GROW with Marquette
January – August 2021

Complete course descriptions and schedule can be found on the Department of Human Resources’ website: marquette.edu/hr/employeedevelopment.shtml.

Sign up online: http://growwithmu.eventbrite.com/ Code: GROW (unless noted otherwise)

Marquette Topics

A Peaceful Moment: Wednesday Weekly Reflection
Wednesdays: Feb. 10, 17, 24; March 3, 17, 24, 31; April 7, 14, 21, 28; May 12
All meetings 12 – 12:30 pm
Our days can easily become filled with stress, anxiety, and busyness. It helps every now and then to slow down, pause, and return to our center. Each Wednesday, we will offer a peaceful moment to allow yourself to be grounded. Please register here. Zoom link will be sent via email the day before (this same link will be used for entire series). Additional Faber Center events can be found here. Presented by Michael Dante, Faber Center for Ignatian Spirituality

A Retreat for Busy People
Initial Meeting: Monday, February 15, 2021 / 3 - 4 pm (all other meetings will be individually scheduled)
Our lives are full of uncertainty, anxiety, and change. This retreat offers you the chance to slow down and get grounded. This 6-week retreat with its 1-1 meeting is flexible to accommodate your schedule. Please register here. Zoom link and more details will be sent via email. Additional Faber Center events can be found here. Presented by Michael Dante, Faber Center for Ignatian Spirituality

Praying with Our Senses
Tuesdays: Feb. 16, 23; March 2, 9
All meetings 12 – 1 pm
An important form of Ignatian prayer is the Application of the Sense. It allows us to savor those moments and memories where we felt the presence of the Divine in a more personal and intimate way. Join us as we experience the many ways this form of prayer leads to a deeper encounter and transformation. Please register here. Additional Faber Center events can be found here. Presented by Michael Dante, Faber Center for Ignatian Spirituality

Best Practices for Working with Students of Color
Friday, February 26, 2021 / 3:30-4:30 pm
Panelists will discuss best practices for supporting students of color in the classroom and outside of the classroom. To RSVP, please email Eva Martinez at eva.martinez@marquette.edu.
Panelists:
Dr. Maria Guerrero, Counselor/Diversity Coordinator
Clara Dwyer, Assistant Director, Office of Engagement & Inclusion
DJ Todd, Urban Scholars Coordinator, Student Educational Services
Bernardo Borunda, Assistant Director for Multicultural Student Ministry
Safer Spaces Workshop
Friday, March 26, 2021 / 1-2 pm
Safer Spaces is a tiered allyship-building workshop hosted by the LGBTQ+ Resource Center. Sessions are crafted for their audiences and aim for a campus culture of increased equity and pride. To RSVP, please email Eva Martinez at eva.martinez@marquette.edu.

University Staff Senate Information Session
Thursday April 8, 2021 / 10:00-11:00 am
Join members of the USS at this special information session designed to share information about the work of the USS, how it is organized, the upcoming election process, ways to get involved, and benefits of being a part of the group!

TED Talk Discussions
• Join your colleagues for this monthly series to be held the first Wednesday of each month from 12-1pm, March through August.
• Similar to a book club, participants will submit their suggestions for group consideration.
• Join for all, a few or just one! Sign up here to get on the list!
Coordination by Wendy Butler, Human Resources

Professional Growth
To offer flexibility, these courses are offered once per month, now through August 2021. The specific date and time will be determined by participant availability, to the extent possible. Registration is open now so you may sign up for the course and month of your choice at any time. MS Teams invitations will then be sent to registrants at the beginning of each month.

Creating Capacity
The definition of capacity includes the maximum amount that something can contain and the amount that something (or someone) can produce. Learn strategies to help create capacity in your day by applying decision-making frameworks and prioritization techniques to your workload. This skill is especially important when working with limited resources
• This 60-minute course will be offered once a month, February through August 2021.
• Registrations are due on the first day of the month you want to attend.
• Once you sign up your month of choice, the session will be scheduled based on group availability, to the extent possible.
Presented by Wendy Butler, Human Resources

Managing a Blended Work Environment
Discuss the positive outcomes and challenges when working in a remote or blended work environment and suggestions for addressing them. Learn how to stay engaged with your colleagues.
• This 60-minute course will be offered once a month, February through August 2021.
• Registrations are due on the first day of the month you want to attend.
• Once you sign up your month of choice, the session will be scheduled based on group availability, to the extent possible.
Presented by Wendy Butler, Human Resources

Change is Inevitable
Change can be difficult. Learn the methods, tools, and techniques to manage the people-side of change to achieve desired results and adapt to new situations.

- This 60-minute course will be offered once a month, March through August 2021.
- Registrations are due on the first day of the month you want to attend.
- Once you sign up for your month of choice, the session will be scheduled based on group availability, to the extent possible.

Presented by Wendy Butler, Human Resources
Topics from Academic Impressions
March and June - Improving the Effectiveness of Your Decision Making
April and July - Creative Problem Solving in Higher Ed
May and August - Building Resilience

- Join us for a facilitated discussion to be scheduled the last week of each month, which will be scheduled based on group availability to the extent possible.
- Access the training and the questions from a single PDF to track progress and your notes. Each topic includes a set of questions that help you reflect on what you have learned and begin to think of ways to apply it.
- Each plan requires 2 to 3 hours of work and when finished, you can submit for a certificate of completion.
- Learn more at https://www.academicimpressions.com/courses/micro-plan-sfwd/ (NOTE you need to log in to Academic Impressions here before the course link will work)

Presented by Wendy Butler, Human Resources

Professional Development / On-Demand Training – Academic Impressions
Academic Impressions provides leadership, personal development, and skills-based training opportunities to faculty and staff in higher ed. Marquette has a campus-wide membership. Access these resources by creating an account using your Marquette email address. https://www.academicimpressions.com/

Focused Learning Plans – Certificate of Completion
Each learning plan includes a set of questions that help you reflect on what you’ve learned and begin to think of ways to apply it. Access the training and the questions from a single PDF to track progress and your notes. Each plan requires 2 to 3 hours of work and when finished, you can submit for a certificate of completion. Topics include:
- Improving Your Meetings
- Leveraging Team Performance
- Understanding Teams in Higher Ed
- Improving the Effectiveness of Your Decision Making
- Leading More Inclusively
- Managing Conflict as a Leader
- Understanding Strengths-Based Leadership
- Supervision and Feedback
- Identifying Talent
- Creative Problem Solving in Higher Ed
- Building Resilience
- Developing Better Time Management
- Working with Introverts
- Managing Difficult Colleagues

Learn more at https://www.academicimpressions.com/courses/micro-plan-sfwd/ (NOTE: You need to log in to Academic Impressions here before the link will work.)
The Meeting Diagnostic Tool (MDT)
Assess the effectiveness of your regular meetings and identify the specific factors that either help or hinder your meetings. Use this tool with your team or group that has regular face-to-face meetings on an ongoing basis (e.g. weekly, bi-weekly). Although the MDT is designed to evaluate face-to-face meetings, it has also been successfully used with video conferences/online meetings.

It looks at four critical elements that either make or break a meeting:
• Discipline and Focus
• Participation and Engagement
• Group Dynamics
• Practices and Protocols
https://www.academicimpressions.com/product/meeting-diagnostic-tool-mdt/ (NOTE you need to log into Academic Impressions here before the link will work)

The High Performing Teams Survey
Is your team performing to its fullest potential? The High Performing Teams Survey is based on a research-informed team effectiveness model that Academic Impressions has developed specifically for higher education. This model values collaborative decision making, transparency, accountability and mutual support, and team learning.

The booklet you receive includes:
• A model and framework for understanding the six components of team effectiveness
• A review of the research on effective teams
• A tested and proven survey instrument, with worksheets and tools for scoring the findings
• Instructions for conducting an in-depth item analysis and benchmarking your team’s improvement over time
https://www.academicimpressions.com/product/the-high-performing-teams-survey/ (NOTE you need to log into Academic Impressions here before the link will work)

Time Management: Focusing on Your Priorities and Purpose
• Identify and focus on your purpose and top priorities in order to move towards greater effectiveness
• Define goals that drive you toward achieving your purpose without overwhelming you
• Create and manage a schedule that allows you to accomplish your most important work first
• Protect your schedule and stay accountable to your top priorities when distractions and derailments inevitably arise
  o 9 lessons covered in just over 1 hour of video content
  o 16 hands-on activities allowing you to practice and hone your time management skills
  o Bite-sized lessons with course content that is broken down into chunks of no more than 20 minutes
  o Access the course from wherever you are
  o Progress on your own time and at your own pace
Access the course here. (NOTE remember to log in to receive access at no cost)

Interested in joining a group discussion after completing a course? Need help with facilitating a group discussion? If so, contact Wendy Butler, wendy.butler@marquette.edu
Benefits & Wellness

Wellness Wednesday – Nutrition & Immune Support
Wednesday, March 3, 2021 / 11 am – 11:45 am
Now has never been more important to build your immune system! Marquette Dining Services Dietician, Lucas Flaherty, will discuss ways to boost your immunity through balanced nutrition during the pandemic.
Presented by Lucas Flaherty, Marquette Dining Services Dietician

Wellness Wednesday – Nutrition & Immune Support – Live Demo
Wednesday, April 14, 2021 / 12 pm – 12:45 pm
Marquette Dining Services Culinary Director, Gary Schrubbe, Lucas Flaherty will demonstrate ways to prepare your favorite immune boosting foods. This will be a live virtual cooking demo style event with the possibility for a limited in person experience as the semester moved along.
Presented by Gary Schrubbe and Lucas Flaherty, Marquette Dining Services

Media & Web Training

Microsoft Teams Meetings
Tuesday, March 9, 2021 / 1:30 pm – 2:30 pm
Tuesday, August 10, 2021 / 1:30 pm – 2:30 pm
Discover best practices for leading a Microsoft Teams meeting, including scheduling, screen sharing, recording and understanding roles. Use Spotlight, chat, backgrounds, polls and whiteboard.
Presented by Dan Smith, Deputy CIO, IT Services

Microsoft Planner
Tuesday, March 23, 2021 / 1:30 pm – 2:30 pm
Tuesday, July 22, 2021 / 1:30 pm – 2:30 pm
Organize your next group effort with Planner (“Tasks by Planner” in Microsoft Teams). Assign tasks with deadlines, checklists and attachments. Track progress and filter tasks.
Presented by Dan Smith, Deputy CIO, IT Services

Qualtrics 101
Thursday, May 6, 2021 / 10 am – 11:30 am
Friday, August 20, 2021 / 10 am – 11:30 am
Qualtrics online survey software is available to all faculty, staff and students. This training will teach you how to create, edit, distribute and generate reports for online surveys and explore options and features to help you build a better survey. No previous knowledge of Qualtrics is necessary.
Presented by Laura MacBride and Heba Ali, Office of Institutional Research and Analysis
Online IT Training

Microsoft Teams for Your Department
Schedule a department training session on Microsoft Teams, the teamwork hub of Office 365. Contact the IT Services Help Desk at helpdesk@marquette.edu to request a session.

Accessibility
Marquette strives to make information technology accessible, so people with disabilities can understand, interact and contribute electronically. Watch a series of brief videos on Microsoft Word, Excel and PowerPoint accessibility at https://www.marquette.edu/technology-training/office-accessibility/ and learn about PDF accessibility at https://www.marquette.edu/technology-training/pdf-accessibility/

Cybersecurity Awareness
IT Services has partnered with the SANS Institute to provide cybersecurity training for Marquette University faculty and staff. Topics include recognizing social engineering, browsing safely, enhancing mobile security, and creating strong passwords. All active Marquette University faculty and staff can access the training via this URL: https://access.sans.org/go/marquette

Microsoft Excel
Watch a series of brief videos on getting started with Excel; working with rows, columns and cells; applying styles and formatting; using formulas and functions, filling in data, creating tables, charts and PivotTables; and sorting and filtering data. Start the self-paced training at https://www.marquette.edu/technology-training/excel/

SharePoint
Learn SharePoint at your own pace with brief videos on getting started with SharePoint Online, using Document Libraries and Lists, SharePoint permissions and more at https://www.marquette.edu/technology-training/sharepoint/