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Professional and Organizational Development
Network in Higher Education

# HOLISTIC PRACTICES FOR GROWTH AND SELF-MANAGEMENT

All sessions will be held in Windsor Room D. Interested participants may attend all or only some of the sessions.

Monday, October 22, 1979, 1:30 - 3:00

*Self-Awareness and the Self-Management of Stress* - The notion of self-management is fundamentally the idea of helping oneself move from a state of less to one of more satisfaction - deliberately. All of us have adequate personal experience with responding to external pressures to change - all to often with less than satisfying results. This session will help identify sources of stress in one's own existence and serve as a personal agenda-setting vehicle for the entire workshop. The major parameters of a self-management approach to stress will be discussed and an experiential design in analyzing high cost activities is included.

Michael Crump teaches organizational behavior at the School of Management, Syracuse University (S.U.). He is an active organizational development consultant with clients in the public and private sectors and colleges. His training outside of the universities has been with University Associates (LETP) and NTL. Mike's professional interests include individual managerial behavior and are closely connected to personal transition and growth experiences in his own life. The training in self-management has evolved far more formal preparation in time and stress management combined with heavy training in experiential learning.

Monday, October 22, 1979, 3:00 - 4:30

*Finding Your Style of Meditation* - Meditation is a way of making your life work better. It is a way of seeing your situation in the world precisely and directly. It is an intimate friendship with yourself, a way of knowing the dimensions of your inner being. A person who can see his/her truth produces more aliveness, more clarity, more efficiency and precision in everything he/she does. The purpose of this workshop is to introduce and to demystify meditation by: informing you of the basic types of meditation, experiencing several simple, natural forms of meditation, discovering how to find what works best for you, and exploring the applications of meditation in your life and in your work.

Carol Mann has been teaching courses, leading workshops and working with individuals and groups in personal, professional and spiritual development for ten years. In her work she combines elements of traditional and contemporary psychologies and metaphysics. She is currently associated with North Shore Community College, Beverly, Massachusettes, as Director of the Office of Academic and Professional Development.

Tuesday, October 23, 1979, 1:30 - 3:00

*Strategies for Picking and Balancing the Projects in Our Lives* - Feeling good about ourselves, being energetic, having a sense of our own growth is influenced by how we pick and balance the projects in our lives. "What we want to do when we grow up" is a life dilemma that gets decided and redecided. This session will cover (1) aspects of being aware of one's own personal style and strengths, (2) strategies for picking projects and balancing them, (3) issues of building and maintaining support systems, and ideas for making changes (e.g., positioning for a new project, letting go of old projects to seek new ones, mourning for ourselves and others). Because of time limitations this session will be primarily a conceptual mapping of the issues, examples and group discussion rather than a personal experience in using the strategies.

Ronald Boyer is Associate Professor of Psychology and Director of the Graduate Program in Social Psychology, University of Cincinnati. He has been an internal consultant, coordinator of long range planning, co-chair of the space committee, administrator, teacher and researcher during the past dozen years at the University of Cincinnati. He has consulted with a variety of industrial, educational, and community organizations (e.g., Procter & Gamble, G. D. Searle, Drexel University, Woman's Medical College, City of Cincinnati). His other "projects" include roles as husband, father, carpenter, plumber, handball player, and soccer coach. Professional memberships include: POD, AAHE, NTL, IAASS, APA.

Tuesday, October 23, 1979, 3:00 - 4:30

*Leading the Good Life in Play and Work* - The search for better mind-body integration is grounded in the fit between our goals and our actions. Since our bodies are our instruments of expression and relation, they need the same care and nourishment we shower on our minds. During this session participants will reflect on a philosophical framework for the "good life" and experiment with a series of skills for working through the body to the mind in order to realize an increasing share of that life. Participants will be involved in a variety of physical movements and exercises, wear comfortable clothes.

Larry L. Lambert, Ed.D. Larry works as Director of Educational Development for the University of Tennessee Center for the Health Sciences. He conducts personal and professional development programs in education, human relations and management. This session has grown out of his interests in Gestalt Psychology, The application of eastern philosophy and psychology to Human and Organizational Problems, and his personal interests in the transcendent aspects of play and work.

# PROFESSIONAL AND ORGANIZATIONAL DEVELOPMENT NETWORK

# IN HIGHER EDUCATION

## FIFTH ANNUAL NATIONAL CONFERENCE
## OCTOBER 21–24, 1979

## FAIRFIELD GLADE CONFERENCE CENTER
## CROSSVILLE, TN

**THEME:** Improving Teaching and Learning in Higher Education

**KEYNOTE:** Dr. Ohmer Milton — "You and Tests and Grades"

**WORKSHOPS:**
- Interinstitutional Cooperation
- Planning Holistic Personal & Professional Development Programs
- Evaluation of Instruction
- Dealing With Conflict
- Use of Simulations
- Utilizing the Teaching Improvement Process
- Guided Design
- Adult Learning Styles

**PANELS:**
- Faculty Motivation
- Financial Aspects of Faculty Development
- Special Problems: Urban Education & Information Sharing
- Evaluation of Teaching

**FORMAL PRESENTATIONS:**
- Kolb Learning Styles
- Life Cycle of a Class
- Interdisciplinary Teaching
- Personalizing the College Learning Climate
- Personnel Function in Education
- Professor's View of Faculty Development
- Faculty Development and Collective Bargaining
- Course Management
- Student Motivation
- Using a Content/Behavior Matrix in Instructional Planning
- Improving Quality of Committees and Meetings
- Birkman Method
- Much More

**DEMONSTRATION OF MODEL PROGRAMS**
- Strategies for a Quick Start with Lasting Impact
- Evaluating a Faculty Development Program
- Higher Learning for Diverse Adults (HILDA) Project
- Planning and Evaluating an Administrator Development Program

**SPECIAL SESSIONS:**
- POD Quarterly Editorial Board Discussion
- POD in 1980's: Problems, Promises and the Future
- Research Committee: Where was Research When We Needed It?
- Ethical Issues in Faculty Development
- Business Meeting

**WHEN:**
The Fifth Annual POD National Conference begins Sunday Afternoon October 21, 1979. Be sure to be at Fairfield Glade Conference Center for dinner and Dr. Ohmer Milton's keynote address; dinner at 7:30 P.M., address at 8:30 P.M. Our conference ends at noon Wednesday October 24, 1979.

**TRAVEL INFORMATION:**
You may use either Knoxville or Nashville airports. Buses have been arranged for Sunday afternoon from each airport and return to the airport Wednesday for a round trip cost of approximately $16.00.

**ARRIVALS: SUNDAY OCT. 21, 1979**

| | |
|---|---|
| Depart: | Nashville metro 12:00 pm cst |
| Depart: | Nashville metro 4:00 pm cst |
| Depart: | Knoxville McGee Tyson 1:00 pm est |
| Depart: | Knoxville McGee Tyson 4:30 pm est |

**DEPARTURES: WEDNESDAY OCT. 24, 1979**

| | |
|---|---|
| Depart to: | Nashville at 7:00 am cst<br>arrival: 10:00 am |
| Depart to: | Nashville at 1:00 pm cst<br>arrival: 3:30 pm |
| Depart to: | Knoxville at 7:00 am cst<br>arrival 10:30 am est |
| Depart to: | Knoxville at 1:00 pm cst<br>arrival 4:30 pm est |

**HOUSING:** The cost for rooms includes meals. Singles $61.03/day, doubles $45.13/day. For reservations call Jeff Cooper, Fairfield Glade Conference Center (615) 484-7521.

**REGISTRATION:** Conference registration is $50.00, POD members, $60.00, non-members — Call Sherrye Hill (901) 528-5520 for information.

**IF YOU HAVE NOT REGISTERED OR MADE RESERVATIONS, PLEASE DO SO TODAY!**

**BE THERE!**