own; Learn strategies to prevent and reduce tensions in the classroom; Examine collective approaches that teachers' groups might use to reduce classroom and campus hostilities
Presenter: Tavris, Carol; Wade, Carole; Sanders, Bob Ray

Title: Service-Learning: Why and How (1:29:44)

Summary: Service-learning combines SERVICE and LEARNING in very intentional ways that enhance not only the learning experience but also the student's community. This teleconference will demonstrate the importance of service learning to students and their community. It will show proven ways to start and grow a service learning program at your college. Participants will get plenty of best practice ideas and see examples of successful programs.
Presenter: Franco, Robert; Falkstein, Frank B.; Gaiter, Pamela; Paredes, Raymund

Course/Curriculum Design

Title: Dual/Concurrent Enrollment: Where High School Intersects College (1:26:11)

Summary: This live, interactive teleconference will look at the major areas of dual/concurrent enrollment such as: funding; transfer of credit; faculty, student, and institutional responsibilities; orientation; grading. Examples from a number of institutions will be shown and discussed. Practical and successful solutions to many of the dual/concurrent issues will be presented.
Presenter: Rhodes, Richard M.; Forde, Margaret L.; Barnes, Cynthia A.

Title: Putting It All Together: Creative Ideas for Using Technology in the Classroom (1:30:25)

Summary: Leading educators provide tips on the most effective ways to use technology to promote learning in your classes.
Presenter: Grissom, Scott; Lamberson, Michelle; Cooper, Alisa

Title: Using Electronic Portfolios in Workforce Education (1:14:25)

Summary: Expand your knowledge of current national and international research on electronic portfolios and how they can ease the stress of job-hunting and help manage the careers of students, university leaders, faculty, businesses, and organizations within the global marketplace.
Presenter: Flynn, William J.; Wasko, Paul

Critical Thinking Strategies

Title: Critical Thinking: Required Learning for the 21st Century (1:28:32)

Summary: Why is it more important than ever for students to critical thinkers? One thing is clear: today's changing business world demands critical thinkers. To be successful, employees must be able to comprehend and clearly articulate problems and then find practicable solutions. Colleges must teach students to think critically in order to prepare them effectively. But why all the pedagogical confusion about this vital topic? The International Encyclopedia of Education's entry for critical thinking is five pages long, with origins credited to at least five separate individuals. Instructors don't need to argue about it; they need classroom techniques that can be used right now.
Presenter: Nosich, Gerald; Ennis, Robert

Connecting with Students

[Learning Styles: Assessing Personalities](#) (7:50)

Summary: Understanding and determining a student's personality type affects and improves both faculty teaching and student learning. The Myers Briggs Type Indicator is one such tool that helps to determine personality type and cognitive style.
Presenter: James, Waynne; Platt, Gail

[Student/Teacher Motivation: Helpful Hints to Motivating Students](#) (6:42)

Summary: From bio-news to midnight lecture series, learn over 9 helpful hints to connecting with your students and creating a learning experience.
Presenter: Wood, Lorelei; Crow, Linda; Sanders, Bob Ray; Druger, Marvin

Health Sciences

[Ethical Decision Making in the Professional Setting](#) (1:04:00)

Summary: This program examines several key components that faculty must face from ethical conversations to defining the professional relationships within the institution.
Presenter: McGovern, Thomas F.

[Healthcare Ethics: Decision-Making Capacity](#) (4:52)

Summary: Dr. Thomas McGovern talks about different perspectives in diagnosing problems.
Presenter: McGovern, Thomas

Learning Theory

: [Learning Theory: How the Brain Works](#) (5:05)

Summary: Exploration of the brain and an explanation of the key components that make up the acronym of FACES, which reminds instructors of the innate needs of every human being.
Presenter: Smilkstein, Rita

General Teaching Tips

General Teaching Tips: Student/Teacher Interaction (1:21)

Summary: Emphasizes the importance of communication when it comes to successful student/faculty interaction.
Presenter: Weinstein, Claire Ellen

General Teaching Tips: Encouraging High Expectations (5:37)

Summary: Importance of, tips for and a demonstration on setting higher expectations for students. The demonstration is by a Speech Instructor but can be equally effective in other courses.
Presenter: Spence, Patricia; Weinstein, Claire Ellen; Angelo, Thomas

General Teaching Tips: Connecting Prior Knowledge to New Information (4:09)

Summary: Gain a better understanding of why students need to connect old learning to new while learning tips that will help students become more aware of what they already know.
Presenter: Angelo, Thomas; Adair, Carol

General Teaching Tips: How to Have Brighter and Harder Working Students (5:16)

Summary: Teach students the things that you already think students should know how to do from what is a proper essay to reading a novel for your particular course.
Presenter: Nelson, Craig

General Teaching Tips: Prior Knowledge and How to Use it (5:35)

Summary: Reinforces the importance of probing for background knowledge and suggests that faculty reevaluate their course structure based on their student's prior knowledge to increase learning.
Presenter: Angelo, Thomas

General Teaching Tips: Providing Practice for Transfer and Application (1:21)

Summary: Dr. Angelo shows several ways to promote knowledge transfer and how to apply it.
Presenter: Angelo, Thomas

General Teaching Tips: Student Goals (5:24)

Summary: Goal setting, goal analysis and goal using are essentials elements to the will component and for achieving student motivation.
Presenter: Weinstein, Claire Ellen; Mckeachie, Wilbert

Title: General Teaching Tips: Student Goal Setting (1:51)

Summary: Faculty driven techniques used to promote student persistence
Presenter: Angelo, Thomas

Title: General Teaching Tips: Time and Effort Needed for Mastery (3:16)

Summary: Tips on how teachers can help students become more aware of how they are using their time and how to gain more control over the time they do have.
Presenter: Weinstein, Claire Ellen; Angelo, Thomas

Title: General Teaching Tips: Note Taking Techniques (2:11)

Summary: Presenters discuss why note taking is so important and the two key functions of note taking.
Presenter: Mckeachie, Wilbert; Weinstein, Claire Ellen

Title: General Teaching Tips: Skills Students Need to Learn (5:31)

Summary: With timely tips and strategies, presenters offer suggestions to Instructors on how they can help students become better learners.
Presenter: Mckeachie, Wilbert; Weinstein, Claire Ellen

Title: General Teaching Tips: Focusing Student's Attention (4:43)

Summary: Tips and techniques to helping students to learn how to focus on the most important points in a course.
Presenter: Angelo, Thomas; Montgomery, Bill; Ramirez, Antonio; Smith, Francis

Title: General Teaching Tips: Unlearning Must Often Precede Learning

Summary: Examines and suggests how prior misconceptions, preconceptions, and habits that students may bring to the classroom will affect their learning.
Presenter: Weinstein, Claire Ellen; Angelo, Thomas

Title: General Teaching Tips: Students and Self -Sabotaging Beliefs (2:30)

Summary: Panelists discuss and warn about the negative effects of stereotyping and the self-sabotaging beliefs that can detour a student's ability to learn.
Presenter: Weinstein, Claire Ellen; Mckeachie, Wilbert

Title: General Teaching Tips: Provide Timely, Understandable, Useful Feedback (5:45)

Summary: Demonstration of the muddiest point exercise as presenters reinforce the importance of not assuming that students are learning but rather asking if they are learning.
Presenter: Smith, Gary; Angelo, Thomas

Title: First Class Tips for Adjunct Faculty (1:06:00)

Summary: In this videoconference you will learn how to create a self introduction for your classes that is based upon two essential components, use icebreakers to facilitate communication and interaction, and using techniques to keep students involved in your classes.
Presenter: Banta, Patricia; Galvan, Jesus; Kumassh, Livingstone

Title: I Taught It, But They Didn't Learn It Program IV - "Small Teaching Changes Equals Big Learning Gains" -- Part 1 (55:09)

Summary: Part one explains how relatively small changes in teaching can help students and teachers succeed by examining intellectual development, learning styles, critical thinking, student assumptions and faculty morale.
Presenter: Anderson, James; Nelson, Craig; Angelo, Thomas

Title: I Taught It, But They Didn't Learn It Program IV - "Small Teaching Changes Equals Big Learning Gains" -- Part 2 (57:03)

Summary: This program continues to explore how relatively small changes in teaching can help students and teachers succeed by examining intellectual development, learning styles, critical thinking, student assumptions and faculty morale.
Presenter: Anderson, James; Nelson, Craig; Angelo, Thomas

Title: Educating The Net-Gen: Strategies That Work (1:24:33)

Summary: Explores the characteristics of the next generation of learners, the uses of technology to support these learners, and the learning styles that may signal different instructional needs.
Presenter: Oblinger, Diana

Title: Lessons That Last: The Teachers Students Remember (1:09:44)

Summary: A celebration of the teaching profession, this program will go beyond the "techniques" of teaching to the heart, soul, and art of the teacher. Part of the TCCTA Annual Conference in Fort Worth. It features Pulitzer Prize winner David Shribman discussing what he learned during the writing of his latest book I Remember My Teacher a collection of reminiscences about America's greatest teachers. Mr. Shribman will relate recollections from people from all walks of life, from Secretary of Defense Donald H. Rumsfeld to a West Virginia coal miner on what makes a great teacher and why teaching

is such an important profession.
Presenter: Shribman, David

Title: Teaching and Serving Authentically: The Teacher at the Heart of the College (58:01)

Summary: Sanford C. "Sandy" Shugart currently serves as president of Valencia Community College in Orlando, Florida, one of the nation's largest and most celebrated community colleges. Often described as "Parker Palmer-esque", he is widely known for his speaking and writing on servant leadership and is a published poet and songwriter. In this teleconference Dr. Shugart explores our changing college culture, what our work really means, and addresses ways of dealing with the dilemma all faculty face—getting so involved in our craft that we lose our "true self".
Presenter: Shugart, Sanfrd C.

Title: New Standards for the New Student? (1:00:08)

Summary: Much has been made of the "new students" entering our institutions, referring to the Millennial Generation—the next generation in college enrollment. The "Millennials" include a wide range of students, from the digital native—never having known a world without the Internet or computer-mediated environment, to the first-generation college student—unprepared for the culture, and often rigors, of higher education. While colleges have always worked with a diverse, non-traditional student population, this sudden, and simultaneous influx of both technologically sophisticated as well as under-prepared students, present a new set of challenges. In this session, we will explore issues related to teaching these students, with special focus given to the reality occurring in our classrooms.
Presenter: Manning, Terri M.; Smith, Wanda-Lee; Floyd, Beaman

Title: Keeping 'em Once You've Got 'em: It's Everybody's Job (42:00)

Summary: This program will focus on the college experience outside of the classroom. It will feature ideas, strategies and tips that all employees can use to increase student success and retention.

Collaborative Learning

Title: Collaborative Learning: Think– Pair –Share Technique (4:47)

Summary: Using this technique, instructors encourage participation and learning among students while making it more comfortable for them to speak in front of the class.
Presenter: Barkley, Elizabeth

Health Sciences

Title: Healthcare Ethics: Ethical Standards (2:12)

Summary: Dr. Thomas McGovern talks about organizations and their ethical stand points.
Presenter: McGovern, Thomas

Title: [Ethical Decision Making in the Professional Setting](#) (1:04:00)

Summary: This program examines several key components that faculty must face from ethical conversations to defining the professional relationships within the institution.
Presenter: McGovern, Thomas F

Institutional Effectiveness -

Title: [Customer Service: Organizational Values](#) (4:22)

Summary: Customer Service
Presenter: Madden, Charles

Title: [Customer Service: Service Strategies - RRRATE](#) (6:30)

Summary: Customer Service Strategies
Presenter: Rush, Janet

Title: [Customer Service: Tips from the Top Company](#) (4:55)

Summary: Learn customer service from the best
Presenter: Boone, Garrett

Title: [Customer Service: The Good, the Bad and the Ugly](#) (7:48)

Summary: Customer Services
Presenter: Rush, Janet

Title: [Institutional Effectiveness: Quality Enhancement Plan](#) (2:40)

Summary: An overview f how implementing a Quality Enhancement Plan has lead to increased retention rates among students.
Presenter: Wheelan, Belle S.

Title: [Safe and Secure in the Academic Environment: A Multi-faceted Approach for Faculty, Administrators and Staff](#) (50:58)

Summary: This program was designed to inform higher education faculty, administrators, & staff of recent key findings on campus security, and strategies to keep college environments safe. Featuring members of the Virginia Tech Review Panel and academic safety experts, topics covered include: • Properly identifying red flags & warning signs • How to respond to troubled students in the classroom • FERPA provisions that allow

personal information disclosure • The significance of suicide prevention • Successful institutional threat-assessment strategies
Presenter: Pavela, Gary; Matthews, John; Ellis, Carroll; Sood, Aradhana; Massengill, Gerald

Title: Safe and Secure in the Academic Environment: A Multi-faceted Approach to Faculty, Administrators and Staff -- Part 2 (50:59)

Summary: In this second program in a series, we pick up where we left off with additional strategies for faculty as well as the general college community. Proven safety practices are shared by nationally known experts in law enforcement, higher education, psychiatry, and law. Learn specific techniques for classroom security; how to identify Red Flags and warning signs of potential threats, and simple drills that enhance classroom and campus safety.
Presenter: Pavela, Gary; Matthews, John; Ellis, Carroll; Sood, Aradhana; Massengill, Gerald

Title: Keeping 'Em Once You've Got 'Em II : Promoting Student Engagement And Persistence (1:30:00)

Summary: Students' success and their learning experience are proven to be two of the greatest factors effecting retention. This second installment of STARLINK's most recent teleconferences on student retention techniques focuses on instructors seeking to learn proven strategies to positively affect their students' persistence. Attendees will learn what other institutions are doing to help students persevere and reach graduation, and how to implement these strategies on their own campuses. It is sure to be a valuable resource for educators from all institutions—public, private, two-year and four-year as they discover more ways than ever to help their students succeed.
Presenter: Trevino, Natalia; Wenrich, William; Nora, Amaury; HeavyRunner, Iris

Title: Successful Student Recruitment Programs (1:29:20)

Summary: Are you satisfied with your student enrollment? Are your enrollments meeting your goals? Everyone knows that student recruitment is crucial to the health, if not the survival, of colleges and universities. Yet identifying an effective student-recruitment program can be a difficult task. This videoconference is designed to help you define the best and most cost-effective ways to develop your recruitment program. National college recruitment leaders will discuss successful recruitment strategies, show examples of the best, and help you design a program that works.
Presenter: Denton, Lynn; Reid, Betheny

Title: Saving Dollars and Making Sense: Scalability in Developing Distance Courseware (1:28:28)

Summary: In higher education, scalability… • Is the practice of creating a single, customizable course that will be used by many faculty in multiple sections over

numerous semesters. • Is most effective when a team of academic personnel-faculty, instructional designers, and I. T. professionals-collaborate in the course development process; and • Saves faculty time and institutional dollars, but is questioned by some faculty who consider it an encroachment on academic freedom. This professional development seminar is designed to generate important dialogue between faculty and administrators, including department chairs, deans, instructional vice presidents, chief information officers, and other instructional technology leaders. Topics: • Designing and implementing distance learning courses • The impact of scalability on teaching and learning • Ways to eliminate costly and unnecessary duplication of faculty efforts in creating courses • The impact of un-bundling faculty duties on instructional effectiveness • Ways in which technology can be better utilized to enhance learning and ease the burden for faculty
Presenter: Salda, Michael; Dunn, Suzanne; Karakas, Scott; Scarafiotti, Carol; Jarmon, Carolyn

Title: Saving Dollars and Making Sense: Un-bundling Faculty Duties in Distance Courses (1:28:04)

Summary: Research into the costs of distance courses revels that a key strategy for improving both "the bottom line" and teaching effectiveness is "un-bundling" faculty duties: using teaching assistants, graders, discussion leaders, IT personnel etc. This program will show how this practice works for distance courses. Topics • Innovative course management approach for distance teaching and learning • Implementing courses using faculty as a member of a team, instead of as a "sole provider" of course information and instruction • The primary role technology can play in designing a course in which faculty duties are un-bundled • Options for staffing of distance courses to increase cost savings, while improving student retention and performance
Presenter: Trigsted, Kirk; Hayes, Carole; Banocy-Payne, Marge; Wohlpart, Jim

Title: Successfully Involving Faculty In Your Continuous Improvement Program (1:27:51)

Summary: Demystifies the "myth" that faculty cannot be convinced to participate in quality improvement programs. This seminar introduces education models built on the Baldrige In Education Criteria for Continuous Improvement.
Presenter: Massy, William F.

Title: How to Develop a Leadership Plan (46:00)

Summary: There are many leadership training programs that teach leadership skills but if you have been tasked with developing a leadership program how to you do it; where do you start. This seminar will feature successful college leadership programs and provide ideas on how to go about developing a leadership plan that will fit your specific college needs.

Title: How to Develop a Leadership Plan-Module 1 -Resources (16:00)

Summary: This module provides information on documents helpful in starting up a Leadership Development Plan (LPD); associations/groups who can provide services and consultation in continuing a LDP; and professional development opportunities for those tasked to help maintain a LDP.

Title: [How to Develop a Leadership Plan](#)-Module 2 – Advice and Guidelines (14:00)

Summary: This modules provides in-depth information on lessons learned from previous LDP's, including where to begin on a program, funding issues, pitfalls to avoid, program assessment, and considerations for the future.

Title: [How to Develop a Leadership Plan](#)-Module 3 – Case Study (16:00)

Summary: This module is a case study on how the Lone Star College System developed and currently operates their leadership plan. Lone Star College System is a large seven college system in the Houston, Texas area.

Learning Styles

Title: [Learning Styles: Assessing Personalities](#) (7:50)

Summary: Understanding and determining a student's personality type affects and improves both faculty teaching and student learning. The Myers Briggs Type Indicator is one such tool that helps to determine personality type and cognitive style.
Presenter: James, Waynne; Platt, Gail

Title: [Learning Styles: Components of Learning Styles](#) (2:10)

Summary: By examining these key components of learning styles both faculty and students can affect and improve learning outcomes.
Presenter: James, Waynne

Title: [Learning Styles: Generational Differences](#) (1:34)

Summary: Generational Communication Style Differences
Presenter: Shaheen, Rebecca

Title: [Learning Styles: Teaching Strategies for Various Styles](#) (4:38)

Summary: Advice on managing personality styles in a group setting and tips to challenging students by strategically combining various learning styles.
Presenter: Young, Charlotte

Title: [Learning Styles: The Personality Spectrum](#) (11:30)

Summary: Step by step examination of the Personality Spectrum tool and tips to helping students determine and educate themselves on their learning personalities and styles, which will in turn affect an instructor's teaching styles.
Presenter: Bishop, Joyce

Title: Social Media: Mobile Devices (2:03)

Summary: Social networking mechanisms
Presenter: Wildermuth, Lisa

Title: Social Media: Web 2.0 Applications (5:28)

Summary: Social networking/community building mechanisms
Presenter: Bonk, Curtis

Title: Techniques for Teaching Adults: A Motivational and Reflective Approach (1:00:15)

Summary: Two pillars of adult education come together to share research and experience, providing a comprehensive list of strategies that can be employed to improve adult learning. These strategies and insightful recommendations will help instructors increase the repertoire of their instructional toolkit.
Presenter: Wlodkowski, Raymond; English, Leona; Wenrich, William

Title: Strategies for Teaching to Different Preferences (45:00)

Summary: More than ever faculty are faced with a diversity of students in their classrooms. These students come with a variety of learning styles/preferences and teachers and teachers need to provide for these differences in their teaching. Our award-winning educators will present strategies to assist the classroom teacher in promoting learning and student retention.

Online Teaching Strategies

Title: Using Information Technology in the Traditional Classroom (1:29:45)

Summary: This teleconference will use expert panelists and illustrations and examples to actually demonstrate the effective and creative infusion of I. T. into traditional classrooms. Topics include: This teleconference will address key issues of "hybrid" courses, such as: Ways faculty can make the transition from "traditional" to "hybrid" teaching methods; The attractiveness of "hybrid" courses because they offer face-to-face interaction, combined with the greater flexibility and resources of online learning; Using class meetings for higher order tasks such as interpreting data, identifying trends and themes, and discovering meaning; Illustrations and examples of using I. T. creatively and effectively in classroom courses.
Presenter: Rebadow, Donna; Rook, Robert

Student/Teacher Motivation

Title: Student/Teacher Motivation: How to Motivate Students (2:32)

> Summary: What students need to receive to be motivated and what this translates into for the teacher.
> Presenter: Angelo, Thomas

Wellness

Title: Self Leadership: Getting Motivated (4:51)

> Summary: Motivational differences
> Presenter: Rush, Janet

Title: Title: Self Leadership: Positive Motivation (5:58)

> Summary: Positive Motivation
> Presenter: Rush, Janet

Title: Stress Management: Coping with Stress (1:58)

> Summary: Importance of developing a stress-resistant lifestyle
> Presenter: Tyne, Connie

Title: Stress Management: Emotional Responses (7:47)

> Summary: How experiences produce our thoughts and drive our responses
> Presenter: Cochran, Kate; Ward, Chuck

Title: Stress Management: False Beliefs about Relationships (4:48)

> Summary: How we can learn to change our emotional responses
> Presenter: Cochran, Kate; Ward, Chuck

Title: Stress Management: How most people live (3:47)

> Summary: Events produce emotions which drive behavior
> Presenter: Cochran, Kate; Ward, Chuck

Title: Stress Management: How Stress Is/Is Not Beneficial (1:55)

> Summary: Benefits of no stress
> Presenter: Wilson, Steve

Title: Stress Management: How worry causes stress (3:16)

Summary: How the way we think and look at things causes stress
Presenter: Wilson, Steve

Title: [Stress Management: Humor Remedies](#) (4:19)

Summary: How laughter and humor relieve stress
Presenter: Wilson, Steve

Title: [Stress Management: Laughter Clubs](#) (2:52)

Summary: How and why groups come together for the sheer joy of laughing
Presenter: Bookout, Dru; Wilson, Steve

Title: [Stress Management: Learn to Love What You Do](#) (2:16)

Summary: Enjoying your profession
Presenter: Wilson, Steve

Title: [Stress Management: Making Humor work](#) (4:09)

Summary: Being able not only to be funny, but to see funny
Presenter: Wilson, Steve

Title: [Stress Management: Optimism/Pessimism](#) (4:30)

Summary: How we tend to explain a negative situation to ourselves
Presenter: Cochran, Kate; Ward, Chuck

Title: [Stress Management: Physical Effects of Stress](#) (1:38)

Summary: A summary of the physical effects and illnesses directly related to stress
Presenter: Tyne, Connie

Title: [Stress Management: Relationship between Stress and Burnout](#) (3:53)

Summary: The necessity for a balanced perspective and lifestyle
Presenter: Wilson, Steve

Title: [Stress Management: Retrain your Brain](#) (8:46)

Summary: How to change negative responses to positive responses
Presenter: Cochran, Kate; Ward, Chuck

Title: [Stress Management: Retrain your Brain 2](#) (5:33)

Summary: Understanding the key to change is repetition with intensity across time
Presenter: Cochran, Kate; Ward, Chuck

Title: Stress Management: Stress Reactions (1:21)

Summary: How the body physically reacts to stress
Presenter: Wilson, Steve

Title: Stress Management: Stress Resistance (5:16)

Summary: How to create a stress resistant personality
Presenter: Wilson, Steve

Title: Stress Management: The Disease of the 21st Century (8:46)

Summary: Importance of relieving stress and changing stress levels
Presenter: Rush, Janet

Title: Stress Management: When not to use Humor (6:53)

Summary: 7 rules for humor
Presenter: Wilson, Steve

Title: Self-Leadership: Improving Your Life and Your Work (1:25:22)

Summary: Inspirational speakers share their stories and advice on how to improve the quality of life in and out of the workplace.
Presenter: Boone, Garrett; Madden, Stan; Rush, Janet Sue

Title: Retirement Planning for Educational Employees (1:29:45)

Summary: Most people eagerly look forward to retirement, but not everyone is well prepared financially for it. Sound information is needed to make good choices about saving and investing for retirement. Therefore, this live teleconference is designed to offer specific considerations for educational employees to appropriately plan their futures We'll help you identify investment options, evaluate financial resources, and establish retirement goals for yourself. You'll have the opportunity to interact with financial planning experts, and learn how to take control of your retirement future no matter what your age."
Presenter: Patton, Kathlyn; Forrest, John; Cummings, Rochelle

Title: Lighten Up and Live Longer: Developing a Stress-Resistant Personality (58:53)

Summary: A program for the entire college community which will demonstrate ways to improve your life and your work, lighten the load with laughter, see the positive effects humor has on stress, and strengthen your "cope-ability factor" to improve your health.
Presenter: Wilson, Steve; Tyne, Connie

Title : Change Your Mind and Change Your Life (1:00:16)

Summary: In an idea packed, one-hour teleconference, noted author, speaker, educator, and consultant, Dr. Chuck Ward will share proven techniques for enhancing your emotions and taking your life to a higher level. In this engaging, one-hour telecast, you will learn: To recognize the process by which you create and maintain your emotions; To discover the habits of thought that most influence how you feel; To use proven techniques to identify and challenge the thoughts that put you in an unproductive emotional state; To maximize the opportunities you have in any situation; To recognize when you are yielding to the most common and destructive myths about personal and professional relationships; To manage your emotions and enjoy your life more than ever before.
Presenter: Ward, Chuck