

## Spring 2018 University Professional Development Workshop Series

Overarching Theme:

***“Innovative Approaches for the Holistic Learning & Development of our Gen Z Students”***

(Friday, February 23, 2018 and Friday, March 2, 2018)

**February 23, 2018 (Susquehanna Room, Hadley Union Building)**

**Title:** Acceptance and Commitment Training (ACT) at IUP: Applying the ACT Matrix across Generations of Students

**Description:** Acceptance and Commitment Training (ACT) is an empirically supported, experiential model for increasing psychological flexibility by bringing mindfulness (as awareness and openness) to emotional and behavioral obstacles, and by broadening possibilities for engaged actions towards desired values and meaning in life. The ACT Matrix, a visual diagrammatic form of the model, is particularly well-suited for assisting faculty and staff in facilitating cross-generational student adjustment to the collegiate environment.

**Workshop Objectives:**

1. Discuss examples of stressors seen in our current IUP students, and offer feedback regarding systems of support and response to those students of concern.
2. Define “Psychological Flexibility” as used within the Acceptance and Commitment Training model in terms of the skills of awareness, openness, and engagement;
3. Explain the ACT Matrix in terms of the two key discriminations represented by the horizontal (towards/away) axis and the vertical (5 senses/mental behavior) axis;
4. Specify the questions that accompany each of the 4 quadrants of the ACT Matrix;
5. Practice applying the ACT Matrix towards facilitating personal and student engagement in valued life pursuits.

**Guest Speaker Biography**

Stuart Libman, M.D. is a Child, Adolescent and Family Psychiatrist with further sub-specialization in Sports Psychiatry. After graduating from Ohio University and then the School of Medicine at Case Western Reserve University, he completed training in Pediatrics, General Psychiatry, and Child and Adolescent Psychiatry at the University of Pittsburgh. He brings an understanding of modern neuroscience and behavior science as well as a systems perspective from his work with families to the way he functions in his roles as the Medical Director of the PLEA School Based Partial Hospital Program for children and adolescents with diagnoses on the Autistic Spectrum, and as an organizational consultant. Dr. Libman has extensive experience as a practitioner of Acceptance and Commitment Training (ACT), and he also brings his experience training athletes and other performers in “mental toughness skills” to the implementation of ACT’s model for building “psychological flexibility skills” in his work with individuals and organizations.

Dr. Libman has presented at local, national, and international meetings. His topics have ranged from a developmental perspective in Sports Psychiatry, based in working with athletes from youth through professional levels, to both the theory and application of ACT-based psychological flexibility. He has experience providing individualized coaching to senior executives in business, legal, and judicial circles, and group consultation and training in such organizational settings as sports teams and school districts as well as law firms, hospitals, and business corporations.

Morning Workshop Schedule <sup>1</sup>	Workshop Sessions	Afternoon Workshop Schedule <sup>1</sup>
9:00 a.m. – 9:05 a.m.	Welcome and Introduction	1:00 p.m. – 1:05 p.m.
9:05 a.m. – 9:15 a.m.	An Overview of Our Students and Their Stressors, Generation Z – Zach Clark	1:05 p.m. – 1:15 p.m.
9:15 a.m. – 10:00 a.m.	<p><b>Panel Discussion:</b> Supporting and Responding to Students and Their Stressors at IUP.</p> <p><b>Panel Members:</b></p> <ul style="list-style-type: none"> <li>▪ Kim Weiner, Ph.D. – Professor and Licensed Psychologist, The Counseling Center</li> <li>▪ Malaika Turner, Ph.D. – Director, Residential Living and Well Being</li> <li>▪ Stephanie Taylor-Davis, Ph.D., R.D., L.D.N. – Professor and Director, Center for Teaching Excellence</li> <li>▪ Dan Burkett, Ph.D. – Associate Professor, Dean’s Associate, College of Natural Sciences and Mathematics</li> <li>▪ Tiffany Eicher, Associate Director, Financial Aid</li> <li>▪ Megan McCue, Assistant Director, (ASC@IUP)</li> </ul>	1:15 p.m. – 2:00 p.m.
10:00 a.m. – 12:00 p.m.	<p>Acceptance and Commitment Training - “The ACT Matrix” - Training in an experiential model that enhances psychological flexibility, awareness, and engaged action within and between individuals and groups.</p> <p>Guest Speaker: Stuart Libman, M.D</p>	2:00 p.m. – 4:00 p.m.
12:00 p.m. – 12:15 p.m.	Concluding Thoughts	4:00 p.m. – 4:15 p.m.

<sup>1</sup>The content for the morning program and afternoon program is the same. Both a morning and afternoon session are offered to allow individuals to attend the program during the time that best fits their schedule.

**Spring 2018 University Professional Development Workshop Series**  
**Overarching Theme:**  
***“Innovative Approaches for the Holistic Learning & Development of our Gen Z Students”***  
(Friday, March 2, 2018)

**March 2, 2018 (Ohio Room, Hadley Union Building)**

**Title:** Student Success at IUP: Engage, Embrace, Elevate

**Description:** This workshop, through its various sessions, will help attendees better understand the demographics and trends of our current and future IUP students, including their viewpoints, opinions, and beliefs, while offering the perspective of differences amongst these individuals in comparison to the larger group. Of importance, discussions will focus on effective teaching when engaging the learning styles of our current generation of students, as well as ambiguities and tensions in their desires to advocate for diversity while being challenged by it.

**Workshop Objectives:**

1. Outline the characteristics that help define prior, current, and future generations of college students, including subgroup differences.
2. Provide an overview of the defining characteristics of current IUP students, as well as how these are projected to change in the next ten years, given Pennsylvania’s demographic trends.
3. Identify ways in which the changing student generations impact various departments and divisions at IUP, and discuss potential ways to promote institutional collaboration to encourage student success and development.
4. Discuss ways to teach and learn for high impact and engagement, including the use of contemplative pedagogies, progressive and experiential methods, appreciative inquiry, and feminist co-mentoring.
5. Explore Generation Z’s viewpoints and understanding of diversity and social justice, as well as methods to challenge individuals to be stronger advocates through cognitive and emotional dissonance.

**Guest Speaker Biography:** Jason Laker is a tenured, Full Professor in the Department of Counselor Education within the Lurie College of Education and a Salzburg Fellow at San Jose State University in California, USA. At SJSU, he previously served as the Vice President for Student Affairs, leading a Division with 28 departments, 350 staff, and \$68M in combined budgets. He also holds an appointment as Affiliated Research Faculty with the Center for Research and Education on Gender and Sexuality at San Francisco State University. Jason's career in Higher Education spans over 25 years, and includes teaching, consulting, and academic work along with successful and progressively more complex administrative leadership experiences in student and academic affairs. He holds a Ph.D. from the Center for the Study of Higher Education at the University of Arizona, an M.A. in Community Counseling from Adams State College (CO), and a B.S. in Organizational Communication from Central Michigan University.

**Agenda: Friday, March 2, 2018**

Workshop Schedule	Workshop Sessions
9:00 a.m. – 9:15 a.m.	Welcome and Introduction
9:15 a.m. – 9:45 a.m.	Our Generations of Students: Millennial, Z, and Alpha – Zach Clark
9:45 a.m. – 11:00 a.m.	“Students in 2017 and Beyond,” Guest Speaker: Jason Laker, Ph.D.
11:00 a.m. – 12:00 p.m.	<p><b>Panel Discussion:</b> Who Are Our Students at IUP, and Who Will They Be?</p> <p><b>Panel Members:</b></p> <ul style="list-style-type: none"> <li>▪ Patti McCarthy, D.Ed., Vice President, Enrollment Management and Communications</li> <li>▪ Shawn Jones, Associate Director of Admissions</li> <li>▪ Tammy Manko, Ed.D., Director of Career and Professional development Center</li> <li>▪ Student, Enrollment Management</li> <li>▪ Student, Enrollment Management</li> </ul>
12:00 p.m. – 1:00 p.m.	Lunch (on your own)
1:00 p.m. – 1:45 p.m.	Teaching and Learning for High Impact and Engagement – Jason Laker, Ph.D.
1:45 p.m. – 2:45 p.m.	Diversity and Dissonance – Jason Laker, Ph.D.
3:00 p.m. – 3:30 p.m.	Concluding Thoughts