The Spiritual Exercises: A Journey of Transformation
Tuesday, April 7, 2020 / 12 – 1 pm / Raynor Library Beaumier Suite C
The Exercises are at the heart of the Ignatian tradition, and for some they are very mysterious. Please join us as several of your colleagues share their experiences of the Spiritual Exercises and the effect they have had on them personally and professionally. Register by Friday, April 3. Presented by The Faber Center

Professional Growth

Change Management
Tuesday, February 18, 2020 / 10:30 am – 12 pm / AMU 157
Change can be difficult. Change management is the process, tools and techniques to manage the people-side of change to achieve desired results and viewing change as an opportunity instead of a threat. This session will provide tips on how to do this. Presented by Wendy Butler, Human Resources

Performance Appraisals – Workshop for Supervisors
Wednesday, February 26, 2020 / 11 am – 12:30 pm / Raynor Library Beaumier Suite C
This session is designed for supervisors responsible for completing annual performance appraisals. Gain a better understanding of the process and tools for preparing for an effective performance evaluation meeting with your employees and learn how to effectively set performance objectives for your staff. Presented by Jennifer Burns and Liz Sides, Human Resources

Running Effective Meetings
Wednesday, March 4, 2020 / 10:30 am – 12 pm / AMU 227
Research indicates that the average employee attends 62 meetings per month. For a full-time employee at Marquette, this equates to 41% of our time. Learn what to do before, during, and after meetings to make them as effective and efficient as possible. Presented by Wendy Butler, Human Resources

All GROW classes are free to Marquette University employees and retirees.
Tours

Athletic and Human Performance Research Center Tour
Wednesday, February 12, 2020 / 12 – 1 pm / Athletic and Human Performance Research Center
Completed in April 2019, the Athletic Human Performance Research Center (AHPRC) is a one-of-a-kind facility that blends intercollegiate athletics with cutting edge research. Housing a state-of-the-art research lab, men's and women's lacrosse offices and locker rooms, it also houses a world-class indoor golf facility and locker space for the golf team. In addition, the AHPRC offers much-needed meeting space for athletic teams and athletic administration.
Presented by Athletics

Al McGuire Center Tour
Friday, March 6, 2020 / 12 – 1 pm / The Al McGuire Center
Located in the heart of campus, the practice and game competition facility features a 3,700-seat arena where both women's basketball and women's volleyball compete and includes the full-sized practice gym. The Al McGuire Center also houses intercollegiate administrative offices, core student-athlete services for strength and conditioning, sports medicine and academics, as well as basketball and volleyball team offices, locker rooms, and office suites.
Presented by Athletics

Benefits and Wellness

How Do You Connect with Your Core and Pelvic Floor?
Tuesday, February 11, 2020 / 12 - 1 pm / Marquette Wellness Center, Coughlin Hall
Come join Colleen Wilkins, MPT, pelvic health physical therapist, for this interactive class to learn how to engage the proper muscles for decreasing pain, providing support, and staying continent.
Presented by Colleen Wilkins, PT Clinic

How to Treat Headaches and Migraines
Tuesday, April 21, 2020 / 12 – 1 pm / TBD
We have all experienced the nagging headache or multi-day migraine that seems to never get better regardless of what we try. From a dental and physical therapist perspective, this presentation will go into greater detail about the underlying causes of headaches/migraines and what treatments are available from both a dentist and a physical therapist.
Presented by: Dr. Yasser, Dental School and Brent Bode, PT Clinic

Media and Web Training

Qualtrics 101
Friday, February 14, 2020 / 1 – 2:30 pm / Raynor Library 227
Qualtrics online survey software is available to all faculty, staff and students. Learn 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 Crystal Lendved, Office of Institutional Research and Analysis

Intro to R
Monday, March 9, 2020 / 12 – 1 pm / Digital Scholarship Lab (Lower-level of Raynor Library)
If data analysis is part of your work, you could probably benefit from a little R. Not just a letter, R is a powerful statistical programming language that can be used for data processing and analysis. Come learn the foundations of the language, including how to import your own data, conduct data processing (e.g., rename columns, remove duplicates), and run a linear regression. No coding or statistics experience is required.
Presented by Emily Bovee

Intro to Python
Thursday, April 2, 2020 / 1 – 2 pm / Digital Scholarship Lab (Lower-level of Raynor Library)
Learn how to code–through gaming! This session will teach introductory Python coding skills by creating a simple computer game. No previous experience needed! Python is a high-level programming language that is easy for beginners and versatile for a variety of projects.
Presented by Elizabeth Wawrzyniak

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 marquette.edu/technology-training/office-accessibility/ and learn about PDF accessibility at 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 access.sans.org/go/marquette.

Microsoft Excel
Watch a series of brief videos on getting started with Excel; working with rows 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 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 marquette.edu/technology-training/sharepoint/.

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