<table>
<thead>
<tr>
<th>Time</th>
<th>Workshops and Roundtables</th>
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<tr>
<td>9:00 – 10:00</td>
<td>Workshops and Roundtables</td>
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<td>Sarah Keene and Emily Matson, Rothenberg Institute; Sarah Sevcik, Epidemiology &amp; Community Health, UMTC Does a Rigorous Course Need to be Stressful?</td>
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<td>Beverly Smith-Kelling; Biochemistry, Molecular Biology, &amp; Biophysics; UMTC An Inquiry-Based Case Study Approach to Build Grit</td>
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<td>Ben Parchem, CBS, Alyssa Naef, Nursing, Brian Ruedinger, CLA, Audrey Blankenheim, CEHD Academic Stress: The Student Perspective</td>
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<td>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?</td>
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<td>Phil Buhlmann, Evan Anderson, Chemistry, UMTC How to Involve Graduate Students in Addressing Stress and Mental Health</td>
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<td>Kate Elwell and Julie Sanem, Boynton Health Services, UMTC Mental Health Promotion: An Evidence-based Strategy</td>
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<td>10:15 – 11:15</td>
<td>Workshops and Roundtables</td>
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<td>Thomas Swain Room Ann Fandrey, Liberal Arts Technology &amp; Innovation Services (LATIS), UMTC Web Writing that Reduces Stress in Online Reading</td>
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<td>Gateway Room Brad Hokanson, Housing &amp; Apparel Design, UMTC Your Teaching Manifesto: Using Design Thinking for Balance of Practice</td>
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<td>Heritage Gallery Heather Peters, Psychology, UMM Students from Marginalized Backgrounds and University Alienation</td>
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<td>Minnesota Room Julie Showers and Jan Morse, Student Conflict Resolution Center, UMTC The Advisor/Advisee Relationship: Maximizing the Health and Happiness of Both Participants</td>
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<td>Ski-U-Mah Room Kelsey Metzger and Cassidy Terrell, Center for Learning Innovation, UMR Balancing Tensions: Student Workload, Active Learning and Fatigue</td>
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<td>Johnson Room 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</td>
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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 21st 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.
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<tr>
<th>Time</th>
<th>12:45 – 1:15 Presentations</th>
<th>1:30-2:30 Workshops and Roundtables</th>
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| **Thomas Swain Room** | 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 |
| **Gateway Room** | 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 |
| **Commons Room** | 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 |

**1:30-2:00 Presentations**

| **Heritage Gallery** | 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? |
| **Minnesota Room** | 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 |
| **Ski-U-Mah Room** | 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 |
| **Johnson Room** | 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 |

**2:15 – 2:45 Presentations**

| **Minnesota Room** | Erin Malone, Veterinary Medicine, UMTC  
Using Student Input to Change Curriculum | Laura Molgaard and Peggy Root, Veterinary Medicine, UMTC  
Peer Coaching to Promote Academic and Personal Success |
| **Ski-U-Mah Room** | Angelica Pazurek and Matti Koivula, Curriculum & Instruction, UMTC  
Learner Agency by Design | Christina Petersen, Center for Educational Innovation, UMTC  
Strategies to Mitigate the Stress of Information Overload |