



**May 2023**  
**Recharge!**

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## Featured Podcast

### **Guided Meditation Sessions**

Session 1 with Dr. Carol Lewis

You are encouraged to take time every day to be mindful of your health and wellness. To help you on your wellness journey, we are sharing this guided meditation, done in partnership with Carol Lewis, Ph.D., M.P.H., CPH, Associate Professor, UF Department of Psychiatry.

[Listen Here](#)

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## CTE Awards

Congratulations to the April Passport to Great Teaching Completers. To participate in the Passport to Great Teaching program, visit the [Center](#)

for Teaching Excellence's website.

## **Certificates:**

### **Great Teaching Certificate**

- Farah  
Salman
- Kinga  
Kaplár  
Kodácsy

### **Center for the Integration of Research, Teaching and Learning (CIRTL) Associate Certificate**

- Cindy  
Cosset

### **Great Teaching using Universal Design Certificate**

- Catia  
Silva
- Melina  
Jimenez

## **Badges:**

### **Center for the Integration of Research, Teaching and Learning (CIRTL)**

- Cindy  
Cossett

### **Conferences**

- Megan  
Mocko
- Ryan  
Good

### **Diversity, Equity & Inclusion**

- Gheysar  
Niknam

### **Mentoring**

- Xiaodi  
Wang

## Student Focused Teaching

- Melina Jimenez

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# Strategy

### Embracing the 3 R's: Reflect, Reconnect, Rejuvenate

As the term comes to an end, CTE recognizes the importance of "Recharging" to maintain a healthy balance between work and personal life. It is crucial for faculty and students alike to adopt a comprehensive strategy to recharge. We recommend using the 3 R's: Reflect, Reconnect, and Rejuvenate.

**Reflect:** Allocate time for self-reflection. Look back at your accomplishments, challenges, and learning opportunities from the past term. Identify areas of growth and set goals for the upcoming term.

**Reconnect:** Foster an environment that supports social interactions, both within and outside of the academic community. Engage in activities you enjoy, spend time with loved ones, and connect with peers to share experiences and support. Encourage your students and mentees to do so as well.

**Rejuvenate:** Promote well-being through physical and mental self-care. Get proper sleep and exercise, and employ relaxation techniques like meditation or mindfulness practices.

By embracing the 3 R's, our institution can continue to support the growth and success of both faculty and students. Let's work together to build a resilient and thriving academic community, recharged and ready for future challenges!

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## Featured Workshops

PlayPosit Foundations Training

May 23 | 11:00am - 12:00pm (Virtual Event)

Presented by Brady Venables

This training will highlight the fundamentals of PlayPosit with an emphasis on interactions that are automatically graded by the platform. It will be customized for your learning management system and include use cases relevant to all content areas in Higher Ed. Please Note: you must have a Passport Portal account to register for this workshop. [Create an account.](#)

### **UFIT: Zoom Presentation Tips**

May 18 | 2:00 - 3:00pm EDT (Zoom Webinar)

Do you want to be prepared for your next Zoom presentation? Zoom tips will teach you how. Learn to make meetings run smoothly by exploring key features offered in Zoom.

Participants will learn how to use Zoom for presentations. Topics include advanced screen sharing, PowerPoint, files, annotations, and whiteboard. This training will also address recordings, breakout rooms, and polls.

[Register here.](#)



## **Register for the First Year Faculty Teaching Academy (FYFTA)**

**Summer 2023**

July 18-20 **and** July 25-27 | 9:00 - 11:00am ET

*Located in Bryant Space Science Center*

The Center for Teaching Excellence offers the First Year Faculty Teaching

Academy (FYFTA) workshop series throughout the year. This series is designed for faculty in their first few years of teaching at UF. Learn how to create a great learning experience for your students while saving time and frustration; we invite you to adapt and use the strategies that are right for you. [Register for Summer FYFTA.](#)

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## Helpful Tip

Working as a faculty member at a research-intensive university (R1) can be demanding, both intellectually and emotionally. To maintain a high level of productivity and to avoid burnout, it is essential to make time for self-care and recharge regularly. Here are some tips to help you recharge:

**Take breaks:** It's crucial to take regular breaks throughout the day. Even short breaks can help refresh your mind and increase your productivity.

**Engage in physical activity:** Exercise is an effective way to relieve stress, boost your mood, and increase your energy levels. Consider going for a walk, taking a yoga class, or hitting the gym.

**Connect with colleagues:** Interacting with colleagues can provide a sense of community and support. Consider organizing a lunch or coffee break with a colleague to discuss research or simply to catch up.

**Pursue personal interests:** Engage in hobbies or activities that you enjoy, whether it's reading, gardening, or cooking. Taking time for yourself outside of work can help you feel recharged and refreshed.

By incorporating these tips into your routine, you can improve your overall well-being and productivity.

## Did You Know?

Did you know UF offers someone to talk to and resources to consult whenever and wherever you need them? All UF faculty, staff, graduate assistants, non-student OPS employees, house staff/residents, and

postdoc associates are eligible to receive services. As an added bonus: Members of their households are eligible, too! The Employee Assistance Program provides confidential emotional support, work life solutions, legal guidance, financial resources, and online support! Learn more on the Employee Assistance Program [website](#).

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## Spotlight

### Sign Up for Calm or Noom Subscriptions

*Noom* - A psychology-based program that empowers you to take care of your health, Noom has helped millions of people lose weight and meet their personal goals — from weight management to diabetes prevention to stress reduction. The app features daily article, food and exercise logging, one-on-one goal support and peer groups for added support.

*Calm* - is a mindfulness app that features pre-recorded audio content designed to help manage stress, anxiety and insomnia. Features include meditation instruction, sleep aides, music for relaxation, video lessons on mindful movement and gentle stretching, audio programs taught by world-renowned mindfulness experts, and nature scenes and sounds.

Select one app and reach out to [worklife@hr.ufl.edu](mailto:worklife@hr.ufl.edu) to check availability.

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## Inspire, Ignite, and Innovate with CTE!

We are always looking for fresh voices to lead workshops, share a passion for teaching in our podcast, and engage with audiences at our Interface Teaching Conference. CTE is dedicated to honoring exceptional teaching. If you or someone you know would like to partner with or should be recognized by CTE please email [cte@aa.ufl.edu](mailto:cte@aa.ufl.edu).

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# May Workshops

Please Note: you must have a Passport Portal account to register for workshops. [Create an account.](#)

## **PlayPosit Foundations Training**

*Presented by Brady Venables*

Tuesday, May 23 | 11:00am - 12:00pm ET (Virtual Event)

This training will highlight the fundamentals of PlayPosit with an emphasis on interactions that are automatically graded by the platform. It will be customized for your learning management system and include use cases relevant to all content areas in Higher Ed. Please Note: you must have a Passport Portal account to register for this workshop. [Create an account.](#)

## **PlayPosit Foundations Training**

*Presented by Brady Venables*

Wednesday, May 24, 2023 | 2:00 - 3:30 PM ET (Virtual Event)

This training will highlight the fundamentals of PlayPosit with an emphasis on interactions that are automatically graded by the platform. It will be customized for your learning management system and include use cases relevant to all content areas in Higher Ed. Please Note: you must have a Passport Portal account to register for workshops. [Create an account.](#)

# Summer CIRTLL Workshops

**CIRTLL classes fill up fast. Please register today to secure your spot.**

## **Change Leadership for Inclusive Teaching and Learning**

*June 1 - August 3, 2023 | 1:00 - 2:30 pm ET (Virtual Event)*

*Presenters: Kelly Clark, Rachel Kennison, and L.J. McElravy*

*Presented by CIRTLL*

This 10-week synchronous online course aims to strengthen undergraduate STEM education by preparing graduate students, postdoctoral scholars, and early career-faculty to be change agents in their roles in higher education. Through participation in this 10 – week

synchronous online course, participants will be equipped with the knowledge and skills to inspire and influence others, analyze their institution's structure and become agents of change. By the end of this course, participants will:

- \* Develop a professional identity as a Change Agent
- \* Examine higher education institutions as complex organizations, as well as analyzing leadership approaches and change theories
- \* Develop strategies, skills, and abilities appropriate for serving as a Change Agent while holding a position as an early-career faculty member.

[Register for Change Leadership for Inclusive Teaching and Learning.](#)

### **Basics of Online Learning and Teaching**

*June 5 - August 7, 2023 | 12:00 pm - 1:30 pm ET (Virtual Event)*

*Presenters: Douglas Habib and Peggy Semingson*

*Presented by CIRTL*

This online blended 10-week course walks students through online course development in a mix of synchronous and asynchronous activities. The course will begin with 4 weeks of synchronous online sessions providing an overview of the course and effective online pedagogy. This will be followed by a mix of synchronous and asynchronous sessions on building a course. Each week will involve approximately 4-6 hours of readings, videos, assignments, discussions, and peer feedback. During this time students will work on their final projects where they will develop materials for an online course (or unit) they plan to teach in the future. The course will end with students giving micro-teaching presentations to the group.

[Register for Basics of Online Learning and Teaching](#)

### **Planning Your Teaching-as-Research Project**

*Jun 13 - July 25, 2023 | 2:00 pm - 3:30 pm ET (Virtual Event)*

*Presented by CIRTL*

This session is part of the series "How CIRTL has Impacted my Career: Hearing from CIRTL Alumni". Join us to hear CIRTL alumni reflect on how they came into these positions: what made them pursue this career path; its benefits, stressors, and rewards; and how CIRTL shaped their interests, skills, and community. [Register for Planning Your Teaching-as-Research Project](#)

**Johns Hopkins University Teaching Institute**



*June 6 - 9, 2023 | 9:00 am - 3:00 pm ET (Virtual Event)*

*Presented by CIRTl*

The Johns Hopkins Teaching Institute is a multi-day teaching institute designed to help doctoral students and post-docs become successful and confident classroom teachers. Participants will explore the benefits of active learning, ongoing assessment, and fostering inclusive classrooms. Participants will examine a variety of teaching practices and principles and will also participate in peer-evaluated micro-teaching exercises or choose to present a lesson plan that they develop as part of the teaching institute. By the end of the institute, participants will:

- \* Explore and test multiple teaching methods that engage and assess diverse students;
- \* Develop skills and strategies to continue growing as reflective instructors who employ evidence-informed teaching methods;
- \* Identify strategies that improve student learning outcomes for all students;
- \* Work in small groups to share ideas, build new skills, and cultivate partnerships in teaching and learning;
- \* Create a peer-reviewed lesson plan;
- \* Present their lesson plan or facilitate a micro-teaching exercise to their peer group.

[Register for Johns Hopkins University Teaching Institute](#)

### **Using Teaching-as-Research to Advance Equitable Educational Experiences**

*June 21 & June 28, 2023 | 12:00 pm - 1:30 pm ET (Virtual Event)*

*Presenter: Brian Smentkowski*

*Presented by CIRTl*

Join us for a two-part workshop that invites participants to consider how they might use CIRTl's "teaching-as-research" framework to advance equitable educational experiences. Learning-through-Diversity is a core idea of the CIRTl Network. It explicitly recognizes and capitalizes on the dynamic array of identities and experiences among undergraduate students, graduate students, post-docs, and faculty. Teaching-as-Research transforms curiosity about learning into a research question and helps connect and enrich teaching and learning. If we imagine and overlap

these Core Ideas as Venn Diagram circles, we see the union of the two and an exciting opportunity to advance Learning-through-Diversity through/as Teaching-as-Research. In this workshop, we will explore this union and develop a blueprint for designing and furthering inclusive and equitable educational experiences through a TAR prism. Participants will learn about:

- Conceptualization and application of Learning-through-Diversity as pedagogical prism for designing, developing, and delivering inclusive, equitable, and accessible learning experiences.
- Applying TAR strategies to develop, integrate, and assess inclusive, equitable, and accessible teaching practices.
- Developing a blueprint for different

participants  
to  
support  
and  
engage  
in  
DEIA-  
based  
scholarly  
teaching.

- Developing  
a  
framework  
for  
evolving  
two  
CIRTL  
Core  
Ideas  
through  
the  
intersections  
of  
them.

Register for Using Teaching-as-Research to Advance Equitable Educational Experiences.



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