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# 2021 Winter Webinars

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Welcome to JMU's Winter Webinar Offerings for 2021. These webinars are free, non-credit offerings of interesting topics delivered over the winter session. Registration is required and you will receive the meeting link and password in both the registration and confirmation emails. If you need to cancel your registration, please email [libraries@jmu.edu](mailto:libraries@jmu.edu)

[Register for a JMU Winter Webinar](#)

Topic	Days/Times	Description	
	<b>Creating powerful, interactive PowerPoint Presentations with Zoom navigation</b>  Instructor: Denise Cooper	January 5 <sup>th</sup> 10 a.m. – 12 pm	Wow your audience in your next class presentation with a powerful PowerPoint with quick navigation. The navigation has a landing slide page (a slide- based table of content) with smaller images of the other slides that offers quick navigation throughout the presentation. This allows for skipping ahead or revisiting slides without interrupting the flow of the presentation. This course provides step-by-step guided instruction on creating an interactive PowerPoint using hyperlinks and the Zoom feature, demonstrates how to add audio, and offers instructional

			<p>video content for future referencing.</p> <p>Instruction is provided in both synchronous and asynchronous formats.</p> <p>Requirements: Subscriber to MS PowerPoint 365 or access to PowerPoint 2019 (required and basic knowledge of MS PowerPoint (desired)).</p>
	<p><b>Tips, tricks and free apps for Better Phone Photography</b></p> <p>Instructor: Tracey Kite</p>	<p>January 11<sup>th</sup> 10am - noon</p>	<p>Learn tips, tricks and free apps for better phone photography.</p>
	<p><b>Travel and Change the World on a Shoestring Budget-Global Volunteering</b></p> <p>Instructor: Sean Clifford</p>	<p>January 12<sup>th</sup> 12:00-1:00 pm</p>	<p>Are you interested in travelling the world? Do you have a passion for service and helping others? Would you like to expand your horizons without shrinking your bank balance to zero? In 2010, I embarked on a round the world trip that saw me volunteer at five different locations including Costa Rica, Honduras, Nicaragua and New Zealand. I helped rescue baby turtles, build a mountain hostel and book people on whale</p>

			<p>shark expeditions for a local nonprofit among many other fantastic experiences. I lived in New Zealand for two months and spent about \$80 in total.</p> <p>Whether you are interested in travelling during the summer break, straight out of college or further into the future, this workshop will teach you the economics of travelling on a lean budget, the volunteer website that will change your life, the impact you can make in communities around the world, and the skills that will stay with you for life both personally and professionally.</p>
	<p><b>Prep 101 Getting a part-time job while in school</b></p> <p>Instructor: Amber Shifflett</p>	<p>January 6<sup>th</sup> 11:00-12:00 pm</p>	<p>Learn the key strategies for creating your resume and cover letter and navigating the JMU JobInk system. Then prepare for the various types of interviews used in the employment process.</p>
	<p><b>Start with Why</b></p> <p>Instructor: Gail Napora</p>	<p>January 13<sup>th</sup> 10:00 am -12:00 pm</p>	<p>Want to know why are some people and organizations more innovative, more influential, and more profitable</p>

			<p>than others? Why some command greater loyalty from customers and employees alike?</p> <p>Even among the successful, why so few are able to repeat their success over and over?</p> <p>Start With Why shows that the leaders who've had the greatest influence in the world all think, act, and communicate the same way – and it's the opposite of what everyone else does. Simon Sinek calls this powerful idea The Golden Circle, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY. In this workshop participants will:</p> <ul style="list-style-type: none"> <li>See the golden circle, Craft their own WHY (and How and What), Consider the differences between How and Why managers</li> </ul>
	<p><b>Study Abroad Information Session</b>  Instructor: Taryn Roberts and the Study Abroad Team</p>	<p>January 11<sup>th</sup>  4:00-5:00 p.m.</p>	<p>Join us to learn about the many study abroad opportunities available to you. In this session, we'll</p>

			discuss various program types, costs and financial aid, how to find the right program for you, and provide status updates on international operations for future terms. You'll have the chance to chat with several members of the Study Abroad team as well as Global Dukes who have participated in a JMU study abroad program and were once in your shoes.
	<b>Financial Aid Overview and Q&amp;A</b>  Instructor: Shari Arehart	January 13 <sup>th</sup> 6:00-7:00 pm	Students and parents are welcome to participate. No registration required. Join us using the link below.
	<b>The Benefit of Benefits</b>  Instructor: Julie Byers	January 7 <sup>th</sup> 10:00-11:00 a.m.	Be prepared for your job offer! This discussion gives an overview of terminology, i.e., what is a deductible or copayment, what are core benefits that should be in a job offer, etc.
	<b>Self-Care Through Creativity</b>  Instructor: Amanda Yankey	January 4 <sup>th</sup> – 8 <sup>th</sup> 10:00 – 12:00	Students will take a brief interest quiz to determine the focus of each day's lesson.  Lesson topics of focus include, but not limited

			<p>to: English Paper Piecing, Quilting/Sewing Projects, Crochet Temperature blankets, Glass Etching, Vinyl, Planning out your grad cap, and Heat Transfer.</p> <p>Each day's lesson will be a brief introduction to the skill followed by time to practice the skill in connection with centering.</p>
	<p><b>Influences of Your Personality</b></p> <p>Instructor: Amanda Yankey</p>	<p>January 11<sup>th</sup> – 15<sup>th</sup> 10:00-12:00</p>	<p><b>Prep Work -</b> Students will take the personality test offered for free at <a href="http://16personaliites.com">16personaliites.com</a> and email the results to me.</p> <p><b>Day Day One:</b> An overview of the history with MBTI indicators. Engagement with the indicator clusters (<b>E/I</b>, S/N, F/T, J/P) through interactive/ team activities. Students provided their individual details for how their personality indicator influences “Leadership” to review.</p> <p><b>Day Two:</b> Discussion day: Leadership in connection to personality. Engagement with the indicator clusters (E/I,</p>

**S/N, F/T, J/P)**  
through interactive/  
team activities.  
Students provided  
their individual  
details for how  
their personality  
indicator influences  
“Communication” to  
review.

**Day Three:**  
Discussion day:  
Communication  
in connection  
to personality.  
Engagement  
with the indicator  
clusters (E/I, S/N,  
**F/T, J/P)** through  
interactive/team  
activities. Students  
provided their  
individual details  
for how their  
personality indicator  
influences “Teams”  
to review.

**Day Four:**  
Discussion  
day: Teams  
in connection  
to personality.  
Engagement  
with the indicator  
clusters (E/I,  
S/N, F/T, **J/P)**  
through interactive/  
team activities.  
Students provided  
their individual  
details for how their  
personality indicator  
influences “Conflict”  
and “Organizations”  
to review.

**Day Five:**  
Discussion

			day: Conflict, Organizations
	<b>Crafting a Science Message for Advocating to our Congressional Representatives</b> Instructor: Janet Daniel	January 13 <sup>th</sup> 1:00-3:00 p.m.	How to be a science advocate: preparing your message. In this session, you will learn about the impact of federal government on science and science education, and learn how to prepare an effective science advocacy message that you can share with your government representative. We will also discuss the various ways in which you can make an impact on science policy in the U.S.
	<b>Civics &amp; Swords: Exploring Social, Civic &amp; Ethical Issues through Fantasy Role Playing Games</b> Instructor: Diego Salinas	Jan 5 & 7: 1:00-3:00 pm Jan 12 & 14: 1:00-3:00 pm	A part of Augusto Boal's Theatre of the Oppressed, Forum Theatre is a theatrical form that seeks to explore solutions to oppression by encouraging community participation in a Rehearsal for Reality, Dungeons & Dragons is a fantasy tabletop roleplaying game where players are encouraged to adopt the persona of an original fictional character as they create a collaborative story facilitated by a



game master and the randomness of dice. We will use the mechanics of Dungeons & Dragons alongside Augusto Boal's Forum Theatre to engage participants in a critical discussion and examination of social justice, civic, and ethical issues. Rather than attempting to resolve these issues, participants will engage with the topics as a dynamizing rehearsal for real world action.

This workshop will bring three to ten participants together weekly for 1.5 to 3 hours. During that time a game of D&D will be played, allowing for moments of spontaneous discussion throughout.

#### **Further Reading**

- The Anti-Immersive Theatre or Role-Playing Games by Michael Ryan Skolnik
- The Creative and Reflexive Realms of Gamaturgy by Lori M. Shyba

			<ul style="list-style-type: none"> <li>• <u>Theatre of the Mind: A Dramaturgical Perspective on tabletop Role-Playing Games</u> by Todd Brian Back us et. Al.</li> </ul>
	<p><b>Stewardship of the Natural World Being the Change Workshop (Live and Conversational)</b></p> <p>Instructor: Christie-Joy Hartman &amp; Amanda Bodle</p>	<p>January 12<sup>th</sup> 10:00 – 12:00</p>	<p>Did you know...President James Madison, father of the Constitution, was referred to as the <a href="#">forgotten father of American environmentalism</a>? JMU has <a href="#">ten LEED (Leadership in Energy and Environmental Design) certified buildings</a>? Over <a href="#">160 faculty members conduct research and other scholarly activities</a> related to sustainability? JMU is committed to being the change at work and in the world. Student, faculty, and staff partners across the university collaboratively work to build an environmentally literate community whose members think critically and act, individually and collectively, as model stewards of the natural world. In particular, building sustainable community through partnerships,</p>

outreach, and service is part of our culture and something that is valued by students. In 2018, 58% of respondents to the JMU Continuing Student Survey's environment questions selected that it was 'very important' or 'important' that JMU students are engaged with environmental programs and activities in the community. Participate in this synchronous, interactive mini-session to learn about individual, group, and institutional environmental sustainability efforts; contribute your ideas and connect with others; and advance efforts to drive change and create new solutions. Highlights of the session's activities include an overview of tools, resources, and best practices for environmental stewardship; live talks featuring the places, programs, and people involved in incorporating sustainability and environmental literacy in

			teaching, research, operations, and outreach; and breakout sessions to connect with others who are actively participating in helping create a sustainable future. Join this conversation individually, with a family member, or along with your whole (appropriately distanced) student organization to explore how environmental stewardship is and can be integrated into our lives.
	<p><b>Strategies for Stress Relief... with a focus on Relaxation</b></p> <p>Instructor: Marsha Mays-Bernard</p>	<p>January 12<sup>th</sup> 2:00-3:00 p.m</p>	<p>College students face a range of challenges and demands that can often be a source of stress and anxiety. Some of these things are academics, financial worries, relationship issues, and even the uncertainty that has been caused by the pandemic. Stress is not innately bad. It can serve to motivate and mobilize us to get things done and to achieve our goals. But when there is too much stress, with no</p>

			<p>time to relax, repair and restore the mind and body, we can start to see negative effects. The good news is that there is a wide variety of things that can be done to minimize the impact of too much stress in our lives. This workshop will include discussion on general strategies for stress relief, with a focus on relaxation techniques such as guided imagery and deep breathing.</p>
	<p><b>Productivity in the Age of Distraction</b></p> <p>Instructor: Carrie Tillman</p>	<p>January 12<sup>th</sup> 10:00-11:00 a.m.</p>	<p>Are you always busy but do not feel you have anything to show as a result? Are you constantly feeling behind on everything and you wish you had more hours in the day? Do you find it hard to focus? We currently live in an age of distraction. Our phones, apps, and social media are all designed to be used as much as possible. The outcome? Inability to pay attention and less progress toward our goals.</p> <p>What we'll cover:</p>

			<ul style="list-style-type: none"> <li>• History and impact of technology on ability to focus</li> <li>• Blocking distractions</li> <li>• Productivity methods</li> <li>• Personal Action Plan</li> </ul>
	<p><b>Making Eclairs from Scratch</b></p> <p>Instructor: Gilpatrick Hornsby</p>	<p>January 7<sup>th</sup> 1:00-5:00 pm</p>	<p>Join Dr. Gilpatrick Hornsby this winter and learn how to make the eclairs from scratch. There are three components to an éclair (pâte à choux, pastry cream, and chocolate fondant) that are also the foundation of many other French sweet treats. The workshop will be held January 7<sup>th</sup> from 1-5pm via zoom. Participants will receive a grocery list and tools needed to complete the dish prior to the workshop. Cooking demonstration videos will also be available for participants to watch after the workshop has ended.</p>
	<p><b>Wholehearted Living and Vulnerability</b></p> <p>Instructor: Zackery Dean</p>	<p>January 6<sup>th</sup> 2:00-3:00 pm</p>	<p>This workshop on Brene Brown's exploration of shame/vulnerability and how our ability to embrace those</p>

			<p>two concepts can lead to a more wholehearted life. I'd like to explore how vulnerability can affect our personal and professional relationships, the difference between shame and guilt, how to overcome shame, and Brene Brown's 10 guideposts on wholehearted living and how we can apply those to our daily lives as young adults in school and in our professions. Dr. Brene Brown teaches us a lot about living authentically and wholeheartedly, and I'll also be exploring how comparison can cultivate shame and inauthenticity.</p>
	<p><b>Introduction to Podcasting with Anchor</b> Instructor: Dan Easley</p>	<p>January 5<sup>th</sup> 4:00-5:00 pm</p>	<p>Learn basic podcast production techniques and gain familiarity with Anchor, a free, easy-to-use podcast production app</p>
	<p><b>Zen Meditation for Beginners</b> Instructor: Jody Fagan</p>	<p>January 7<sup>th</sup> 12:00-12:45 pm</p>	<p><b>Curious about Zen meditation?</b> Come learn a bit about Zen and experiment with a few short practices, including present moment meditation, sitting meditation (zazen), and metta</p>

			meditation. These practices are inclusive of people of diverse religions, or no religion.
	<b>Mixed Media Painting</b> Instructor: Lisa Hartman	January 7 <sup>th</sup> 3:00-4:00 pm	Studies have shown that exposure to even small amounts of art and creativity can reduce stress and anxiety. It can even make you smarter by increasing cognitive abilities. According to an <a href="#">article</a> at the University Herald, “Rewarding hobbies like painting, drawing, and photography can reduce a person's stress levels and can help clear your mind.” Join us for a relaxing stress-free hour of creating mixed media art using acrylic paints and regular household items. No prior art experience necessary.
	<b>Laser Cutting</b> Instructor: Carlson Jenkins	January 12 <sup>th</sup> 1:30-2:30 pm	The Makery’s Glowforge can cut and engrave a variety of materials including wood, acrylic, leather, and many more. In this workshop we will go over the basics of laser cutting, safety, and how to prepare an image for the Glowforge in Adobe Illustrator.



			At the end of the workshop we will start laser cutting the image prepared during the workshop for pickup at a later date.
	<p><b>What You Don't Know About Google</b></p> <p>Instructor: Elizabeth Price</p>	<p>January 13<sup>th</sup> 1:00-2:00 pm</p>	<p>We all know how to Google, but that doesn't make us expert researchers. Daniel M. Russell, the senior research scientist for search quality at Google, attempts to elevate our search game in his recent book, <i>The Joy of Search: A Google Insider's Guide to Going Beyond the Basics</i>. This workshop will distill some of Russell's tips and how to use them while critically examining some myths about Google's search engine.</p>
	<p><b>Financial Wellbeing</b></p> <p>Instructor: Jacqueline Painter</p>	<p>January 8th 2:00 - 3:00 pm</p>	<p>Learn about budgeting, the use and misuse of credit cards, planning for loan payback, and more.</p>