



VALPARAISO
UNIVERSITY

CENTER FOR INNOVATION IN TEACHING,
ASSESSMENT, AND LEARNING

FACULTY AND STUDENT WELL-BEING



Dear Colleagues:

Recognizing the midpoint of the semester, we turn our focus to the many resources offered by Valpo for faculty and students related to self-care. As you will see in our highlighted blog article, the university provides opportunities and benefits throughout the year. Additionally, we would like to invite you to come meet with CITAL staff our new collaboration space. See the announcement below for more information.

CITAL



Sincerely,

The CITAL Team (Ed, Gina, and Cindy)



Healthy Minds, Healthy Bodies

Halfway through the semester, both you and your students can start to feel run-down and overworked. Yet some faculty are unaware of the many resources at Valpo for mental, physical, and spiritual health. Here is an annotated list of the resources available both for you and your students. Consider trying out at least one of these before the semester is over.

To read more, click here: [Healthy Minds, Healthy Bodies](#)

In Case You Missed It

Here are some more de-stressing ideas, this time focussed on your classroom and grading. [Self-Care for You and Your Students.](#)



Come See Us!!

In case you haven't heard, CITAL has a new collaboration space for faculty on campus and we are inviting you to an open house:

When: Monday (10/23) and Tuesday (10/24), 3:00-5:00pm

Where: Kretzmann Hall, 116/117

Light snacks and refreshments will be provided, as well as entry into a drawing for a set of [Rocketbook Beacons!](#)

The new space is right next to our offices (118-121). You can get a sense of the transformed space by clicking here:

[CITAL Collaboration Space](#)

We hope you can find time to attend and look forward to seeing you.



LMS Vendor On-Site Visits

As a reminder, representatives from Blackboard Ultra, Brightspace, and Canvas will be on campus to hold informational sessions in October and November. You can sign up for a preferred time here (although no registration is required):

[Valparaiso University Professional Development & Training Schedule](#)

Each presentation will include an overview of the system and plenty of time for questions and answers. At any time, you can request a sandbox by filling out the following form:

[CITAL - LMS Sandbox Request \(valpo.edu\)](#)

Visit the CITAL Website, Your One-Stop-Shop for Faculty Resources

Submit a CITAL Helpdesk Ticket



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