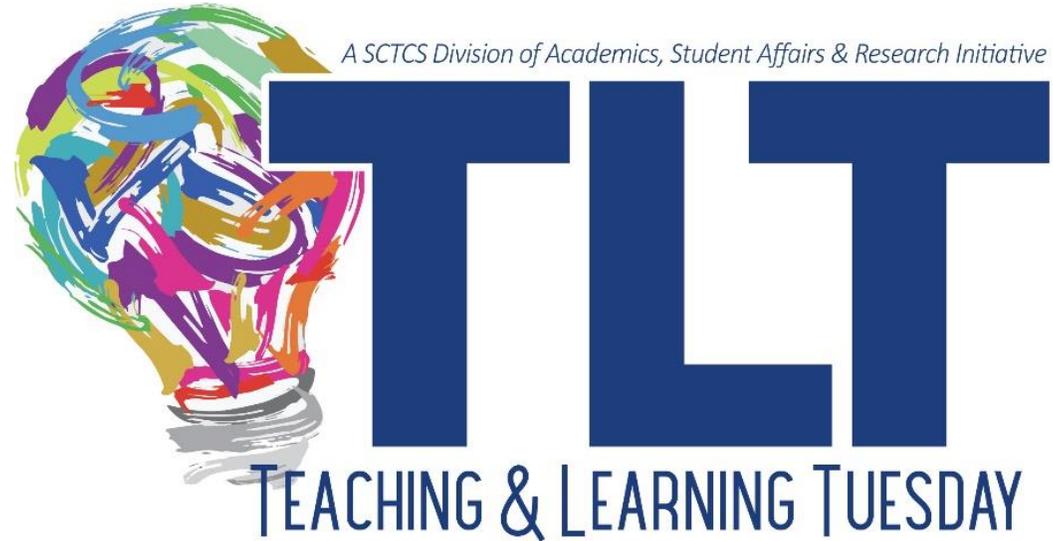


W E L C O M E T O



MINDFULNESS IN ACADEMIC AFFAIRS

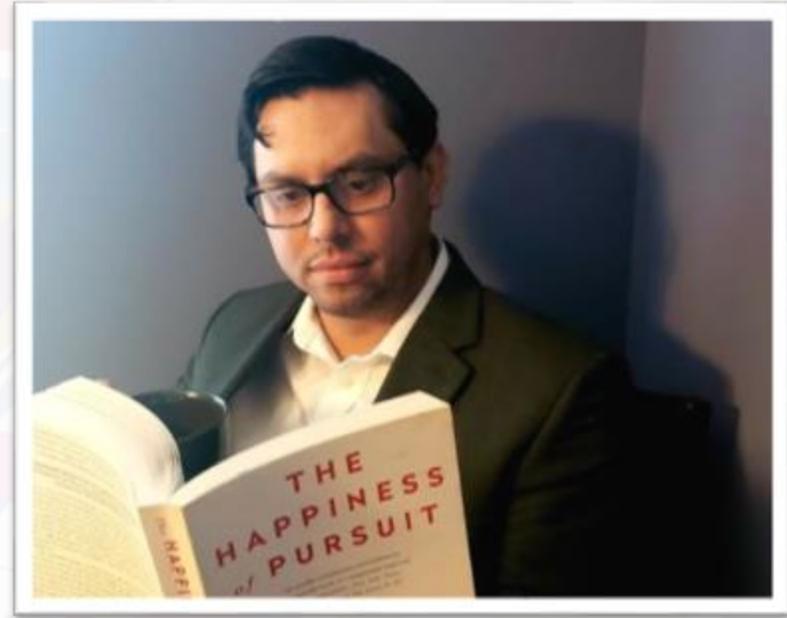
February 20, 2024

2:30pm

ABOUT THE PRESENTERS

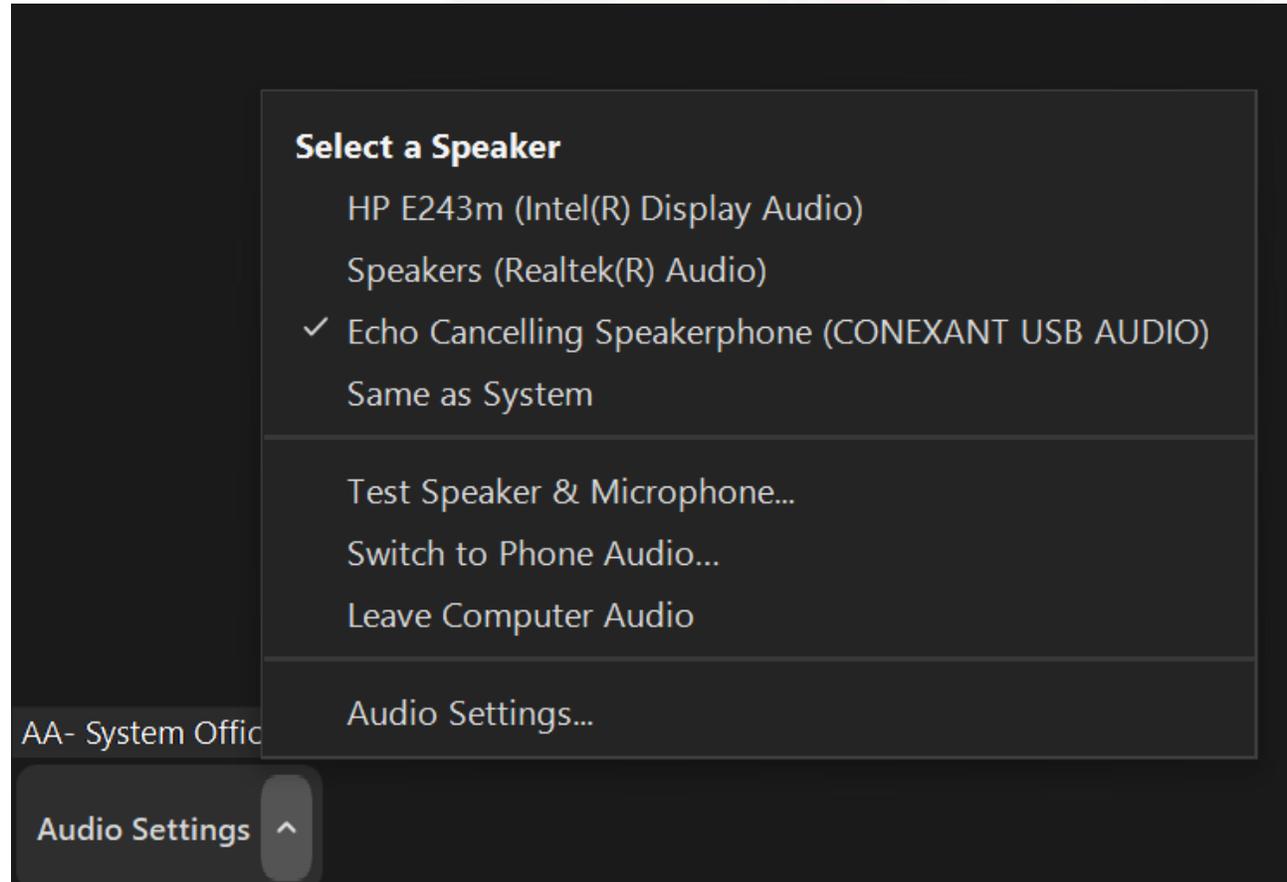


RON STAFFORD
Northeastern Technical College

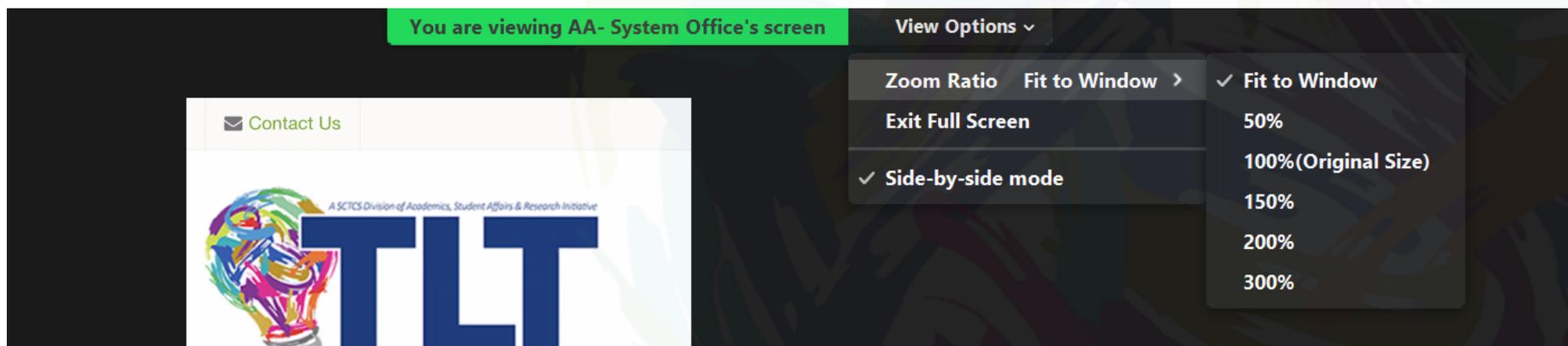


DR. DERK RIECHERS
Northeastern Technical College

ZOOM WEBINAR



ZOOM WEBINAR



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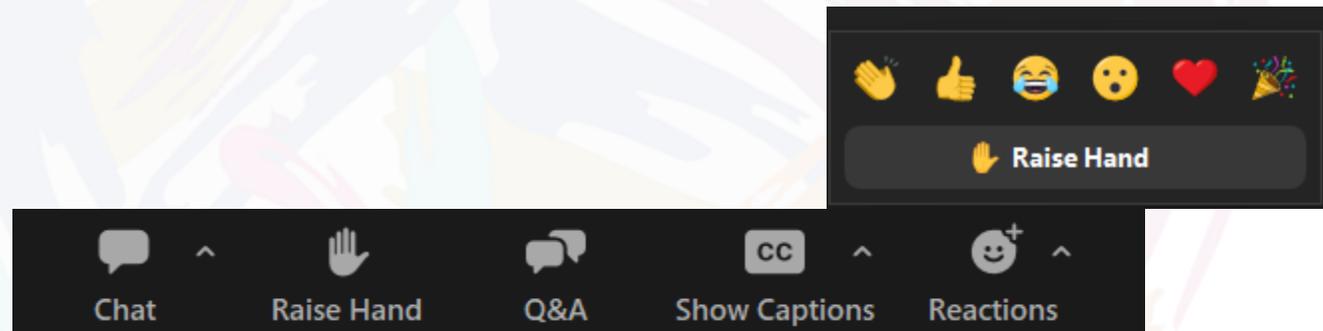
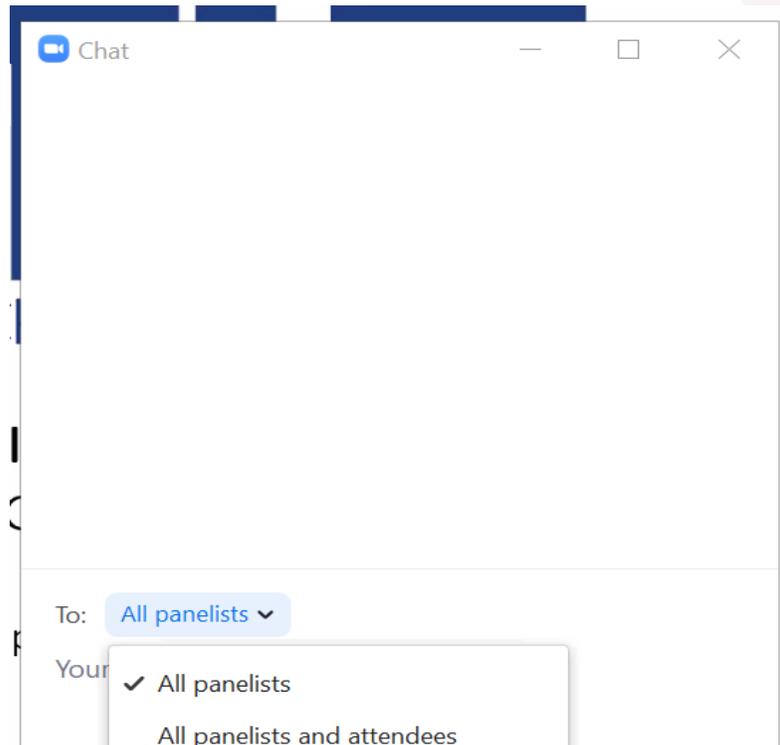
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 **TLT**
A SCTCS Division of Academics, Student Affairs & Research Initiative

ZOOM WEBINAR



A green tray containing a sandwich, an orange, two tomatoes, and almonds. The sandwich is on the left, the orange is in the center, and the almonds are at the bottom. Two tomatoes are at the top. The background is dark blue.

TECHNOSTRESS MAKING
YOU SNACK? MUNCH
ON MINDFULNESS WITH
A CLASS OF
COLLABORATION~

DR. DERK RIECHERS, MBA, MS

MR. RON STAFFORD, M.L.I.S

DR. DERK RIECHERS, MBA, MS

Online education over
15 years

Director Online
College @ NETC

Subject Matter
Expert: Online
Education and
Academic Affairs

Instructional Design

Mindfulness

Published Author

Board Member of the
Instructional
Technology Council
and Chair of the New
Initiatives Committee

Executive Board
Golden Board
Member: Workforce
Development

Presented at over 200
conferences

Cooking

Eating

Vending Machines



MR. RON STAFFORD, M.L.I.S

Pronouns are
he/him/his

Head Librarian @
NETC

Subject Matter Expert:
Open Educational
ResourcesCopyright

VP of Metrolina
Library Association

Social Media Editor @
The Journal of
Copyright in
Education and
Librarianship

Golden Advisor Board
Member: Library
Services

Published Author

Professional
Photographer

Ed.d student @
Brenau

Mindfulness Instructor

Art Archivist

Loves Art, Opera, and
all things Georgia



Top Definitions

Quiz

Related Content

Examples

British

mindfulness

[mahynd-fuhl-nis] [SHOW IPA](#)  

[See synonyms for mindfulness on Thesaurus.com](#)

 High School
Level

noun

- 1 the state or quality of being mindful or aware of something.
- 2 *Psychology.*
 - a a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them:
The practice of mindfulness can reduce stress and physical pain.
 - b the mental state maintained by the use of this technique.



A RECIPE FOR SUCCESS

- Welcome to a session where we blend the finest ingredients of academic mindfulness and collaboration to create a nurturing environment for our students, especially in the unique setting of rural colleges. Like any exquisite recipe, our approach requires a careful selection of techniques, a pinch of creativity, and a dash of open-mindedness.
- ACADEMIC MINDFULNESS
- ENHANCED COLLABORATION
- IMPROVED STUDENT SUPPORT

SETTING THE TABLE

- Before we dive into our main course, let's prepare our table. Today's educational landscape, particularly in rural areas, presents a complex mix of technological hurdles and support challenges. Like setting the table for a grand dinner, establishing a supportive academic environment is crucial for the feast of knowledge.
- IN THE STUDENT'S SHOES
- STRATEGIC PLANNING WITH STUDENTS
- FACULTY INPUT (NO SHOES)

BITTERSWEET CHALLENGES

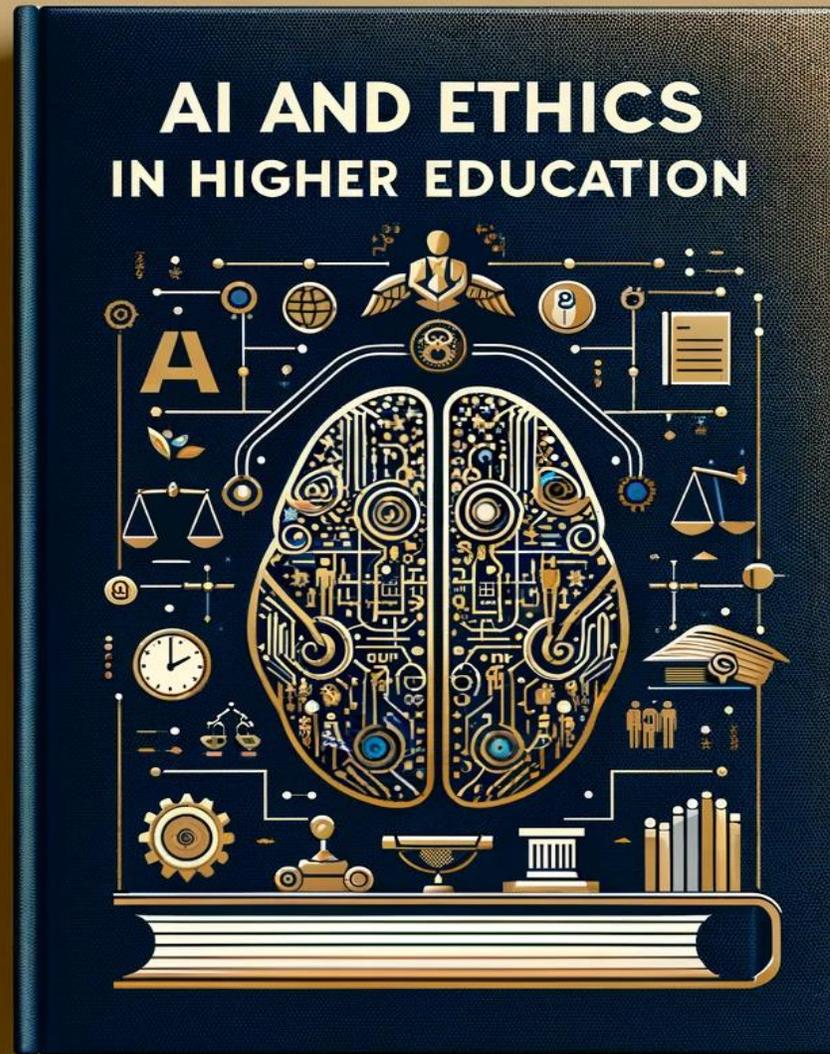
- The shift to digital learning can taste bitter before it becomes sweet. Students and faculty may grapple with limited access to technology or lack the necessary skills, turning what should be a delightful learning experience into a frustrating ordeal. Our goal is to add the right amount of sweetness to balance the bitterness, transforming challenges into opportunities for growth.
- SUCCESS COURSE FOR TECHNOLOGY
- ROUND TABLE DISCUSSION (Faculty & Admin)
- FOOD!

MINDFUL MORSELS

Mindfulness in the academic setting is like savoring each morsel of a gourmet meal. It involves being present and engaged, whether tackling new software or navigating online platforms. Techniques such as scheduled digital detoxes, meditation breaks, and mindful communication can help digest the daily dose of technology.

- AI
- AI
- & AI (WHAT IS YOUR COLLEGE DOING)

AI





COLLABORATIVE CASSEROLES

Collaboration is the secret sauce of educational success. By mixing diverse perspectives and skills, we can create a comforting casserole that satisfies the academic appetite. This involves peer learning sessions, faculty-student technology forums, and shared online resources, ensuring everyone brings something to the table.

- PEER LEARNING SESSIONS
- FACULTY-STUDENT TECHNOLOGY FORUMS
- ONLINE LIBRARY



SELF-ADVOCACY SNACKS

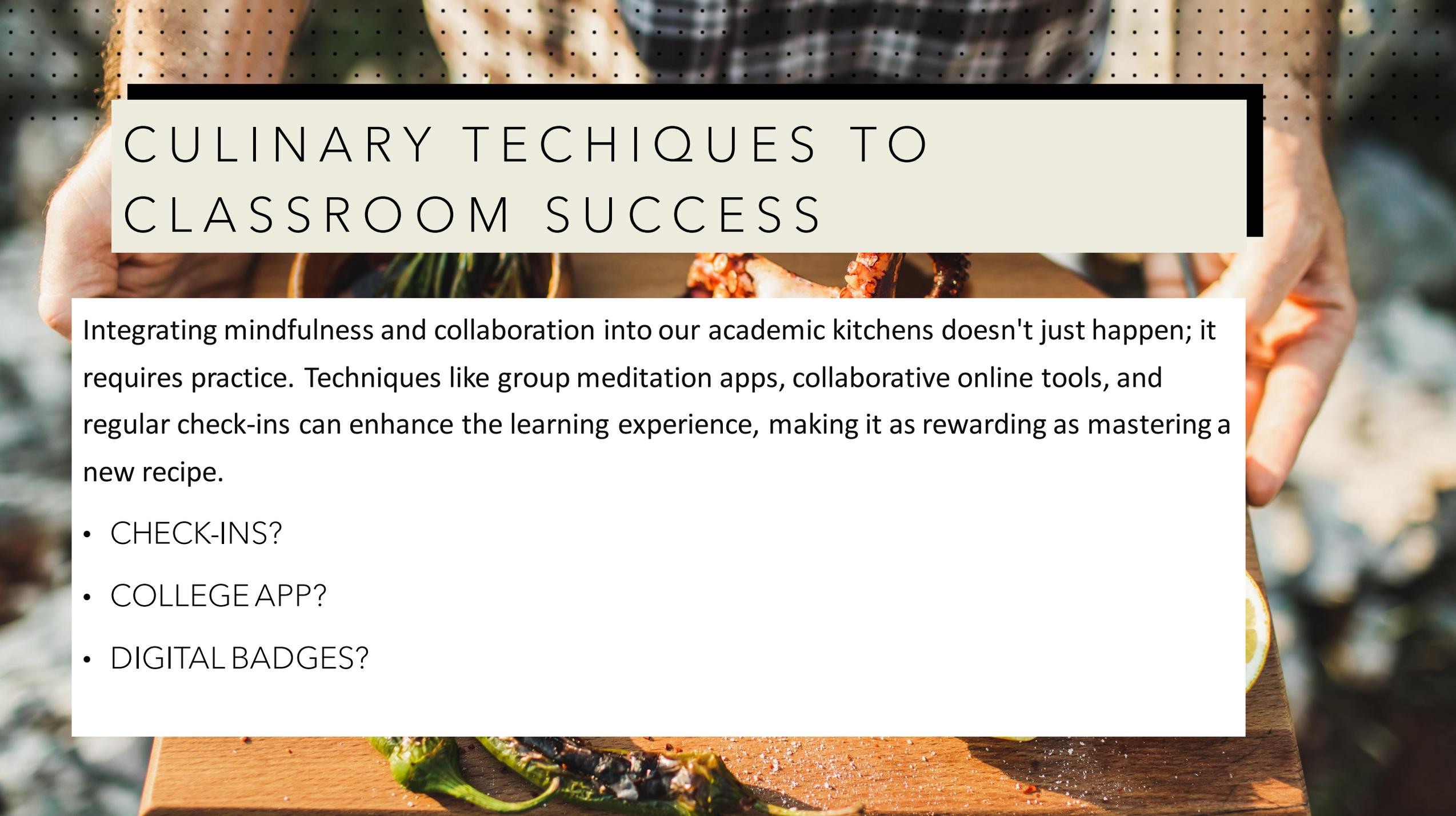
Just as snacks keep us going between meals, self-advocacy fuels our journey through academic challenges. Encouraging students to speak up about their needs, seek assistance with technology, and participate actively in their learning process are essential snacks for sustaining motivation and engagement.

- OLD FASHION SUGGESTION BOX
- HELP BUTTON (NOT AN EASY BUTTON)
- MOTIVATION

VENDING MACHINES TO VEGAN SNACK

Moving from quick tech fixes (vending machines) to a well-planned, nutritious array of support services (vegan feast) symbolizes our growth. We're adopting holistic support strategies that cater to the mental, emotional, and educational nourishment of our students, offering a buffet of resources that are as enriching as they are varied.

- STUDENT GROWTH MINDSET
- BUFFET OF RESOURCES
- ENRICHING CONTENT

A close-up photograph of a person's hands holding a wooden cutting board. On the board, there is a roasted green pepper with charred skin and a slice of lemon. The background is blurred, showing what appears to be a kitchen setting. The text is overlaid on a semi-transparent white box with a black border.

CULINARY TECHNIQUES TO CLASSROOM SUCCESS

Integrating mindfulness and collaboration into our academic kitchens doesn't just happen; it requires practice. Techniques like group meditation apps, collaborative online tools, and regular check-ins can enhance the learning experience, making it as rewarding as mastering a new recipe.

- CHECK-INS?
- COLLEGE APP?
- DIGITAL BADGES?

CHERRY ON TOP (THE END)

- Our journey through the culinary world of education technology concludes, but the feast of learning is just beginning. With the strategies and techniques shared today, we're equipped to enhance our educational environments. Remember, the cherry on top is your commitment to applying these insights, ensuring a delightful and nutritious academic experience for all.
- FOLLOW-UP
- RESOLUTIONS?
- CHERRY ON TOP!

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Phone: 843-921-6953



2024 TLT SPRING SESSIONS

March 19, 2024

How Do You Become a Better Version of Yourself to Prepare Students to Thrive in the Workforce of Tomorrow?
Lisa Toland, Piedmont Technical College

April 16, 2024

Blended Learning in a Flipped Classroom: Does It Work in an Allied Health Program?
Lakeisha Johnson, Florence-Darlington Technical College

May 21, 2024

Enhance Your Virtual Persona
Rebecca Ferguson, Greenville Technical College

June 18, 2024

AI for the Strained Eye: How to Adopt Artificial Intelligence
Margaret Floyd & Scott Chalupa, Central Carolina Technical College



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