



Academy of Distinguished Teachers

Biennial Conference, April 27, 2017



UNIVERSITY  
OF MINNESOTA  
Driven to Discover™

## Good Stress, Bad Stress and the Teaching-Learning Relationship

### 9:00 – 10:00 Workshops and Roundtables

### 10:15 – 11:15 Workshops and Roundtables

<p>Sarah Keene and Emily Matson, Rothenberg Institute; Sarah Sevcik, Epidemiology &amp; Community Health, UMTC Does a Rigorous Course Need to be Stressful?</p>	<p>Thomas Swain Room</p>	<p>Ann Fandrey, Liberal Arts Technology &amp; Innovation Services (LATIS), UMTC Web Writing that Reduces Stress in Online Reading</p>
<p>Beverly Smith-Keiling; Biochemistry, Molecular Biology, &amp; Biophysics; UMTC An Inquiry-Based Case Study Approach to Build Grit</p>	<p>Gateway Room</p>	<p>Brad Hokanson, Housing &amp; Apparel Design, UMTC Your Teaching Manifesto: Using Design Thinking for Balance of Practice</p>
<p>Ben Parchem, CBS, Alyssa Naef, Nursing, Brian Ruedinger, CLA, Audrey Blankenheim, CEHD Academic Stress: The Student Perspective</p>	<p>Heritage Gallery</p>	<p>Heather Peters, Psychology, UMM Students from Marginalized Backgrounds and University Alienation</p>
<p>Sue Wick, Plant &amp; Microbial Biology, Nikki Letawsky-Schultz, CBS Student Affairs and International Programs, Chinh Truong, CLA Martin Luther King Jr Program, Les Opatz, Liberal Arts Advising, and Lori Swenson, Student Conflict Resolution Center, UMTC Which Instructor Behaviors Cause Students the Most Stress?</p>	<p>Minnesota Room</p>	<p>Julie Showers and Jan Morse, Student Conflict Resolution Center, UMTC The Advisor/Advisee Relationship: Maximizing the Health and Happiness of Both Participants</p>
<p>Phil Buhlmann, Evan Anderson, Chemistry, UMTC How to Involve Graduate Students in Addressing Stress and Mental Health</p>	<p>Ski-U-Mah Room</p>	<p>Kelsey Metzger and Cassidy Terrell, Center for Learning Innovation, UMR Balancing Tensions: Student Workload, Active Learning and Fatigue</p>
<p>Kate Elwell and Julie Sanem, Boynton Health Services, UMTC Mental Health Promotion: An Evidence-based Strategy</p>	<p>Johnson Room</p>	<p>Insoon Han, Jacqueline Onchwari, Nedra Hazareesingh, Education; Njoki Kamau, Women &amp; Sexuality Studies, UMD When Bad Things Turn Into Good Things in the Teaching-Learning Relationship</p>

## Posters and Technology Showcase

10:00 – 11:30, The Commons Room

**Amelia Black and Colin Wendt, Medical School; Alexandra Zagoloff, Psychology, UMTC** Take A Deep Breath: Practicing Mindfulness Techniques by Instructing Yoga and Meditation on a Child Psychiatric Unit

**Irena Cich, Jiaochen Ke, and Scott Slattery, Medical School UMTC**  
From Surviving to Thriving: Cultivating a Reflective and Resilient Medical School Culture

**Anita Gonzalez, Center for Educational Innovation, UMTC**  
Respond, not React: Using Mindfulness to Address Mid-Term Evaluations of Teaching

**Mariya Gyendina, Libraries Research & Learning, UMTC** Teaching and Research Support at UMN Libraries

**Mark Hilliard, Medical School, UMTC**  
Concept Mapping Tools Used to Create Learning Frameworks for Students

**Mark Hilliard, Medical School, UMTC** Online Learning Using Elevator and Qualtrics

**Jonathan Koffel, Health Sciences Libraries, UMTC**  
Pitfalls and Promise of Virtual/Augmented Reality for Education

**Ruth Lindquist, Jeanne Pfeiffer, Nima Salehi, School of Nursing, UMTC**  
The Impact of Quality Course Reviews on Facilitating Online Learning

**Lauren Marsh, Information Technologies, UMTC** \*Displayed on Memorial/Johnson Walls  
Got LMS Questions?

**Jack McTigue, Information Technologies, UMTC** One Button Studios

**Rebecca Moss, Liberal Arts Technology & Innovation Services (LATIS), UMTC**  
How to Incorporate Play into Work

**Christina Petersen, Mary Jetter, Center for Educational Innovation, UMTC**  
A Faculty Guide to Teamwork Projects

**Sirikan Rojanasarot, Anna Milone, Rebecca Balestrieri, Amy Pittenger, Pharmacy, UMTC**  
Personalized Learning in an Online Pharmacy Course

**Peggy Root, Veterinary Medicine, UMTC**  
Generational Differences and Their Impact on Teaching and Learning in a Veterinary Medical Curriculum

**Mary M. Rowan, Mary Steffes, School of Nursing, UMTC** Telehealth Simulation

**Benjamin Wiggins, Libraries Research & Learning; Rebecca Moss and Cristina Lopez, Liberal Arts Technology & Innovation Services (LATIS), UMTC**  
Teaching Support from Digital Arts, Sciences & Humanities (DASH)

**Sue Wick, Plant & Microbial Biology, UMTC**  
Helping Students Learn to Use Evidence-based Active Learning: the Promoting Active Learning Mentoring (PALM) Network

**Steve Sternberg, Chemical Engineering, UMD** Tip of the Day - Student Mental Wellness

**Scott Spicer, Libraries Research & Learning, UMTC** The Course Integrated Student Video Project as Catalyst for Critical Thinking

## Lunch and Keynote Address

11:30 – 12:30, Memorial Hall

**Edward Ehlinger, MD, MSPH,  
Minnesota Commissioner of Health**

*The 21<sup>st</sup> Century Role of Land Grant Universities:  
Advancing Health Equity and Optimal Health for All*

As Minnesota's Commissioner of Health, Ehlinger is responsible for directing the work of the Minnesota Department of Health - the state's lead public health agency. Prior to his appointment as health commissioner by Minnesota Gov. Mark Dayton in January of 2011, Dr. Ehlinger was director and chief health officer at Boynton Health Service at the University of Minnesota. From 1980 to 1995, Ehlinger served as director of Personal Health Services for the Minneapolis Health Department. He served in the National Health Service Corps from 1973 to 1975.

Dr. Ehlinger is an adjunct professor in the Division of Epidemiology and Community Health at the UMN School of Public Health. Dr. Ehlinger is board certified in Internal Medicine and Pediatrics and has a master's degree in public health and was a Robert Wood Johnson Clinical Scholar and a Bush Fellow. He is and Past President of the Association of State and Territorial Health Officials (ASTHO), the Minnesota Public Health Association, the Twin Cities Medical Society, and the North Central College Health Association.

	<b>12:45 – 1:15 Presentations</b>	<b>1:30-2:30 Workshops and Roundtables</b>	
<b>Thomas Swain Room</b>	Erin Malone, Veterinary Population Medicine, UMTC Helping Students Adjust to the Flipped Classroom	Sofia Andersson-Stern, Equity & Diversity; Colleen Meyers and Deb Wingert, Center for Educational Innovation, UMTC Best Practices: Teaching Sensitive Course Content	
<b>Gateway Room</b>	Michael Anderson and Bethany Peters, MN English Language Program, UMTC Alleviating Anxiety for Multilingual Students in the Classroom	Tai Mendenhall, Family Social Science, UMTC Resiliency and Vitality in Academia: Harnessing Our Resources Across Systems	
<b>Commons Room</b>	Dan Philippon, English, UMTC Sleeping, Eating, Loving, Dying: Teaching and Learning about Everyday Life	Bethany Von Hoff and Kristin Janke, Pharmaceutical Care & Health Systems; Gardner Lepp, Pharmacy Practice & Pharmaceutical Sciences; and Becky Carlson, Chemistry, UMTC Joining Forces To Impact Student Development and Success	
		<b>1:30-2:00 Presentations</b>	<b>2:15 – 2:45 Presentations</b>
<b>Heritage Gallery</b>	Tasoula Hadjiyanni, Housing & Apparel Design, UMTC What Breast Cancer Taught Me about Life (as an Academic)	Mitra Emad, Sociology & Anthropology, UMD Developing a Hybrid Pedagogy: Good Stress or Bad Stress?	Erin Malone, Veterinary Medicine, UMTC Using Student Input to Change Curriculum
<b>Minnesota Room</b>	Peggy Root, Veterinary Medicine, UMTC Student Mindset in a Veterinary Medicine Context, and its Effects on Grades and Perceived Stress	Mary Jetter and Ilene Alexander, Center for Educational Innovation, UMTC Connecting with Your Students through Your Syllabus	Laura Molgaard and Peggy Root, Veterinary Medicine, UMTC Peer Coaching to Promote Academic and Personal Success
<b>Ski-U-Mah Room</b>	Kate Conners, HHH Technology Enhanced Learning; Nima Salehi, Nursing; Susan Tade, OIT Academic Technologies, UMTC Reusable, Relevant Recordings: Creating Engaging and Evergreen Course Content	Steve Sternberg, Elizabeth Hill, Kayla Ness, Chemical Engineering, UMD Student Self-Assessment for Starting Chemical Engineering	Angelica Pazurek and Matti Koivula, Curriculum & Instruction, UMTC Learner Agency by Design
<b>Johnson Room</b>	Paul Ranelli, Pharmacy Practice & Pharmaceutical Sciences, UMD Using Theater as a Tool for Healthcare Professionals (Go Ask Alice)	Oxana Wieland, Rutherford Johnson, Craig Miller, Abdulasiz Ahmed, Business, UMC Reflective Learning	Christina Petersen, Center for Educational Innovation, UMTC Strategies to Mitigate the Stress of Information Overload