Manassas Achieving the Dream Hosts a Lunch and Learn

The Manassas Campus Achieving the Dream (ATD) Committee hosted a lunch and learn as part of spring semester startup activities on January 6. Faculty had expressed interest in learning ways to reduce stress for students in the classroom (while still maintaining academic rigor) as a means to increase student success. The importance of faculty managing their own stress before entering the classroom was also noted. To address these issues, the Manassas ATD Committee, along with the Teacher2Teacher mentoring program, hosted a lunch and learn.

Manassas Achieving the Dream Hosts a Lunch and Learn

Dr. Mary Ann Schmitt and Dahlia Henry-Tett share ways to reduce stress.

The workshop began with a brief overview of the importance of stress management for students and faculty. Faculty then worked in small groups to discuss possible responses to a hypothetical example of a student experiencing significant stress. These small groups then reported back to the larger group different strategies they discussed. Drawing from their work in class, Dr. Mary Ann Schmitt, the Manassas ATD chair, and Dahlia Henry-Tett, the Teacher2Teacher lead, ended the workshop with a presentation about how managing personal stress is connected to helping students deal with stress and shared research-based tips on how to manage stress.

Loudoun Staff and Students Attend the AASLE Conference

Seven students were chosen to attend the African American Student Leadership Experience (AASLE) Conference held January 7 to 10 in Washington, D.C. The students included, Sarah Kouadio, Cheryl Addae, Jasmine Kamole, Eman Kurtu, Obayi Khalid, Etienne Gbenoukpo and Abenzeer Taye.

The conference consisted of multiple keynote speakers, concurrent workshop sessions facilitated by higher education professionals and professional speakers, interactive events and networking opportunities. Loudoun Student Life Coordinator Tiffney Laing, who accompanied the students, believes that this type of opportunity for students is so important to students’ personal and professional growth.
During the conference, Loudoun students were grouped with students from other institutions and worked together to give a “Power Talk” on various topics including “Dare to be Authentic” and “Overcoming Fear.” These Power Talks presented by students were motivating and encouraging and allowed students to explore and discover themselves during the process.

The conference was a success, and the students are enthusiastic about using their additional knowledge to help make a positive impact on the Loudoun Campus and beyond.

New Year, New Semester and Healthier With the MEC

New Year’s resolutions are fun to make but extremely difficult to maintain. Almost 45 percent of adults steadily make these resolutions, according to Statistics Brain Research Institute. Among the top ones are weight loss, improve finances, exercise, start a new job, healthier eating, better stress management and improve relationships.

At the Medical Education Campus (MEC), the first week back to school was very busy. All the welcome back activities were coordinated by Senior Student Life Advisor Patricia Martin-Mattocks. Students, faculty and staff were encouraged to become and stay healthier during the “Get Fit” week. The focus centered around, “this is the year, it starts now!”

After students, faculty and staff learned more about how to maintain a healthy lifestyle, and that mood and mind play a big part in a complete healthier “you,” participants also pledged to work harder, serve more, plan more, give more and read more.

All of the participants enjoyed healthy breakfast snacks, a yoga session, jump rope challenges, financial advice from Wells Fargo representatives, information on healthy relationships from NOVACares and SAS (Sexual Assault Services) representatives, and financial aid tips and resume review from NOVA staff. Individuals also learned how to sign up for health care insurance with Young Invincibles and enjoyed a Get Fit luncheon sponsored by Student Life. The week ended with a well-deserved pizza social after a week of hard work, also provided by Young Invincibles.

Woodbridge Art Gallery Features First International Artist

Woodbridge Art Gallery Features First International Artist Kianoush Ramezani brings “The Art of Danger” to the Woodbridge Gallery. Event dates are:

Gallery Show:
January 12 to February 12
The Gallery
First Floor, Arts and Sciences Building

Closing Reception:
Thursday, February 11
4:00 p.m. to 6:00 p.m.
The Gallery

Artist Lecture:
Thursday February 11
6:15 p.m.
Lakeside Theater, Seefeldt Building on the first floor

Please join the Woodbridge Campus for “The Art of Danger” exhibit, which represents a mid-career retrospective of exiled Iranian cartoonist and human rights activist, Kianoush Ramezani. He has lived in Paris since 2009 as a political refugee, following the post presidential election protests in Iran. For Ramezani, cartooning is a political act and significant form of artistic activism that, since the Charlie Hebdo attack earlier this year, is an “art of danger.”

Ramezani is a co-founder of the Independent Cartoonist Rights Network International, an affiliation that contributed in part to his exile. He has taught many courses and delivered lectures on the cartooning process, freedom of expression and human rights. He has also co-founded and juried several cartoon expositions in Europe that support human rights in Iran as well as other exiled cartoonists and journalists. Ramezani’s cartoons have appeared regularly on Iranian websites such as Gozaar and Khodnevis, and in European publications such as Courrier International, Siné Mensuel ARTE, Le Journaliste, Sketch Freedom International and TV5 Monde.

Ramezani has been seen on CNN, Euro News and MSNBC and has given lectures at the TEDxHague Academy and the Universal Tolerance Seminar in Norway. His first book of cartoons, “The Earth’s Visual Diary,” recounts his images since he left Iran and underscores global politics from the perspective of exile. He is a former artist-in-residence at Cité Intenationale des Artes in Paris.

For further information on this exhibition, visit online or contact Gallery Director Erin Devine at edevine@nvcc.edu. The Gallery is located on the first floor of the Arts and Sciences Building and is accessible to people with disabilities.

New Professional Development Course

NOVA faculty are invited to participate in a new professional development course this spring semester: EDU 295 – The Science of Learning. This is a 12-week, three-credit online course offered through the Extended Learning Institute beginning February 15.

Participants will explore the empirical research and neurocognitive theories of learning, and relate them to their own learning and teaching experiences. Participants will seek answers to questions such as:
What is learning?
What do we know about our intended outcomes of expertise and critical thinking?
What variables most affect student learning?
Why do different students respond differently to the same learning conditions?
How does experience get transformed into memory and new ways of thinking?
What teaching functions most affect student learning?
What skills can help students be better learners?

EDU 295 provides a foundation for EDU 285, which addresses the roles and tasks of the online teacher, and EDU 287, which teaches the design of online courses, but the content of this course applies equally well to classroom and hybrid teaching.

For additional information about this course and procedures for registration, see the EDU 295 course information page or contact Bob Loser (rloser@nvcc.edu).

Opportunity to Host Visiting Brazilian Faculty

NOVA will be hosting 34 Brazilian English faculty from all over Brazil for an eight-week TESOL program (January 19 to March 11) at the Annandale and Alexandria campuses.

NOVA faculty or staff from any campus who are interested in hosting two to three Brazilian faculty during the weekend of February 6 to 7 are needed. This will be a way to introduce our guests to the broader NOVA community and to provide them with a glimpse into American life and culture. This is also a great opportunity to expose your family and friends to another culture and to meet new colleagues from another part of the world.

Please note, hosting NOVA faculty are asked to agree to the following:

- To be available to host either on Saturday, February 6 or Sunday, February 7.
- To pick up and drop off the group to their hotel in Old Town Alexandria.
- Once matched, to communicate directly with the Brazilian guests to arrange specific plans.
- To cover costs related to hosting (any meals, sightseeing, transportation, etc.).
- To be considerate of dietary restrictions.

Faculty are not required to spend a lot of funds while hosting. Faculty can host guests in their home for the evening or afternoon or take them to a local event or activity in the community.

It is important that faculty also not cancel after you have committed to hosting. If a last minute emergency comes up, please also try to find a replacement host, preferably a NOVA employee. Also contact Stacey Bustillos to assist in finding a replacement as early as possible.
If you are interested in hosting, please submit your name, title, NOVA campus, email, phone number, the day of availability (February 6 or 7) and the number of individuals you can host (two or three). Please send this information to Bustillos (sbustillos@nvcc.edu) no later than January 29. Matches will be made on a first-come, first-serve basis.

Announcements

1. This Spring, join TILT
   Fridays at 10 a.m. via WebEx
   To register, go to https://goo.gl/C9Igwz

2. Tech Training
   https://eli.nvcc.edu/trainingcatalog/
   For more info email TechnologyTrainingCenter@nvcc.edu