

## Faculty Center for Teaching and Learning

February 2009



### *Featured Workshops*

#### **Reduce Stress by “Resetting” Your Breathing**

Breathing profoundly affects our nervous/emotional, cardiovascular, respiratory, digestive, and muscular systems. We have a chance every day to reset our subconscious breathing. We invite you to come and rediscover your own unique breath and enhance your health, concentration, efficiency, and ability to deal with today's stressful situations. You may wish to bring a mat or other item to lie down on and a small, thick pillow and/or a blanket. Due to the nature of this session and somewhat limited space, we kindly urge you to RSVP.

February 4, 4:00 - 5:00

#### **Facebook, Texting, Surfing: Keep Your Students Paying Attention**

Do all your students stay on-task in the lecture halls and even smaller classroom spaces? We'll discuss strategies for student engagement, and for manipulating the elements you can control. Much of the off-task behavior can be prevented or mitigated via certain strategies for policy enforcement and some specific teaching methods.

February 6, 11:30 - 12:30

February 19, 12:00 - 1:00

#### **Promotion and Tenure Guidance**

This workshop will cover the major areas of focus for those who are preparing to advance in the tenure and promotion process. Bring your questions.

February 10, 2:00 - 3:00

February 13, 10:30 - 11:20

#### **International Agreements for Faculty**

Provide your students with opportunities to become globally competent. Learn about UCF's international programs and how you and your students can become involved.

February 12, 10:00 - 11:00

February 16, 1:00-2:00

#### **Google Alerts, Google Scholar, Google Sites and More**

Google is such an online juggernaut, you may not even know about all the tools available to help with teaching, or with your research. We'll also look at Google RSS Reader, iGoogle, Google Docs, Google Book Search, and a multitude of other Google tools. Some may fit your needs; others won't.

February 23 1:30 - 2:30

February 25, 9:30 - 10:30



Here's what's happening this month at the Faculty Center for Teaching and Learning.  
Make plans to join us!

## February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 <b>Reduce Stress by "Resetting" Your Breathing</b> CL1-207 4:00 - 5:00	5	6 <b>Facebook, Texting, Surfing: Keep Your Students Paying Attention</b> CL1-207 11:30 - 12:30	7
8	9	10 <b>Promotion and Tenure Guidance</b> CL1-207 2:00 - 3:00	11	12 <b>International Agreements for Faculty</b> CL1-207 10:00 - 11:00	13 <b>Promotion and Tenure Guidance</b> CL1-207 10:30 - 11:30	14
15	16 <b>International Agreements for Faculty</b> CL1-207 1:00 - 2:00	17	18	19 <b>Facebook, Texting, Surfing: Keep Your Students Paying Attention</b> CL1-207 12:00 - 1:00	20 <b>Some Common Teaching Models</b> CL1-207 10:00 - 11:00	21
22	23 <b>Google Alerts, Google Scholar, Google Sites and More</b> CL1-207 1:30 - 2:30	24	25 <b>Google Alerts, Google Scholar, Google Sites and More</b> CL1-207 9:30 - 10:30	26	27	28

For more information please go to [www.fctl.ucf.edu/calendar](http://www.fctl.ucf.edu/calendar)