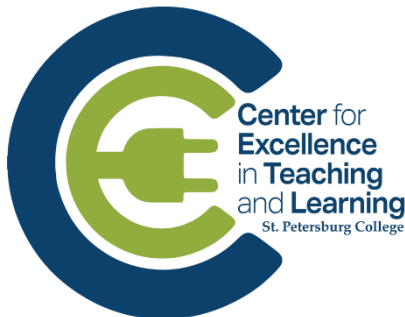


2025 TEACHING & LEARNING CONFERENCE

The Hitchhiker's Guide to Faculty Well-being

February 21, 2025
St. Petersburg College
Clearwater Campus



Welcome

Welcome to the 2025 Teaching & Learning Conference! The CETL and IDEAS teams are looking forward to spending the day learning from and with you.

As you can see from the Schedule at a Glance on page 4 and the session descriptions which follow, we have a full day of engaging sessions, including an opening keynote session with Dr. Joel Davis followed by concurrent sessions and lunch and concluding with a closing keynote with Dr. Sarah Rose Cavanagh. After the closing keynote, we will have giveaways determined by a random number generator for faculty who are present.

We hope you enjoy this time with your colleagues to expand your teaching and learning knowledge, explore mostly harmless teaching and learning tools, learn ways to not panic and take care of yourself, and check out the professional development opportunities at the end of the universe (or at least outside the classroom)!

Melissa McAllister

Academic Director, CETL

Timothy Godcharles

Executive Director, IDEAS

Keynote Speakers



Joel Davis is a clinical professor in UF's Warrington College of Business with 25 years of commercial experience in analytics, AI, and business operations. Most recently he was chief strategy officer at Revenue Management Solutions, a company that assists the restaurant and retail industry identify profitability opportunities through data-driven analytics, where he was responsible for leading the company's emerging analytics and data strategy discipline. His current research is focused on the integration of analytics and artificial intelligence solutions into business decision-making, and effective AI solution adoption strategies within corporations. In addition to his clinical faculty role, Joel also serves as the executive director of the David F. Miller Retail Center at Warrington.

Sarah Rose Cavanagh is the Senior Associate Director for Teaching and Learning in the Center for Faculty Excellence at Simmons University, where she also teaches in the Psychology Department as an Associate Professor of Practice. Before joining Simmons, she was a tenured Associate Professor of psychology and neuroscience at Assumption University, where she also served in the D'Amour Center for Teaching Excellence as Associate Director for Grants and Research. Sarah's research considers the interplay of emotions, motivation, learning, and quality of life. Her most recent research project, funded by the National Science Foundation, convenes a network of scholars to develop teaching practices aimed at greater effectiveness and equity in undergraduate biology education. She is the author of four books, including *The Spark of Learning: Energizing the College Classroom with the Science of Emotion* (2016) and *Mind Over Monsters: Supporting Youth Mental Health with Compassionate Challenge* (2023). She gives keynote addresses and workshops at a variety of colleges and regional conferences, blogs for Psychology Today, and writes essays for venues like Literary Hub and The Chronicle of Higher Education. She's also on BlueSky too much, at @SaRoseCav.



In memoriam – Kevin Grass



Kevin's journey with the SPC Clearwater Campus began in 1997, and over the years, he touched the lives of countless students, igniting their passion for art and creativity. His 30-year tenure as an artist and educator left an indelible mark on the SPC Fine Arts department, shaping it into what it is today.

A native of Ste. Genevieve, Missouri, Kevin was widely known for his hyper-realistic narrative painting style in a wide variety of subject matters from portraits to landscapes, including his whimsical *Lame Ducks* series, which combined influences from the Renaissance and modern life. His work has been commissioned and sold throughout his career with representation by major galleries nationwide.

His painting *Child's Play* is currently on display at the Leepa-Rattner Museum of Art, which is a testament to the reverence he had for his colleagues in the SPC Fine Arts Department. He held a Bachelor of Fine Arts in drawing and painting from

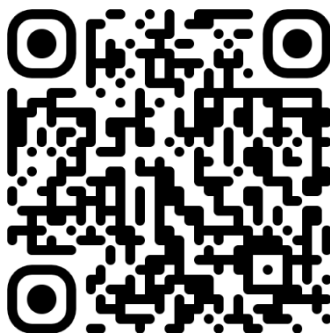
Washington University and a Master of Fine Arts in drawing and painting from the University of Georgia. Prior to joining SPC, he taught at Gordon College in Barnesville, Georgia.

Kevin was not just an educator and professional studio artist; he was a devoted husband and father who generously shared his family with the SPC community. His warmth, kindness, and dedication will be deeply missed by his colleagues, the many students he guided and mentored, and the communities where he lived and worked. His spirit will live on through the countless lives he touched and the art he created.

In honor of Kevin's legacy, donations can be made to the Kevin Grass Memorial Scholarship Fund through the SPC Foundation (click on [this link](#) or scan the QR code below) to support art students with tuition and supplies.



Duck Tape by Kevin Grass
<https://www.kevingrass.art/>



Session Schedule at a Glance 🐣

		Room
Registration (8:00-9:00)		ES Lobby
Breakfast (8:00-9:00)		ES 104
Professional Headshots (8:00-12:00)		ES 127
Welcome & Opening Keynote with Dr. Joel Davis (9:00-10:00)		AA
Concurrent Session 1 (10:15-10:40)		
Session Title		Room
! 42(ish) Steps to Workplace Boundaries and Professional Self-Care		NM 164
! Burning the Candle at Both Ends: Faculty Burnout and You		NM 158
42 Beyond 42: Finding Meaning and Relevancy in Teaching World Religions		LA 115
! Developing a Universal Yoga Practice to Alleviate Stress		LA 195
42 Grab Your Towel and Let's Go On a Virtual Fieldtrip!		NM 157
✂ Is AI Mostly Harmless? Mostly		NM 162
✂ Leveraging Technology for Enhanced Teaching and Student Success in Canvas		NM 103
☆ "On My Honor": Reimagining SPC's Honor's Program		LA 153
✂ Q & A with Joel Davis		LA 145
42 Strategies for Supporting Students with Autism in the classroom		NM 156
42 The Babel Fish Guide to Regular and Substantive Interaction (RSI)		LA 189
Concurrent Session 2 (10:50-11:15)		
Session Title		Room
! 42(ish) Steps to Workplace Boundaries and Professional Self-Care		NM 164
✂ Canvas Feedback Tools: Grading, Connection, and the Ultimate Answer		LA 191
42 Grab Your Towel and Let's Go On a Virtual Fieldtrip!		NM 157
42 How to use an iPad to teach with recordings!		NM 156
! Insights on Students, Staying Engaged in the Galaxy of Learning		LA 195
✂ Just a Flesh Wound: Using AI and Humor to Engage		LA 145
✂ Leveraging Technology for Enhanced Teaching and Student Success in Canvas		NM 103
✂ Maximizing Efficiency in Canvas		NM 105
! Navigating the Grievance Process: Steps, Timelines, and Your Weingarten Rights		LA 151
42 No Artificial Ingredients: Authentic Student Writing in the AI Age		LA 153
✂ Report on experiments with ChatGPT to teach poetry		NM 158
42 The Instructor's Guide to the Canvas Commons Galaxy		LA 189
Lunch Pickup (11:15-12:30)		ES 104
<i>Lanyard & conference badge required to pick up lunch</i> <i>Tables in ES 104 + 1st floor classrooms & common areas in ES are available to eat lunch</i>		

Concurrent Session 3 (12:30-12:55)	
Session Title	Room
☆ 10 Things You May Not Know About Academic Advising	LA 191
✂ AI, Divergent Thinking, and Hitchhikers Guide to Absurd/Unexpected Outputs	LA 145
✂ Excellence and Efficiency: Faculty Reflections on AI in Teaching + Learning	NM 162
✂ Khanmigo: Your AI Teaching/Learning Companion in Canvas	NM 158
✂ Maximizing Efficiency in Canvas	NM 105
42 <i>Mind Over Monsters</i> Book Club Chat with Sarah Rose Cavanagh	LA 115
☆ Navigating the Post-Fact-Checker Era: Combating Disinformation 2.0	NM 156
42 Problem Based Learning - How Ford Prefect Gets Through It All.	NM 101
! Research-based Techniques to Reduce Stress and Increase Relaxation	NM 157
✂ So Long, Thanks for All the Feedback: AI and Copyleaks	LA 151
42 Using Canvas Mastery Paths to Improve Quiz Effectiveness	LA 189
Concurrent Session 4 (1:05-1:30)	
Session Title	Room
42 A Guidebook to Students' Saving People and Planet for Success!	LA 191
✂ AI, Divergent Thinking, and Hitchhikers Guide to Absurd/Unexpected Outputs	LA 145
! Developing a Universal Yoga Practice to Alleviate Stress	LA 195
☆ Don't Panic: First to Finished & First-Time Titans Explained	NM 101
! Higher Learning - New Unknown: Always Better to Navigate Together	LA 153
42 Navigating Burnout: Building Resilience Through Faculty Collaboration	NM 103
☆ Navigating the Post-Fact-Checker Era: Combating Disinformation 2.0	NM 156
✂ Notebook LM: Turning Confusing Content into Clear, Snackable Knowledge!	NM 105
! Research-based Techniques to Reduce Stress and Increase Relaxation	NM 157
42 Setting Up your Course to Create Hyperspace Routes for Learning	NM 162
✂ Things you've always wanted to do on your phone	LA 189
Closing Keynote with Dr. Sarah Rose Cavanagh & Giveaways (1:45-3:00)	
AA	

Track Descriptions



- 42 **Towel of Teaching & Learning Knowledge** - Just as the towel is the most versatile tool in the hitchhiker's universe, sessions in this track will focus on adaptable and essential teaching and learning practices, including favorite assignments, activities, and resources.
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- ✂ **Mostly Harmless Learning Tools** - Sessions in this track will focus on learning tools, including Canvas, generative AI, and other tech tools, to engage your students, foster learning, and maybe even streamline your work.
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- ! **Don't Panic!** - Sessions in this track will focus on ways to manage stress and promote faculty well-being. Topics in this session could focus on mindfulness, stress management techniques, strategies to maintain a healthy work-life balance, or other topics to promote faculty well-being.
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- ☆ **The PD at the end of the universe** - Sessions in this track don't fit easily into any of the categories above, but you believe the topic is worth sharing with your colleagues.



Welcome & Opening Keynote (9:00-10:00)

Don't Panic: Teaching AI in a World That's Still Figuring It Out

AA

Joel Davis

Teaching AI isn't just about technical expertise—though that plays a role. It's about making complex ideas accessible to a broad audience. But isn't that the challenge of education in any field?

From striking the right balance between depth and clarity to addressing misconceptions and ensuring real-world relevance- AI education requires translating the incomprehensible into something useful—without accidentally triggering an existential crisis along the way. This session unpacks the challenges, strategies, and evolving approaches to teaching AI effectively. Through firsthand experiences—both triumphs and cosmic failures—we'll navigate how AI is reshaping education and what that means for those of us responsible for preparing the next generation.



Concurrent Session 1 (10:15-10:40)

Track	Session Title	Room
!	42(ish) Steps to Workplace Boundaries and Professional Self-Care <i>Presenter: Shanya Turner</i> Join me for a journey through the galaxy of workplace well-being, tailored for faculty supporting students as the world feels like it's being demolished for an intergalactic highway. Discover practical strategies to establish healthy boundaries and prioritize self-care while managing tasks like grading and replying to student emails. This session will guide you through actionable steps to manage stress, maintain work-life balance, and enhance your overall well-being, ensuring you always know where your towel is.	NM 164
!	Burning the Candle at Both Ends: Faculty Burnout and You <i>Presenter: Erika Johnson-Lewis</i> This session will define burnout, how to identify it, discuss strategies to help you address it, and offer a space to commune with others who may be dealing with similar feelings. I hope the session will provide a space for my colleagues to connect with one another and share their experiences.	NM 158
42	Beyond 42: Finding Meaning and Relevancy in Teaching World Religions <i>Presenter: Amy Mormino</i> With some questioning the purpose of the humanities and given St. Petersburg College's focus on better jobs and lives, how can the study of World Religions be both useful and relevant to students? This session will focus on building student engagement with this subject. It will also how World Religions ties into life in the Tampa Bay area and students' career pathways.	LA 115

!	Developing a Universal Yoga Practice to Alleviate Stress	LA 195
	<i>Presenter: Greta Kishbaugh</i> Yoga does not have to be a scientific mystery! Yoga offers an ethereal take on the power of the human mind and body. This will be a review of basic yoga philosophy and include a set of yoga breathing and simple movements for all to help reduce stress and anxiety. A yoga mat is not required.	
42	Grab Your Towel and Let's Go On a Virtual Fieldtrip!	NM 157
	<i>Presenter: Paul Cutlip</i> Virtual field trips enable students to experience things that they would not normally have access to and can be used in a variety of ways. In this session, we'll discuss how we can leverage virtual field trips not only in STEM fields but also in the humanities and other non-STEM disciplines. We'll review best practices for developing virtual field trips, explore how to design meaningful, rigorous assignments and assessments, and examine existing resources.	
✂	Is AI Mostly Harmless? Mostly	NM 162
	<i>Presenter: Shelbey Rosengarten & Marc Unger</i> What are other colleges in Florida doing and saying about AI integration? As attendants of the UF AI Summit in mid-February, we will meet up with others from various institutions and disciplines to discuss our challenges and victories. We'll use our time to report back to our colleagues. Are written assessments still useful? What kinds of applications can we use as instructors for administrative details? Can AI allow us to boost our own creativity?	
✂	Leveraging Technology for Enhanced Teaching and Student Success in Canvas	NM 103
	<i>Presenters: Tiffany Cantrell & Leah Deranian</i> This session will introduce faculty to a variety of educational technologies designed to improve teaching, learning, and student retention. Topics include Copyleaks plagiarism detection, accessibility best practices, Tech Tip Tuesdays for time-saving tools, and the AspirEdu Dropout Detection platform. Participants will learn how these tools can enhance academic integrity, foster inclusivity, and support at-risk students. The session will also feature a Q&A for sharing best practices and practical implementation strategies.	
☆	"On My Honor": Reimagining SPC's Honor's Program	LA 153
	<i>Presenters: Tara Newsom & Earl Fratus</i> SPC is committed to academic excellence and increasing access to honor's programs. The Honor's program is also a robust community of practice for faculty and a place to find peer support. Join us as we reimagine the Honor's Program and strengthen our faculty through support and synergy!	
✂	Q & A with Joel Davis	LA 145
	<i>Presenter: Joel Davis</i> Join Joel Davis, our opening keynote speaker, for a Q&A discussion on teaching and learning with AI.	

42**Strategies for Supporting Students with Autism in the classroom**

NM 156

Presenter: Lourdes Quinones (Center for Autism and Related Disabilities, USF)

In this presentation you will discover strategies to support your students with autism and other neurodiversities by applying evidence-based strategies that have been proven to support this diverse group of learners. You will develop an understanding of key areas of learning needs of your students with autism; learn strategies to support those needs; and discover professional development resources available in our community at no cost to support your pedagogy, so you can continue to expand your knowledge in this area.

42**The Babel Fish Guide to Regular and Substantive Interaction (RSI)**

LA 189

Presenter: Rick Hill (IDEAS)

This session will help faculty decode the complexities of Regular and Substantive Interaction in online learning. Using Canvas LMS tools and practical strategies, we'll explore how to foster meaningful engagement, enhance instructor presence, and ensure compliance with federal RSI guidelines. Don't panic—this session will provide tips for successful online interaction!

**Concurrent Session 2 (10:50-11:15)**

Track	Session Title	Room
!	42(ish) Steps to Workplace Boundaries and Professional Self-Care <i>Presenter: Shanya Turner</i> Join me for a journey through the galaxy of workplace well-being, tailored for faculty supporting students as the world feels like it's being demolished for an intergalactic highway. Discover practical strategies to establish healthy boundaries and prioritize self-care while managing tasks like grading and replying to student emails. This session will guide you through actionable steps to manage stress, maintain work-life balance, and enhance your overall well-being, ensuring you always know where your towel is.	NM 164
✂	Canvas Feedback Tools: Grading, Connection, and the Ultimate Answer <i>Presenter: Nancy Munce (IDEAS)</i> In the infinite expanse of grading, faculty well-being feels light years away. Fear not, intrepid travelers! This session guides you through the galaxy of Canvas feedback tools—annotations, the Comment Library, and rubrics—that make connected teaching simple. With these tools as your trusty towel, you'll navigate the cosmos of meaningful feedback, strengthen your teacher presence, and preserve sanity. Join this journey where grading meets mindfulness, and well-being becomes the ultimate answer (hint: it's not 42).	LA 191
42	Grab Your Towel and Let's Go On a Virtual Fieldtrip! <i>Presenter: Paul Cutlip</i> Virtual field trips enable students to experience things that they would not normally have access to and can be used in a variety of ways. In this session, we'll discuss how we can leverage virtual field trips not only in STEM fields but also in the humanities and other non-STEM disciplines. We'll review best practices for developing virtual field trips, explore how to design meaningful, rigorous assignments and assessments, and examine existing resources.	NM 157

42**How to use an iPad to teach with recordings!**

NM 156

Presenter: Nicole Costa

After class, do you ever think it would be nice if you'd been able to record your lesson? In this session, you'll learn how I use an iPad for math instruction while recording, so students can return to the class any time they want. This approach can be used in any subject. Come learn how easy it is to record and share the recordings with your students.

**Insights on Students Staying Engaged in the Galaxy of Learning**

LA 195

Presenter: Farah Kashef

In the vast, uncharted universe of AI and technology, where relationships risk becoming relics of a bygone era, one question looms larger than the Heart of Gold: What do students really expect?

Join us as we hitch a ride on the thought-provoking results of a case study featuring first-year undergraduate students. Through their eyes, you'll explore the gravitational pull that keeps them orbiting around their academic goals—and the findings may just knock your towel off!

**Just a Flesh Wound: Using AI and Humor to Engage**

LA 145

Presenter: Meg Delgado

In this session, we'll consider how AI tools, paired with humor, can enhance student engagement and learning. Using Monty Python's "Just a Flesh Wound" as a fun starting point, the session will explore how AI can be leveraged to create interactive, entertaining content that grabs students' attention. Attendees will leave with practical strategies for incorporating AI-driven humor into their teaching to foster creativity, enhance classroom dynamics, and make learning more memorable.

**Leveraging Technology for Enhanced Teaching and Student Success in Canvas**

NM 103

Presenters: Tiffany Cantrell & Leah Deranian

This session will introduce faculty to a variety of educational technologies designed to improve teaching, learning, and student retention. Topics include Copyleaks plagiarism detection, accessibility best practices, Tech Tip Tuesdays for time-saving tools, and the AspirEdu Dropout Detection platform. Participants will learn how these tools can enhance academic integrity, foster inclusivity, and support at-risk students. The session will also feature a Q&A for sharing best practices and practical implementation strategies.

**Maximizing Efficiency in Canvas**

NM 105

Presenters: Micaela Chavez (IDEAS) & Ashley Dickson (IDEAS)

Don't panic! Working in Canvas can be a delightful adventure. Learn how to manage your time, update your email signature, identify your favorite courses, and organize your pages like a pro. With these tips, you'll navigate Canvas with ease and achieve stellar results.

Join us to discover the secrets of efficient Canvas use and take your experience to the next level. Grab your laptops and let's get started on this exciting journey together!

!	Navigating the Grievance Process: Steps, Timelines, and Your Weingarten Rights	LA 151
<i>Presenters: Sara Gomez, Jessica Magnani, & Christian Moriarty</i>		
Faculty well-being includes knowing how to navigate the grievance process with confidence. This session provides a straightforward guide to managing the grievance procedure, including key deadlines, steps for filing, and the assurance of your Weingarten rights. Learn how to handle challenging situations effectively and assert your rights to fair representation, helping reduce stress and increase peace of mind in your professional life. Paul Valenti, Director of HR Relations & Compliance, will also be present to answer questions those in attendance may have for Human Resources.		
42	No Artificial Ingredients: Authentic Student Writing in the AI Age	LA 153
<i>Presenters: Melanie Paden & Susan Benson</i>		
The presenters will offer examples of how we are modifying assignments to encourage students to read and write without depending solely on AI chatbots. We will discuss using a mix of proctored and non-proctored assignments (online or face to face) to promote critical thinking and authentic writing.		
✂	Report on experiments with ChatGPT to teach poetry	NM 158
<i>Presenter: Erika Johnson-Lewis</i>		
This session will go over why I decided to integrate genAI into an assignment in my online asynchronous courses, how it was integrated, how it went, what students thought about it, and why I removed it from the assignment. I hope to leave lots of time for conversation and Q&A at the end of the session.		
42	The Instructor's Guide to the Canvas Commons Galaxy	LA 189
<i>Presenter: Anthony Franchi (IDEAS)</i>		
Canvas Commons: the intergalactic hub where instructors boldly unite to design, share, and elevate course content to astronomical heights. Here, resources are exchanged with the finesse of a Pan Galactic Gargle Blaster recipe—complete with usage notes—and fueled by community feedback that sparks ideas as bright as a supernova. Collaboration has never been so cosmic (or so delightfully improbable).		

Lunch Pickup (11:15-12:30)

ES 104

*Lanyard & conference badge **required** to pick up lunch*

Tables in ES 104 + 1st floor classrooms & common areas in ES are available to eat lunch

Concurrent Session 3 (12:30-12:55)



Track	Session Title	Room
☆	10 Things You May Not Know About Academic Advising <i>Presenter: Ryan Marsh</i> Academic Advising is a great resource for instructors here at SPC. Their role can be confusing to people who are not directly involved in Student Services. This presentation aims to clarify the profession of advisors at SPC and some of the things they can and cannot do for instructors. This presentation was created specifically for instructors by long-time advisors who are also adjunct faculty.	LA 191
✂	AI, Divergent Thinking, and Hitchhikers Guide to Absurd/Unexpected Outputs <i>Presenter: Sid Martin</i> The intersection of Artificial Intelligence, Divergent Thinking, and The Hitchhiker's Guide to the Galaxy lies in the need to take an imaginative leap. Divergent Thinking allows dreaming up ideas like an AI-powered guide who knows everything about the galaxy. This will be a somewhat whimsical overview of AI and Divergent Thinking and explore the generation of unexpected and unconventional outputs. Imagine a universe where it is normal for an engineer to examine Divergent Thinking.	LA 145
✂	Excellence and Efficiency: Faculty Reflections on AI in Teaching + Learning <i>Presenters: Sonia King, Sharon Olsen, & Meg Delgato</i> Your colleagues have returned from the 2025 University of Florida's AI Summit, and are excited to share their reflections on how to apply AI tools in education, to facilitate learning and to support teaching in excellence. Let's have a conversation about how we can use AI to work smarter-- not harder!	NM 162
✂	Khanmigo: Your AI Teaching/Learning Companion in Canvas <i>Presenter: Benjamin Wyatt (IDEAS)</i> Prepare for an Intergalactic Journey! Step into the future of education with Khanmigo, the AI-powered tool built into Canvas. Khanmigo is here to provide answers, insight, and a sense of wonder to educators navigating the vast cosmos of knowledge. In this presentation, we'll explore the innovative features of Khanmigo and reveal why it just might be the ultimate answer to the meaning of learning, the universe, and everything.	NM 158
✂	Maximizing Efficiency in Canvas <i>Presenters: Micaela Chavez (IDEAS) & Ashley Dickson (IDEAS)</i> Don't panic! Working in Canvas can be a delightful adventure. Learn how to manage your time, update your email signature, identify your favorite courses, and organize your pages like a pro. With these tips, you'll navigate Canvas with ease and achieve stellar results. Join us to discover the secrets of efficient Canvas use and take your experience to the next level. Grab your laptops and let's get started on this exciting journey together!	NM 105

42	Mind Over Monsters Book Club Chat with Sarah Rose Cavanagh	LA 115
	<i>Presenter: Sarah Rose Cavanagh</i>	
	Join the Spring 2025 CETL Book Club for a discussion with Sarah Rose Cavanagh about her most recent book, and our book club selection this semester, Mind Over Monsters: Supporting Youth Mental Health with Compassionate Challenge. If you're not able to participate in the book club but are still interested in the conversation, please join us.	
☆	Navigating the Post-Fact-Checker Era: Combating Disinformation 2.0	NM 156
	<i>Presenter: Gene Lloyd</i>	
	This session will provide real-world examples and AI tools to identify manipulative content. Promote interdisciplinary discussions and empower students to navigate digital landscapes with ethical, analytical, and evidence-based approaches to identify disinformation.	
42	Problem-Based Learning - How Ford Prefect Gets Through It All.	NM 101
	<i>Presenter: Rob Randelman</i>	
	This session shows how problem-based learning methodology in STEM teaching can better engage learners and lead to their better mastery, retention and confidence versus the traditional "PowerPoint concept slide and example problem" method. The session focus will be to provide the tools for implementing the PBL methodology by highlighting practical strategies and challenges through a recent SPC case study.	
!	Research-based Techniques to Reduce Stress and Increase Relaxation	NM 157
	<i>Presenter: Sara Sabourin</i>	
	Engage in stress management practices such as breathing exercises, guided visualization, and the Emotional Freedom Technique (a.k.a "Tapping") to help decrease stress, reduce cortisol levels, and regulate emotions. Learn how to strengthen the Vagus nerve and balance the parasympathetic nervous system. Discover ways to enhance professional performance, communication, and relationships. Reduce workload overwhelm and alleviate tension.	
✂	So Long, Thanks for All the Feedback: AI and Copyleaks	LA 151
	<i>Presenter: Christian Moriarty</i>	
	Bring your electronic thumb and towel as we explore AI tools like Copyleaks and Writing Assistant for engaging assignments and streamlined grading. Learn practical applications and cautions to maintain academic integrity, making AI your helpful (and mostly harmless) sidekick in teaching. AI (may) have your back!	
42	Using Canvas Mastery Paths to Improve Quiz Effectiveness	LA 189
	<i>Presenter: Richard Musgrave</i>	
	Attendees will learn about how to use Mastery Paths in Canvas to allow for conditional release of quizzes, allowing faculty to "train" students in quiz format in a low-stakes environment. Attendees will also see how Mastery Paths can be used for the purpose of honing student skills before moving on to more advanced topics	

Concurrent Session 4 (1:05-1:30)



Track	Session Title	Room
42	<p>A Guidebook to Students' Saving People and Planet for Success!</p> <p><i>Presenter: Lynn Grinnell</i></p> <p>The purpose of this session is to invite faculty in any discipline to create assignments where your students interact with our Sustainability Management students to create methods and messages to promote the UN's Sustainable Development Goals, which include social, environmental, and economic actions for themselves and their community. This is applicable to all social sciences, natural sciences, math, communications, arts, humanities, education, health, tech, engineering/construction, and business faculty. Our goal is to break down barriers and work together!</p>	LA 191
✂	<p>AI, Divergent Thinking, and Hitchhikers Guide to Absurd/Unexpected Outputs</p> <p><i>Presenter: Sid Martin</i></p> <p>The intersection of Artificial Intelligence, Divergent Thinking, and The Hitchhiker's Guide to the Galaxy lies in the need to take an imaginative leap. Divergent Thinking allows dreaming up ideas like an AI-powered guide who knows everything about the galaxy. This will be a somewhat whimsical overview of AI and Divergent Thinking and explore the generation of unexpected and unconventional outputs. Imagine a universe where it is normal for an engineer to examine Divergent Thinking.</p>	LA 145
!	<p>Developing a Universal Yoga Practice to Alleviate Stress</p> <p><i>Presenter: Greta Kishbaugh</i></p> <p>Yoga does not have to be a scientific mystery! Yoga offers an ethereal take on the power of the human mind and body. This will be a review of basic yoga philosophy and include a set of yoga breathing and simple movements for all to help reduce stress and anxiety. A yoga mat is not required.</p>	LA 195
☆	<p>Don't Panic: First to Finished & First-Time Titans Explained</p> <p><i>Presenters: Amber Estlund & Shannon Ulrich</i></p> <p>First to Finished and First-Time Titans—two student success initiatives—are talked about frequently around the College. But what exactly are they? Which students do they serve? How are they different from one another? Participants can expect to learn the difference between First to Finished and First-Time Titans, how the programs benefit students, faculty, and staff, how to get involved, and have the opportunity to win some swag!</p>	NM 101
!	<p>Higher Learning - New Unknown: Always Better to Navigate Together</p> <p><i>Presenters: Eric Abercrombie & Tara Newsom</i></p> <p>Ample evidence supports the idea that humans are social creatures. Understanding how academic community is necessary to our well-being does not always align with our capacities to contribute to meaningful connections, especially in this new higher learning universe. To remain siloed in our individual disciplines is at our own peril as it is lonely out there! To pursue the original charter of higher education as a cooperative institution we suggest that "it's always better together." In academia and beyond!</p>	LA 153

42	Navigating Burnout: Building Resilience Through Faculty Collaboration	NM 103
	<i>Presenter: Marietta Poshi</i>	
	The goal of this session would be to discover actionable strategies to combat burnout by fostering a culture of collaboration among faculty. It will explore how shared responsibilities, open communication, and peer support can reduce stress and promote community. Attendees may gain insights into real-life examples, research-backed benefits, and practical tools to implement collaborative initiatives. Lastly, attendees will leave with an action plan to enhance resilience, improve well-being, and create a supportive environment within their departments.	
☆	Navigating the Post-Fact-Checker Era: Combating Disinformation 2.0	NM 156
	<i>Presenter: Gene Lloyd</i>	
	This session will provide real-world examples and AI tools to identify manipulative content. Promote interdisciplinary discussions and empower students to navigate digital landscapes with ethical, analytical, and evidence-based approaches to identify disinformation.	
✂	Notebook LM: Turning Confusing Content into Clear, Snackable Knowledge!	NM 105
	<i>Presenter: Anna Tingley-Rostetter</i>	
	In this session, we'll explore how Notebook LM can transform complex material into easily digestible content. Learn how this AI-powered tool simplifies dense texts, highlights key points, and creates clear summaries. Attendees will discover practical ways to use Notebook LM for improving comprehension in technical, academic, and business contexts. Key takeaways include understanding how to simplify difficult content, boost clarity, and save time while making information more accessible to diverse audiences.	
!	Research-based Techniques to Reduce Stress and Increase Relaxation	NM 157
	<i>Presenter: Sara Sabourin</i>	
	Engage in stress management practices such as breathing exercises, guided visualization, and the Emotional Freedom Technique (a.k.a “Tapping”) to help decrease stress, reduce cortisol levels, and regulate emotions. Learn how to strengthen the Vagus nerve and balance the parasympathetic nervous system. Discover ways to enhance professional performance, communication, and relationships. Reduce workload overwhelm and alleviate tension.	
42	Setting Up your Course to Create Hyperspace Routes for Learning	NM 162
	<i>Presenter: Janice Thiel (IDEAS)</i>	
	Setting prerequisites and requirements on module content helps ensure students move through your course sequentially and methodically like traveling the Galactic Hyperlane. Implementing Mastery Paths provides for individualized instruction. To help mitigate the Beeblebrox effect in your course, come learn how to set prerequisites/requirements and to structure Mastery Paths.	



Things you've always wanted to do on your phone

LA 189

Presenter: Alex Bawell (IDEAS)

With the Canvas Teacher App, Professors can grade assignments, manage quizzes, post announcements, and more, all from the comfort of their mobile devices—swiping through assignments with the grace of a practiced hitchhiker flicking through intergalactic travel brochures. This session demonstrates this wondrous tool, showing how to update your profile photo, grade submissions, upload videos from mobile devices to resources like Panopto.

Closing Keynote & Conference Closing (1:45-3:00)

Supporting Faculty & Student Mental Health: Hope in a Time of Monsters

AA

Sarah Rose Cavanagh

Teaching is a vocation. When supported with resources and security, it is a constantly renewing source of excitement and richness. The last several years of disruption, uncertainty, and overburdened workloads have exhausted teachers and students alike. Monsters have reared their heads, and we have understandably shrunk from them. Faculty are burnt out—sacrificing their own mental health, phoning it in out of desperation, or leaving the profession entirely. Students are experiencing an epidemic of mental health problems, especially of anxiety. As instructors, we can support and encourage student mental health through pedagogies of care. A pedagogy of care involves high-touch practices like frequent communication, flexibility, inclusive teaching practices, learning new technologies and techniques, and being enthusiastic and passionate. All these practices involve both a heavy investment of time and a high degree of emotional labor. How can we support our students without burning ourselves out? How can we revive our sparks? In this interactive keynote, Sarah Rose Cavanagh will present some research and food for thought based on her recent book on how higher education should respond to both faculty depletion and the student mental health crisis. You can read relevant essays [here](#) and [here](#).



Thanks for joining us today! See you at the 2026 Teaching & Learning Conference on February 27, 2026!