

# Academic Wellness Educators Meeting Minutes

March 24, 2017

9:00a – 10:30a

Manzanita Multi-purpose Room

## Members Present:

Lauren Campana, Colleen Henry, Callie Kitchen, Lindsay Laney, Jill Olson, Kristen Rascon, Anneka Rogers Whitmer, Jessica Shapiro

## Guests:

## Absent:

## Agenda

1. Welcome & Wellness
2. Appreciative Inquiry, Lindsay Laney
  - a) Start with Why
3. Updated FIG Process
4. Habits of Mind
  - a) 16 Habits of Successful Students
5. FIG Updates?
6. Celebration of 2016-17 FIGS: Stay Tuned!

## Notes:

Lindsay Laney and Lauren Campana chaired the meeting which began at 9:07a.

**Next AWE meeting 4/14/17 in at Columbia Kate's Teahouse in Columbia.**

# Minutes

**TOPIC: Welcome & Wellness**

**Lauren Campana/Lindsay Laney**

**Discussion:**

Lindsay welcomed attendees and social wellness was discussed by Lauren. Studies show that people in social groups live longer, are more creative, and are happier, if they interact with others in real time, face to face...not virtual space.

Building relationships is at the core of social wellness. AWE is a place where creative ideas promoting academic wellness are supported and relationships amongst staff and students are built.

Important to look at the whole person, both good and bad, and focus on the positive while looking past the negative.

**Conclusions:**

**Action items:**

**Person Responsible:**

**Deadline**

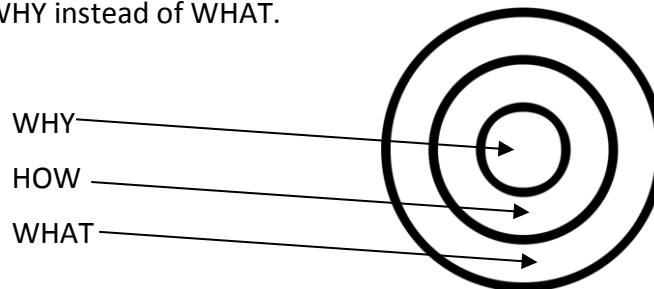
**TOPIC: Appreciative Inquiry...Start with Why**

**Lindsay Laney**

**Discussion:**

Appreciative Inquiry homework from February's meeting was discussed. Lindsay has been attending a Habits of Mind workshop, so an activity conducted similar to that experienced at a workshop. Watched "The Golden Circle" clip by Simon Sinek <https://www.youtube.com/watch?v=I5Tw0PGcyN0>)

Discussed starting with WHY instead of WHAT.



Normally, people begin discussing what they do rather than why they do it. Reverse the order of information, and it will draw people's attention. The goal is to do business with people who believe what you believe. Most people don't want to know what you do or how you do it, but they do want to know why you do it; that is what draws them in. [www.youtube.com/watch?v=Wb8KpHqU5tg](http://www.youtube.com/watch?v=Wb8KpHqU5tg)

An activity was conducted where everyone answered, "Why are you here? And why AWE? Then the information written was shared with the group, one-on-one circles. Why? Because it is more intimate that way!

**Conclusions:**

**Action items:**

**Person responsible:**

**Deadline:**

**TOPIC: Updated FIG Process****Discussion:**

Focused Inquiry Groups (FIG) consist of anyone on campus who wants to create a project which enhances students' success and hopefully turns into a consistent practice. Per the AWE/Fig webpage, " FIGS are groups of faculty, staff, students, and administrators who lead focused inquiries into various needs and issues on campus. FIGs ask questions while gathering information and begin movement toward possible innovative solutions and changes that enhance student success. FIGs are formed as needs or issues arise, can have as many members as necessary, meet as often as each group sees fit, and continue so long as the inquiry process necessitates." <http://www.gocolumbia.edu/awe/figs.php>

In the past FIG proposals were submitted in late spring, but funding for AWE projects is not allocated until fall, so funding of approved proposals was not always met. As a result, FIG submissions will now be collected in early fall and decided upon in November. FIG projects that are funded can begin when convenient--in fall or following spring depending upon the project.

New Fig proposal forms on the website: [http://www.gocolumbia.edu/awe/new\\_fig\\_proposal\\_3-28-14.pdf](http://www.gocolumbia.edu/awe/new_fig_proposal_3-28-14.pdf) as well as the budget allocation request for FIG proposal. A list of 2016-17 AWE activities can also be found on the webpage.

**Conclusions:****Action items:**

Send formal notification about FIG proposal date change.

**Person responsible:**

Lindsay Laney

**Deadline:****TOPIC: Habits of Mind****Discussion:**

Lindsay distributed a Habits of Mind flyer showing 16 Habits of Highly Successful Students (attached). Lindsay hopes to train AAC tutors to share these 16 habits with students they tutor. Anneka suggested overlapping 16 habits with student success workshops.

**Conclusions:****Action items:****Person Responsible:****Deadline****TOPIC: Fig Updates****All****Discussion:**

- Brown Bag Book Club: Attached is a list of books being reviewed for April through August. Callie will distribute a survey to see what attendees prefer to read next spring. Dates and times of Brown Bag Book Club meetings for summer is attached. There will be no book club meeting in May.
- Deborah Kushnir to conduct workshops in the library for students. The following 15-minute workshops are offered at the Columbia College Library in Tamarack. No registration is required for these topics:
  - ✓ Effectively search the Columbia Library Catalog for books and request books from all over the country.
  - ✓ Successfully search for online magazine, journal, and newspaper articles in Library databases with free access for the entire Columbia College Community.
  - ✓ Find facts fast in the Library's free online reference resources and in reliable websites through the Columbia Library Subject Guides.

*Location: Library Classroom, Tamarack*

Wednesday, March 29	11:00-11:15	<b>Got Research?</b> Workshop Focus: Databases
	11:30-11:45	<b>Got Research?</b> Workshop Focus: Catalog
Thursday, March 30	2:00-2:15	<b>Got Research?</b> Workshop Focus: Databases
	2:30-2:45	<b>Got Research?</b> Workshop Focus: Catalog

- Nine graphing calculators purchased for library for students to check out for one month. All are being used.
- Jill Olson will conduct a workshop at end of spring semester focusing on job search and career exploration, so students can focus on summer jobs, writing resumes, dressing on a budget. A community job fair will also be held with Motherlode Job Training, Union Democrat, and other businesses in the community. Will also help with writing statements for transfer applications, scholarship applications, and resumes.

*Location: Manzanita Multi-Purpose Room*

Wednesday, March 29	10:00-11:00	Job Search Tips and Finding the Hidden Job Market
Thursday, March 30	2:00-3:00	Job Search Tips and Finding the Hidden Job Market

Both the above workshops are conducted by Jill and cover finding the hidden job market with tips on how to conduct an efficient job search: what to do; where to look; and what to think about.

---

**Conclusions:**

---

**Action items:**

Schedule of events should be available by end of spring.

**Person responsible:**

Jill Olson

**Deadline:**

**Adjournment:**

There being no further business, meeting adjourned at 10:30a.  
Record of meeting respectfully submitted by Colleen Henry.

# Habits of Mind

 <p><b>1. Persisting</b> Stick to it! Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p><b>2. Managing impulsivity</b> Take your Time! Thinking before acting; remaining calm, thoughtful and deliberative.</p>
 <p><b>3. Listening with understanding and empathy</b> Understand Others! Devoting mental energy to another person's thoughts and ideas. Make an effort to perceive another's point of view and emotions.</p>	 <p><b>4. Thinking flexibly</b> Look at it Another Way! Being able to change perspectives, generate alternatives, consider options.</p>
 <p><b>5. Thinking about your thinking. (Metacognition)</b> Know your knowing! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p><b>6. Striving for accuracy</b> Check it again! Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>
 <p><b>7. Questioning and problem posing</b> How do you know? Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p><b>8. Applying past knowledge to new situations</b> Use what you Learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p><b>9. Thinking and communicating with clarity and precision</b> Be clear! Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions, deletions and exaggerations.</p>	 <p><b>10. Gather data through all senses:</b> Use your natural pathways! Pay attention to the world around you Gather data through all the senses; taste, touch, smell, hearing and sight.</p>
 <p><b>11. Creating, imagining, and innovating</b> Try a different way! Generating new and novel ideas, fluency, originality</p>	 <p><b>12. Responding with wonderment and awe</b> Have fun figuring it out! Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p><b>13. Taking responsible risks</b> Venture out! Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p><b>14. Finding humor</b> Laugh a little! Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself.</p>
 <p><b>15. Thinking interdependently</b> Work together! Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p><b>16. Remaining open to continuous learning</b> I have so much more to learn! Having humility and pride when admitting we don't know; resisting complacency.</p>

Images © 2000 Association for Supervision and Curriculum Development, 1703 N. Beauregard Street, Alexandria, VA 22311 USA  
This and other resources available at [www.habitsofmind.org](http://www.habitsofmind.org)



**Who:** All Faculty, Staff, and Students

**Where:** Manzanita Multi-Purpose Room

**What:** The Brown Bag Book Club is an on-going campus book club focusing on a selection of professional development writing. Monthly book discussions will allow members of this campus reading cluster to write and share their impressions.

## Schedule:

April 21st @ 11am



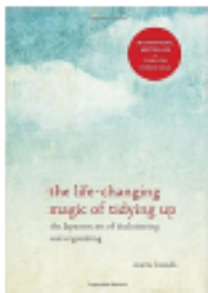
### From the Publishers:

"In a book perfect for readers of Charles Duhigg's *The Power of Habit*, David Eagleman's *Incognito*, and Leonard Mlodinow's *Subliminal*, the cognitive neuroscientists who discovered how the brain has aha moments—sudden creative insights—explain how they happen, when we need them, and how we can have more of them to enrich our lives and empower personal and professional success."

May

No Brown Bag Book Club Meeting

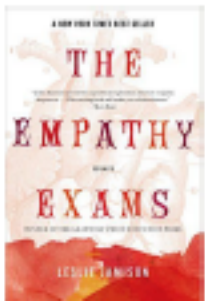
June 23rd @ 11am



"Marie Kondo is a Japanese organizing consultant who developed the KonMari Method, which consists of gathering everything one owns by category and keeping only those things that "spark joy." Kondo's method transcends the typical "tidying how-to," as it aims to cultivate a lifestyle that encourages one to cherish the things that bring true joy—a refreshing alternative to today's mass consumer society."

Marie has captured her years of consulting experience in her best-selling books, *The Life-Changing Magic of Tidying Up* and *Spark Joy*, which have sold over seven million copies worldwide, been published in more than 40 languages, and been listed as a *New York Times*'s bestseller for 99 weeks."

July 21st @ 11am



"Beginning with her experience as a medical actor who was paid to act out symptoms for medical students to diagnose, Leslie Jamison's visceral and revealing essays ask essential questions about our basic understanding of others: How should we care about each other? How can we feel another's pain, especially when pain can be assumed, distorted, or performed? Is empathy a tool by which to test or even grade each other? By confronting pain—real and imagined, her own and others'—Jamison uncovers a personal and cultural urgency to feel."

August 18th @ 11am



"In *How We Learn*, award-winning science reporter Benedict Carey sifts through decades of education research and landmark studies to uncover the truth about how our brains absorb and retain information. What he discovers is that, from the moment we are born, we are all learning quickly, efficiently, and automatically; but in our zeal to systematize the process we have ignored valuable, naturally enjoyable learning tools like forgetting, sleeping, and daydreaming. Is a dedicated desk in a quiet room really the best way to study? Can altering your routine improve your recall? Are there times when distraction is good? Is repetition necessary? Carey's search for answers to these questions yields a wealth of strategies that make learning more a part of our everyday lives—and less of a chore."

Contact Callie Kitchen at [kitchenc@yosemite.edu](mailto:kitchenc@yosemite.edu) with any questions, comments, or concerns.