

**36th Annual
Virginia Community
Colleges Association Conference**

**PROUD
HISTORY**



**Bright
Future**

**October 3-5, 2018
Fredericksburg, VA**

SCHEDULE OF EVENTS

WEDNESDAY, OCTOBER 3, 2018

Start	End	Event	Room
11:00 am	1:00 pm	Registration	Conference Center Lobby
11:30 am	12:30 am	New Attendees Information Session	Commonwealth Room
11:30 am	12:30 am	Delegates Information Session	Governor Room
1:00 pm	1:45 pm	Welcome by Dr. Janet Gullickson, GCC Speaker - Stephen Parker VCCA Executive Committee Nominations and Candidate Introductions	Washington Room
1:45 pm	2:00 pm	Break	
2:00 pm	2:45 pm	Concurrent Sessions #1	See Session Schedule (pages 12-15)
2:45 pm	3:15 pm	Snack Break	Washington Lobby
3:15 pm	4:00 pm	Concurrent Sessions #2	See Session Schedule (pages 12-15)
4:15 pm	5:00 pm	Concurrent Sessions #3	See Session Schedule (pages 12-15)
5:15 pm	6:15 pm	Faculty/Instructional Affairs Commission Meeting	Jefferson Room
5:15 pm	6:15 pm	Support Staff Commission Meeting	Madison Room
5:15 pm	6:15 pm	Student Services Commission Meeting	Patrick Henry Room
5:15 pm	6:15 pm	Learning Resources Commission Meeting	Washington Room
5:15 pm	6:15 pm	Public Relations Commission Meeting	Commonwealth Room
5:15 pm	6:15 pm	Black Concerns Commission Meeting	Monroe Room
6:15 pm	8:00 pm	Dinner on Your Own	
8:00 pm	10:00 pm	Networking Event - Meet and Greet the candidates running for office	Palm Room

THURSDAY, OCTOBER 4, 2018

8:00 am	12:00 pm	Registration	Conference Center Lobby
9:00 am	4:30 pm	Vendor Expo	Monroe Room
9:00 am	9:45 am	Concurrent Sessions #4	See Session Schedule (pages 12-15)
10:00 am	10:45 pm	Concurrent Sessions #5	See Session Schedule (pages 12-15)
11:00 am	11:45 pm	Concurrent Sessions #6	See Session Schedule (pages 12-15)
12:00 pm	1:45 pm	Presidents, Speaker Vendor Recognition and Buffet Lunch	Washington Room
2:00 pm	2:45 pm	Concurrent Sessions #7	See Session Schedule (pages 12-15)
3:00 pm	3:45 pm	Concurrent Sessions #8	See Session Schedule (pages 12-15)
4:00 pm	5:00 pm	Town Hall Meeting	Palm Room
5:00 pm	6:30 pm	Reception/Networking Cash Bar	Washington Lobby/Patio
7:00 pm	8:30 pm	Showcase and Media Awards Banquet Dinner Excellence in Education and Lifetime Award Winners, Scholarship Winners, First-time Attendees Recognized	Washington Room
8:45 pm	11:59 pm	Wellness Activity	Washington Room

FRIDAY, OCTOBER 5, 2018

9:00 am	10:00 am	Assembly of Delegates and Voting for Candidates	Palm Room
10:00 am	11:00 am	Closing Speaker	Washington Room
11:00 am	12:00 pm	Closing Remarks/Announcement and Installation of New Officers/50-50	Washington Room

TOWN HALL SPEAKER



Dr. Glenn DuBois VCCS Chancellor

Glenn DuBois is a community college success story. Before ever stepping foot on campus, DuBois admits, his professional ambitions consisted of merely moving up from the kitchen to the dining area of the neighborhood restaurant he worked at after high school. However, a nagging mother and some inspiring professors saw more in him, and eventually got him to see it too.

DuBois has been paying that forward ever since, working in community college education for more than 30 years. Today, he is the current, and second longest-serving, chancellor of Virginia's Community Colleges; a system of 23 colleges and 40 campuses that serves nearly 400,000 people a year.

The Virginia State Board for Community Colleges hired DuBois in the summer of 2001. Since then he has led the VCCS through two successful strategic plans, and now into a third called Complete 2021, all while enduring a roller coaster ride of unprecedented enrollment growth periods and unprecedented cuts in state funding.

Virginia's Community Colleges, during DuBois's tenure, have signed groundbreaking guaranteed transfer agreements with more than 30 public and private universities; become Virginia's leading provider of workforce development services, helped Virginia close headline-grabbing economic development deals; diversified community college funding sources, re-launching a statewide foundation and doubling foundation-led private fundraising; and maintained a tuition rate that is one-third of the comparable rate at Virginia's universities.

The Phi Theta Kappa National Honor Society presented DuBois with their State Community College Award of Distinction at its national convention in April, 2008.

Prior to coming to Virginia, DuBois built an impressive record of executive higher education leadership, including serving as the Commissioner and CEO of the New Hampshire Community Technical College System as well as the Director of Community Colleges for the State University of New York – one of America's largest networks of community colleges.

DuBois received his doctorate in higher education administration, research and policy from the University of Massachusetts. He holds a master's degree in juvenile justice and criminology from Eastern Kentucky University, a bachelor's degree in criminal justice from Florida Atlantic University and an associate of science degree in police science from the State University of New York in Farmingdale.

For archival as well as promotional uses, photographs will be taken throughout the conference to capture both events and attendees. Promotional uses will include electronic (such as the VCCA web site and social media) and print media. The VCCA respects the privacy of all attendees. No photos will be taken without the direct or implied permission of the subject(s). If you do not wish your photo or likeness to be used, please make your wishes known prior to photos being taken.



COMMISSION MEETINGS

We hope you will participate in one or more Commission Meetings. These are wonderful opportunities to network with your colleagues.

BLACK CONCERNS COMMISSION MEETING 5:15-6:15 pm - Monroe Room

Black Concerns Commission			
Chair Elect:	Vera Holmes, TCC	vholmes@tcc.edu	757-822-7132
Past Chair:	Bernadette Battle SVCC	bernadette.battle@southside.edu	434-949-1063
MAL:	Dr. Emmanuel des-Bordes BRCC	desbordese@brcc.edu	404-409-3319
MAL:	Dorothea Sizemore, SVCC	dorothea.sizemore@southside.edu	434-736-2017
MAL:	Beth Dickens, TNCC	dickensb@tncc.edu	757-825-2898
MAL:	Eileen Scanlon, JSRCC	escanlon@reynolds.ed	804-371-3000
Parliamentarian:	John Hicks, SVCC	john.hicks@southside.edu	434-949-1070
Nominating/Planning Consultant:	Barbara Vinson-Ratliff, TCC	bvinson@tcc.edu	757-822-2137
VCCA Representative:	Chevelle Mason ESCC	cmason@es.vccs.edu	757-789-1763

FACULTY/INSTRUCTIONAL AFFAIRS COMMISSION MEETING 5:15-6:15 pm - Jefferson Room

Faculty/ Instructional Affairs Commission Officers			
Chair:	Paul Weitzel, ESCC	pweitzel@es.vccs.edu	757-789-1765
Chair Elect:	Todd Parks, PVCC	tparks@pvcc.edu	434-961-6524
Secretary:	Martha Swirzinskil, TNCC	swirzinskin@tncc.edu	757-816-1111
VCCA Representative:	Theresa Thomas BRCC	brthomt@brcc.edu	540-453-2230

LEARNING RESOURCES COMMISSION MEETING 5:15-6:15 pm - Washington Room

Learning Resources Commission Officers			
Chair Elect:	Courtney Boland, NVCC	cboland@nvcc.edu	703-933-8081
Secretary:	Barbara Vinson-Ratliff, TC	bvinson@tcc.edu	757-822-2137
MAL:	Daniel Ream, RCC	dream@rappahannock.edu	804-758-6716
VCCA Representative:	Rosa Townsend, SVCC	rosa.townsend@southside.edu	434-736-2045

PUBLIC RELATIONS COMMISSION MEETING 5:15-6:15 pm - Commonwealth Room

Public Relations and Publications Officers			
Chair:	Amanda Broome, PHCC	abroome@patrickhenry.edu	276-656-5478
VCCA Representative:	Lana Kennedy, MECC	lkennedy@mecc.edu	276-523-2400 #341

STUDENT SERVICES COMMISSION MEETING 5:15-6:15 pm - Patrick Henry Room

Student Services Commission Officers			
Co-Chair:	Felicia Blakeney, NVC	fdblakeney@nvcc.edu	703-323-3729
Co-Chair:	Mary Parzynski, TCC	mparzynski@tcc.edu	757-822-5141
Secretary:	Chris Pauly, TCC	cpauly@tcc.edu	757-822-7130
VCCA Representative:	Lisa Shifflett, PVCC	lshifflett@pvcc.edu	434-961-5206

SUPPORT STAFF COMMISSION MEETING
5:15-6:15 pm - Madison Room

Support Staff Commission Officers			
Co-Chair:	Karen Turner, RCC	kturner@rappahannock.edu	804-333-6729
Co-Chair:	Kelly Jones, BRCC	jonesk@brcc.edu	540-453-2200
Secretary:	Christie Bradley, TCC	cbradley@tcc.edu	757-822-5066
VCCA Representative:	Susan Simmers, BRCC	simmerss@brcc.edu	540-453-2223

EXCELLENCE IN COMMUNICATIONS AWARD WINNERS

ACADEMIC CATALOG/CLASS SCHEDULE			
Lesley Wood	PVCC	1st Place	PVCC Workforce Services Spring 2018 Class Schedule
ANNUAL REPORT			
Erin Chilton and Leigh-Anne Lawrence	PVCC	1st Place	PVCC Annual Report 2016-2017
BROCHURE/NEWSLETTER			
Susan M. Nicholson	PVCC	1st Place	PVCC Fine and Performing Arts Calendar of Events 2017-2018
Northern Virginia Community College Police Department and Office of Emergency Management	NVCC	2nd Place	NOVA Public Safety Newsletter
NOVA Online	NVCC	3rd Place	Extended Learning Institute Newsletter
POSTER/FLYER/POSTCARD			
Erin Chilton	PVCC	1st Place	PVCC Spring 2018 Internal Audiences Poster
TOTAL ADVERTISING/PR CAMPAIGN			
Erin Chilton, Nathan DuPriest, and Leigh-Anne Lawrence	PVCC	1st Place	PVCC Panther - Mascot Reveal
VIDEO PRODUCTION/COMMERCIAL			
Nathan DuPriest	PVCC	1st Place	PVCC Majors in a Minute (Series)
NOVA Online and NOVA Video Services	NVCC	2nd Place	OER Impact @ NOVA (Short Version)
NOVA Online and NOVA Video Services	NVCC	3rd Place	OER Impact @ NOVA
WILD CARD			
NOVA Online	NVCC	1st Place	Open Educational Resources Infographic
Jill Markwood	CVCC	2nd Place	VCCA Logo Redesign

SHOWCASE RECIPIENTS

COLLEGE	CAMPUS	FACULTY SHOWCASE	STAFF SHOWCASE
Blue Ridge		DONNA LADD	AMANDA HOUSDEN
Danville		STEVE CARRIGAN	
Eastern Shore		CHRISTINA DUFFMAN AND CHEVELLE MASON	
Germanna	Fredericksburg	JAMIE LENNAHAN	
John Tyler	Chester	DR. JAMES C. WILLIAMS, JR.	ANGELA CLARKE
	Midlothian	PETE PETERSON	SANDRA MASON
Lord Fairfax	Fauquier	JEREMIAH DYKE	ANDREA LO
	Middletown	DR. FROST MCLAUGHLIN	BRITTANY STEPP
Mountain Empire		DR. BETHANY ARNOLD	ASHLEY TOMI-BROOKE MABE
Northern Virginia	Loudon	FRED TERRANOVA	JENNIFER HORTON
Piedmont Virginia		TODD PLATTS	KRISTIN WENTLAND
Rappahannock		ELLEN VEST	FELICIA PACKETT
Southside Virginia	Christanna		ERICA ANDREWS
	John H. Daniel	DR. SARAH HORNE	LESLIE PERKINS
Tidewater	Chesapeake		DIANNE PARKER
	Norfolk	DON AVERSO	STEPHEN CUSHING
	Portsmouth		LEONA DAVIS-DANIELS
	VA. Beach	JENNIFER VALENTINE	TRISHA OK
Wytheville		JASON LACHNIET	KENNETH AKERS

CANDIDATES FOR OFFICE



President-Elect - Dr. Todd Parks

Associate Professor and Director of Academic Support Services and First-Year Programs
Piedmont Virginia Community College

I am a candidate for president-elect of the Virginia Community Colleges Association (VCCA), and I am seeking your support. I serve as an associate professor and director of academic support services and first-year programs at Piedmont Virginia Community College (PVCC). I am committed to growing and strengthening the VCCA. It serves a significant role for VCCS employees, particularly classified staff who seek cost-effective networking and professional development opportunities. Still, some question the importance of the VCCA as the VCCS continues to expand the scope of the New Horizons Conference. The VCCA should further explore its strengths and weaknesses as well as the opportunities and threats that will shape it going forward. I believe a collaborative spirit, faculty engagement, and recruitment are

essential to the VCCA's long-term success, and I will seek opportunities to engage the membership in furthering the VCCA's legacy.

Prior to joining PVCC, I directed diversity programs at the University of Iowa where I founded The Iowa Edge, an award-winning orientation program for first-generation college students and students of color, served as assistant dean of students at the University of Florida, and managed first-year residence halls at the University of San Francisco.

I serve as chairperson-elect of the VCCA faculty and instructional affairs commission and received the Johnnie E. Merritt Virginia Master Teacher Seminar Scholarship. I am frequent presenter at ACCA, VCCA, and VCCS meetings and served on the planning committees for regional and national conferences.

I earned a bachelor's degree from the University of North Carolina, a master's degree from the University of South Carolina, and doctorate from the University of Virginia. I received the Jay L. Chronister Student Award in Higher Education and the Johnnie E. Merritt Graduate Fellowship in Higher Education at Virginia.

In addition to my professional activities, I served on non-profit boards in Iowa and Virginia and chaired the Parks and Recreation Commission and Comprehensive Plan Task Force in North Liberty, Iowa. I currently volunteer as a financial coach and scout leader. I enjoy driving fast (on a track, not the highway), scuba diving, participating in competition barbecue contests, and exploring the outdoors. I live in the Shenandoah Valley with my wife, Melynda, who is employed at a non-profit in Charlottesville. Melynda and I have one son, Taylor, who is a freshman at Christopher Newport University.

I believe my attitude, character, education, and experience make me an ideal candidate to lead the VCCA. Please partner with me in building on the VCCA's past successes and growing its legacy as a premier professional development and networking opportunity for all VCCS employees.

Secretary - Chris Pauly

Tidewater Community College

Christine (Chris) Pauly has been an employee of Tidewater Community College for 34 years where she is currently the Enrollment Services/Domicile Office Supervisor. Prior to this position, she worked as the Administrative Assistant (Secretary) to the Coordinator of Admissions and Records (later renamed Coordinator of Enrollment Services) for 13 years. Chris is also an adjunct instructor teaching the Student Development Course for the past 10 years.

Chris graduated from Tidewater with an AAS in Management in May 2000 and an AS in General Studies in December 2002. Chris completed her BA in Management from Virginia Wesleyan College in May 2007 and her MPA from Old Dominion University in August 2009.

Chris attended the 2005 Classified Staff Leadership Academy. She also has participated in several committees and associations including the Virginia Beach Classified Assembly, College-wide Classified Association, President's Advisory and Planning Council, Student Success Committee, and Internal Relations Committee.

Chris has been activity involved in the Virginia Community Colleges Association and the Virginia Community College Systems New Horizons.

Chris is married with two children and three grandchildren. Her hobby is to read whenever possible and spend time with her grandson.



Secretary - Vera Holmes

Tidewater Community College

COLLEGE CONTACTS

0-1999 FTE Member-at-Large: Chevelle Mason, ESCC, cmason@es.vccs.edu

Name	College	Campus	Telephone	Ext	E-Mail
Melissa Unroe	Dabney S. Lancaster		(540)863-2831		munroe@dslcc.edu
Richie Robertson	Danville		(540) 797-8428		rrobertson@dcc.vccs.edu
Chevelle Mason	Eastern Shore		(757) 789-1763		cmason@es.vccs.edu
Letitia Pulliam	Patrick Henry		(276) 656-0250		lpulliam@patrickhenry.edu
Karen Roberson	Mountain Empire		(276) 523-2400	223	kroberson@mecc.edu
Nancy Warren	Paul D. Camp	Franklin	(757) 569-6748		nwarren@pdc.edu
Michael McBride	Virginia Highlands		(276) 739-2402		mmcbride@vhcc.edu
Christine Stamper	Rappahannock	Glenns	(804) 758-6701		cstamper@rappahannock.edu
Martha Rasnake	Southwest Virginia		(276) 964-7389		Martha.Rasnake@sw.edu
Bill Grose	Wytheville		(276) 223-4817		bgrose@wcc.vccs.edu

2000-2999 FTE Member-at-Large: Le'Tina Giles, SVCC, letina.giles@southside.edu

Theresa Thomas	Blue Ridge		(540) 453-2230		thomast@brcc.edu
Vicki Banks	Central Virginia		(434) 832-7637		banksv@cvcc.vccs.edu
Ellen Oliver	New River		(540) 674-3600	4405	eoliver@nr.edu
Rebecca Parkhill	Piedmont Virginia		(434) 961-5208		rparkhill@pvcc.edu
Rosa Townsend	Southside Virginia	Daniel	434-736-2045		rosa.townsend@southside.edu

3000-3999 FTE Member-at-Large: Winona Jenkins LFCC, wjenkins@lfcc.edu

Laura McDonald	Germanna	Locust Grove	(540) 891-3033		lmcdonald@germanna.edu
Annie Cato	Lord Fairfax	Fauquier	(540) 351-1507		acato@lfcc.edu
Cindy D'Ambro	Lord Fairfax	Fauquier	(540) 351-1505		cdambro@lfcc.edu
Nancy Penney	Lord Fairfax (SS)	Middletown	(540)-868-7138		npenny@lfcc.edu
Winona Jenkins	Lord Fairfax	Middletown	(540) 868-7085		wjenkins@lfcc.edu

4000+ FTE Member-at-Large: Vera Holmes, TCC, vholmes@tcc.edu

Deborah Canada	J Sargeant Reynolds	Parham Road	(804) 523-5301		dcanada@reynolds.edu
Tara Lewis	John Tyler	Chester	(804) 706-5255		tlewis@jtcc.edu
Stacey Lyon	John Tyler	Midlothian	(804) 594-1464		slyon@jtcc.edu
Dr. Felicia D. Blakeney	Northern Virginia	Annandale	(703) 323-3729		fdblakeney@nvcc.edu
Lisa Stelle	Northern Virginia	Loudoun	(703) 450-2529		lstelle@nvcc.edu
Janis McCoy-Finch	Northern Virginia	Manassas	(703) 257-6685		Jmccoy-finch@nvcc.edu
Ruby Holland	Northern Virginia	Medical Education	(703) 822-6585		ruholland@nvcc.edu
Nauri Ahmed	Northern Virginia	Woodbridge	(703) 878-5650		nahmed@nvcc.edu
Martha Swirzinski	Thomas Nelson		(757) 825-3502		swirzinskim@tncc.edu
Christie Bradley	Tidewater	Chesapeake	(757) 822-5066		cbradley@tcc.edu
Ivory Warren	Tidewater	Norfolk & Dist. Off.	(757) 822-1026		iwarren@tcc.edu
Barbara Vinson-Ratliff	Tidewater	Portsmouth	(757) 822-2137		bvinson@tcc.edu
Chris Pauly	Tidewater	Virginia Beach	(757) 822-7130		cpauly@tcc.edu

Meet and Greet

Wednesday, October 3 - 8-10 pm in the Palm Room

Meet the candidates running for office and network with colleagues from around the state

CONCURRENT SESSIONS AT A GLANCE

	JEFFERSON ROOM	MADISON ROOM	PATRICK HENRY ROOM	WASHINGTON ROOM
WEDNESDAY, OCTOBER 3				
Session 1 2:00-2:45 PM	<i>Infotainment? Gamification? Funification!</i> Shawn McReynolds	<i>Metabolism - no hype, just the facts</i> Amy Moore	<i>Rolling out the new Gen. Ed. Competencies: SCHEV, VCCS, and You</i> Catherine Finnegan and Jodi Fisler	<i>Motivation Magic</i> Debra Brown
Session 2 3:00-3:45 PM	<i>From Blindness to Clear Vision, How Diversity and Inclusion Generate Not Just Success, But Amazing Miraculous Outcomes</i> Christopher Shiraki	<i>Medical Marijuana: Common Myths</i> Karen Mittura and Laura Gares	<i>Female Student Technology Aspirations and Awards</i> Dr. Melissa Stange with student co-presenters Amy Buchanan and Rachel Stange	<i>Mindfulness: A New Approach to Effective Listening/Speaking</i> Dr. Sandra R. Bryant
Session 3 4:00-4:45 PM	<i>The Next Step in Active Shooter Response Training</i> Lt. John Weinstein	<i>Lessons from the Porch: Engaging Your Students With One-Minute Motivators</i> Laura Gares, Alison Moore, and Bill Grose	<i>How Can I Be a Better VCCA Member?</i> Theresa Thomas	<i>It's just money...isn't it?</i> Todd Parks
THURSDAY, OCTOBER 4				
Session 4 9:00-9:45 AM	<i>First Responders Can't Do It All: A Community Approach to Campus Safety and Security</i> Lt. John Weinstein	<i>Beyond Training: Serving Job-Seekers Fully</i> Cynthia Finley, and Ridge Schuyler	<i>Putting Learning in To Action</i> Debra Brown	
Session 5 10:00-10:45 AM	<i>Faculty Roundtable</i> Theresa Thomas	<i>Roundtable regarding Shared Services</i> Winona Jenkins	<i>Wellness... Who has time for that?</i> LeRon Lewis	<i>HR Hot Topics and Updates</i> Jennifer D. James and JoAnn Ellwood
Session 6 11:00-11:45 AM	<i>Why a Relationship Between VGEA and State Employees' is Important</i> Teresa Craig	<i>The Commute: A lesson in traffice stop etiquette & safety</i> Alfonso R. Seward	<i>Syllabus Makeovers: a creative way to engage students starting from syllabus</i> Dr. Bo Yang & Dr. Ritu Kansal	<i>"Self Talk": How to Make it Work for You</i> Dr. Lisa K. Hill
Session 7 2:00-2:45 AM	<i>Vision or Nightmare, How we see things makes all the difference</i> Christopher Shiraki	<i>Birds of Virginia: Who is flying over your campus?</i> Ann Simpson & Rob Simpson	<i>Deskercise: Fitness at Work</i> Martha Swirzinski & Beth Dickens	<i>Six Ways to Engage Your Employees</i> Debra Brown
Session 8 3:00-3:45 PM	<i>Cybersecurity 101</i> Darrell Andrews	<i>Facing an Exponential Future in the Community College</i> Darrel Staat	<i>Teachers teaching teachers: Sharing best practices for first- year seminars (e.g., SDV)</i> Todd Parks	<i>The Education and Treatment of Native Americans: Past, Present, and Future</i> Dr. Donna Minnich

CONCURRENT SESSIONS

PRESENTER	TOPIC	DESCRIPTION	ROOM
CONCURRENT SESSION 1 - Wednesday, October 3 - 2:00 – 2:45 PM			
Shawn McReynolds	<i>Infotainment? Gamification? Funification!</i>	Working with various groups on campus, Wytheville Community College's IT team has developed and deployed multiple "fun" activities for students, staff, and the community. Five of these interesting and engaging activities will be showcased in this session and "source code" will be shared for customization and use at other colleges.	Jefferson
Amy Moore	Metabolism - no hype, just the facts.	Metabolism explained in simple, easy to understand terms. We will provide practical tips on ways to improve one's metabolism in a safe and effective manner. The session will be interactive - attendees will participate in an office workout that uses their own body as resistance for strength training exercises. Modifications will be provided so everyone can participate.	Madison
Catherine Finnegan and Jodi Fisler	Rolling out the new Gen. Ed. Competencies: SCHEV, VCCS, and You	N/A	Patrick Henry
Debra Brown	Motivation Magic	Motivation--it's not just for managers anymore. Discover ways to motivate up and down the ladder. Whether you are a seasoned manager or a new hire, discover ways to engage and motivate others.	Washington
CONCURRENT SESSION 2 - Wednesday, October 3 - 3:15 – 4:00 PM			
Christopher Shiraki	From Blindness to Clear Vision, How Diversity and Inclusion Generate Not Just Success, But Amazing Miraculous Outcomes	At the core of every deficiency or barrier to individual and collective success in higher education are the issues surrounding diversity and inclusion. Critical connections—learn to recognize them, understand them and make the sacrifices that are necessary to make them common bonds between us.	Jefferson
Karen Mittura and Laura Gares	Medical Marijuana: Common Myths	Medical Marijuana - This presentation provides information regarding Medical Marijuana to discuss the medical facts and common myths among participants. The information provided is designed to inform consumers, healthcare providers, educators and staff with knowledge on this current trend.	Madison
Dr. Melissa Stange and Amy Buchanan	Female Student Technology Aspirations and Awards	The NCWIT Aspirations in Computing program provides an opportunity to encourage female students who use technology, regardless of discipline. Learn how LFCC participates and how to get your college involved, while experiencing the award journey through the eyes of a student who was a national finalist and impact on her.	Patrick Henry
Dr. Sandra R. Bryant	Mindfulness: A New Approach to Effective Listening/Speaking	Mindfulness is often defined as 'non-judgmental, moment to moment awareness'. It can also be thought of as the cultivation of presence. Being present is quite a complex assignment in a world and global economy that measures time in internet seconds. As leaders in the classroom, teachers, staff and administrators, can utilize these skills to address the concept of listening (hearing and seeing) student needs and identification of how best to approach these needs beginning with yourself.	Washington
CONCURRENT SESSION 3 - Wednesday, October 3 - 4:15 – 5:00 PM			
Lt. John Weinstein	The Next Step in Active Shooter Response Training	Most are aware of the Run-Hide-Fight strategy to survive an active shooter, but this presentation goes further: it teaches you how to run, how to hide and how to fight and also identifies factors to help you decide which option to choose.	Jefferson
Laura Gares, Alison Moore, and Bill Grose	Lessons from the Porch: Engaging Your Students With One-Minute Motivators	Gathered from informal conversations between colleagues is a collection of practical tips and tricks for increasing student engagement in the classroom of almost any discipline. We will share ideas on how to quickly grab students' interest and get them to refocus their attention. Come prepared to share - participation among attendees is highly encouraged.	Madison
Theresa Thomas	How Can I Be a Better VCCA Member?	If you have been a VCCA member for years or you are a brand new member and you always wondered, "What is the VCCA?" or "How can I be a better member and be more involved?" come to this session. I will go over involvement and promotion at every level from member and college contact all the way up to the executive committee and what it entails to promote and strengthen our organization.	Patrick Henry
Todd Parks	It's just money...isn't it?	This session is aimed at you, not your students. It is for anyone who wants to learn more about personal finance. Todd facilitates workshops on and off campus and volunteers as a financial coach. He is passionate about helping others get out of debt, stay out of debt, build wealth.	Washington

CONCURRENT SESSION 4 - Thursday, October 4 - 9:00 – 9:45 AM			
PRESENTER	TOPIC	DESCRIPTION	ROOM
Lt. John Weinstein	First Responders Can't Do It All: A Community Approach to Campus Safety and Security	Generally, police respond to crises. However, there are 4 phases of any crisis: prevention, response, mitigation and recovery. All faculty, students and staff have role(s) to play in these phases. Ultimately, it's the community approach that can best keep campuses safe and secure.	Jefferson
Cynthia Finley and Ridge Schuyler	Beyond Training: Serving Job-Seekers Fully	Nearly 20 percent of Virginia's families—one out of every five—makes less than \$35,000 a year. For these families to get ahead, training is necessary but not sufficient. We have successfully addressed this challenge with a combination of grant-funding and technology.	Madison
Debra Brown	Putting Learning In To Action	Engaging today's learner can be frustrating and confusing. Discover how action mapping can help you put learner's into an active participation mindset. Explore three tools for taking current materials and content and easily translate them into hands-on learning experiences. You'll take away templates and ideas from this interactive session.	Patrick Henry
CONCURRENT SESSION 5 - Thursday, October 4 - 10:00 – 10:45 AM			
Theresa Thomas	Faculty Roundtable	A Roundtable for faculty to discuss idea, issue and solutions and solicit ideas and solutions to instructional faculty life.	Jefferson
Winona Jenkins and attendees	Round Table regarding Shared Services	Shared Services - what works and what doesn't. A time to come together to share trade secrets.	Madison
LeRon Lewis	Wellness...Who has time for that?	Wellness has a broad impact on health, success and happiness. In this session participants will examine their own wellness and the impact it has on multiple aspects of their life. Participants will examine tools and methods to improve wellness and create a wellness improvement plan.	Patrick Henry
Jennifer James	HR Hot Topics and Updates		Washington
CONCURRENT SESSION 6 - Thursday, October 4 - 11:00 – 11:45 AM			
Teresa Craig	Why a Relationship Between VGEA and State Employees' is Important		Jefferson
Alfonzo R. Seward	The Commute: A lesson in traffic stop etiquette & safety	The Presentation will include Virginia motor vehicle law information, safety protocol during a stop, and the constitutional rights of the citizens during the police stop. Activities include a simulated traffic stop, discussion surrounding recent law enforcement events and an AR15 rifle for show and tell.	Madison
Dr. Bo Yang and Dr. Ritu Kansal	Syllabus Makeovers: a creative way to engage students starting from syllabus	Your syllabus is a contract, a user's guide and an advertisement for your course. If you are looking for creative ways to renovate boring text-based syllabus, this faculty lead session will show you WHY and HOW to integrate images with text, graphically displaying details in a compelling way to engage students from right beginning of course.	Patrick Henry
Dr. Lisa K. Hill	"Self Talk": How to Make it Work for You	We all engage in "self-talk", the tendency to reflect on our behaviors before, during, and after we engage in them. For many of us, the self-talk is negative and psychologically destructive. I will focus on how to change the voice to constructive self-talk that increases motivation and self-esteem.	Washington
CONCURRENT SESSION 7 - Thursday, October 4 - 2:00 – 2:45 PM			
Christopher Shiraki	Vision or Nightmare, How we see things makes all the difference	If a thousand different people witness the same event how many accounts of that event will you have? The landscape of community college opportunities and challenges seems ever growing in complexity and difficulty in mastery. There is one common ground and for those who see it, understand it, and can work within it the harvest is plentiful. But first we need to see...	Jefferson
Ann Simpson and Rob Simpson	Birds of Virginia: Who is flying over your campus?	Did you know that 2018 is the "Year of the Bird" as well as the 100th anniversary of the Migratory Bird Treaty Act? Join us to share stories, learn easy identification tips, discover more out about nature conservation, and celebrate our feathered friends that share our campuses and backyards.	Madison
Martha Swirzinski and Beth Dickens	Deskercise: Fitness at Work	Stress can have a negative effect on productivity, performance, energy levels, work and personal relationships, and overall mental outlook. In today's fast-paced world it can be difficult for people to incorporate exercise but with a little knowledge about the basics you can develop strategies that fit your lifestyle.	Patrick Henry
Debra B Brown	Six Ways to Engage Your Employees	Can we engage our employees? If so, what does it take? How do we measure engagement? Find out how to use six key strategies for building employee engagement and task ownership. You will also receive free resource links for additional tools for building strong teams and open communication channels.	Washington

CONCURRENT SESSION 8 - Thursday, October 4 - 3:00 – 3:45 PM

PRESENTER	TOPIC	DESCRIPTION	ROOM
Darrell Andrews	Cybersecurity 101	“Cybersecurity 101” will be an introduction to basic computer safety and security principles and procedures, for audience members who wish to learn more about how to safely interact while online, whether at home, at work, or on the road. This presentation is designed for those with limited knowledge or experience.	Jefferson
Darrel Staat	Facing an Exponential Future in the Community College	Artificial Intelligence, Internet of Things, personal robots, and other exponentially developing technologies are heading toward community colleges. They will affect administration, faculty, staff, and students. This presentation will assist those leading and teaching to understand the changes that will affect community colleges and suggest how to prepare for them.	Madison
Todd Parks	Teachers teaching teachers: Sharing best practices for first-year seminars (e.g., SDV)	This interactive session is aimed at individuals who teach SDV. Session goals include: creating a professional learning community for SDV instructors, facilitating conversations about SDV, and exchanging best practices and strategies for improving SDV. Participants are encouraged to share successes that could be replicated on other VCCS campuses.	Patrick Henry
Dr. Donna Minnich	The Education and Treatment of Native Americans: Past, Present, and Future	This presentation will explore the past, present, and future of Native American education and treatment of Native people, and include the presenters own lived experiences as a Native American in the United States.	Washington

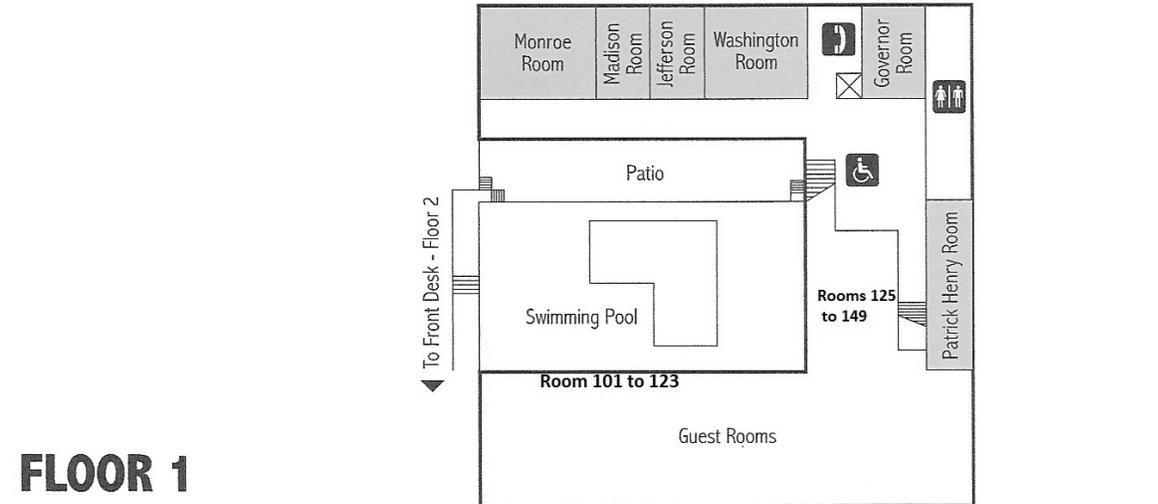
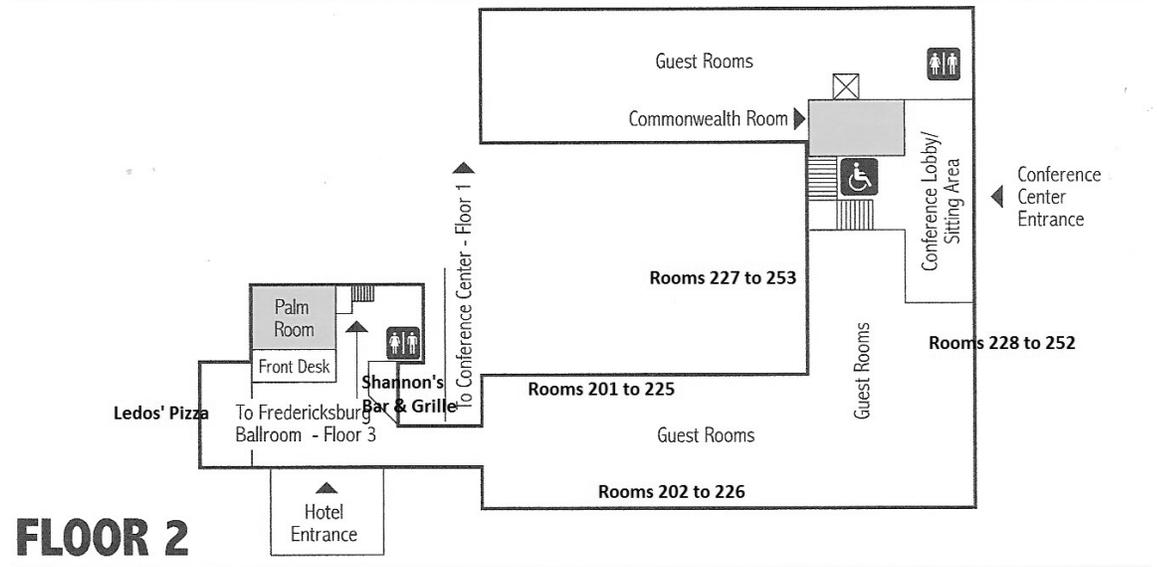
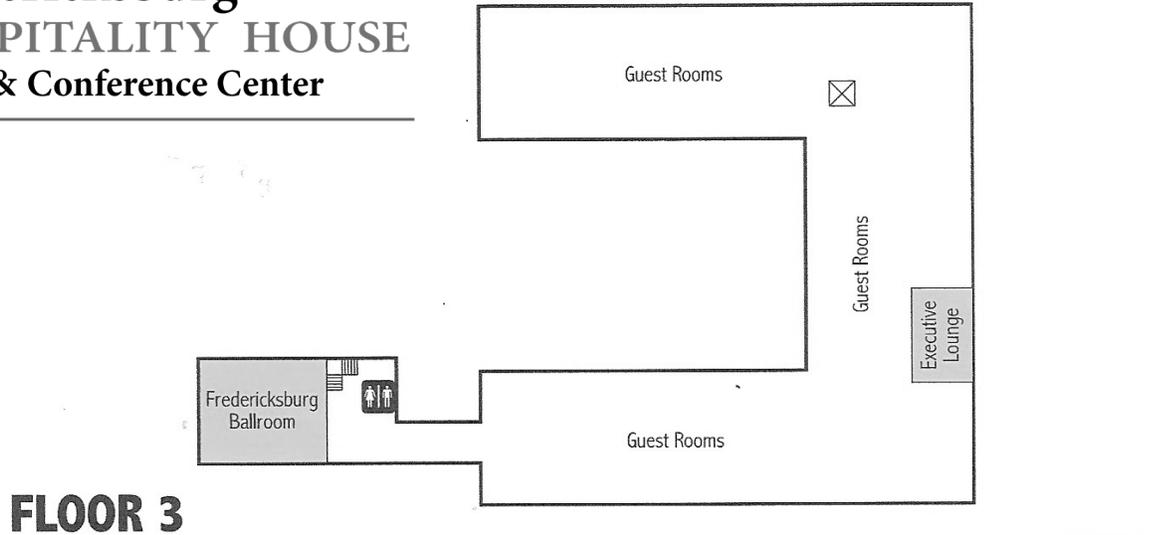
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Cynthia.Duncan@dhrm.virginia.gov

Susan Lord - Central Piedmont
Susan.Lord@dhrm.virginia.gov

Mary Louise Gerdes - Williamsburg and East
MaryLouise.Gerdes@dhrm.virginia.gov

Craig Hicken - Petersburg and South Central
Craig.Hicken@dhrm.virginia.gov

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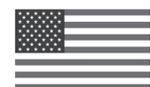
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