



Dear Colleagues:
The midterm break has come and gone. Hopefully, you and your students are still feeling rested and rejuvenated. How do we maintain that feeling as we look to the second half of the term anticipating coursework rigor to increase? How is your time management? Are you struggling to get everything done to achieve your life goals?

While recently speaking with a professor on this topic, I was reminded of a great story that someone once told me about “putting rocks in a jar” and how “priority determines capacity.” This video analogy depicts this philosophy wonderfully. Click here to watch: [Jar Of Life - Put IMPORTANT Things FIRST!](#)

This issue explores ways to maintain well-being, practice self-care, and care for your students. Hear thoughts from our students and your peers.

Also, see details for the Blackboard / Anthology Academy 2022 Digital Teaching Symposium. It's full of great topics and speakers this year.

From,
The Office of Instructional Technology, Design, & Assessment (ITDA)



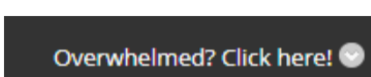
How can you help to holistically support your students via Blackboard?



Create a Button on your course Menu in Blackboard that links to a Content Area where you can add information about resources from around campus and online that will be easily accessible to your students. See some examples below.



Click here: [How to Add a Content Button to a Blackboard Menu.](#)



Students Speak Up

Students were asked what is one thing a teacher has done that has helped them relieve stress. The overall answer was to provide time in class to work or have optional zoom days. A group of students was surveyed and named their button "Overwhelmed? Click here!" This Blackboard example button was added by the instructor to their course menu and linked to the holistic resource list below.

Mind, Body, and Spirit

Mind

- [Counseling Center](#)
 - Did you know that as a Valpo student you have access to free counseling? Visit the website to book your appointment.
- [The distress/meditation room in the Union](#)
 - The Union offers a distress/meditation room on the second floor. Contact the front desk to gain access.

Body

- [Health Center](#)
 - Are you feeling unwell? Need access to medication? Visit the health center today!
- [Fitness Center](#)
 - Contact the Fitness Center to gain access today!

Spirit

- [Multicultural programs](#)
 - We offer groups such as APPI, Black Student Organization (BSO), Alliance, and more!
- [International Students](#)
 - Office of International Programs offers events, gatherings, and more to make our international students feel connected & welcome.

There are many services Valparaiso University offers to care for your holistic health. Please feel free to reach out to any of the centers linked as well as myself. Know that I keep information confidential while connecting you to the appropriate resources.



From the Desk of Cynthia Rutz, Director Valparaiso Institute for Teaching and Learning (VITAL)

Self-Care for You and Your Students

The second half of the fall semester is bound to be a stressful time both for you and your students. For students, major assignments start to pile up and they begin to feel that they can't stay on top of things. For faculty, keeping up with grading becomes more and more of a challenge. So we are providing some tips for de-stressing, both for yourself and your students. Contributing to this list are Professors Lisa Jennings and Barb Crumpacker Niedner, Deondra Devitt (HR), and Natalie Muskin-Press (Student Life).

Read the Full Article Here: [Self-Care for You and Your Students](#)

NOVEMBER 10, 2022

Digital Teaching Symposium

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ITDA Help Desk: Submit a Request Here for Assistance

Visit the NEW VITAL Website, One-Stop-Shop for Faculty Resources