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# CAMP KENDALL

**APPLY BY APRIL 20TH, 2018**

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**Monday, June 4th (9am-4pm)**

## **Building Resilience as a Community**

This workshop, facilitated by Michele Rusinko (Theatre and Dance) provides an introduction to the tools, concepts, and principles of resilience offered by current research in the field of Positive Psychology and Mind-Body Medicine. This course is grounded in the Gustavus Well-being Initiative, which identifies well-being as a choice to assume responsibility for the quality of one's life across multiple dimensions. We will be focusing on both the theory and practice of specific tools and strategies for increasing personal resilience, and on the critical role of resonant relationships in building resilience as a community. Participants will gain an understanding of a slice of the current research in the area of resiliency; develop an understanding of the characteristics of resilient individuals, the role of signature strengths, and the five areas of Post Traumatic Growth; utilize this information to develop strategies to build their own capacity for resiliency, as well as create more resilient environments in the classroom and other work environments; develop a greater sense of grounded optimism and an increased understanding of how to cultivate their personal, as well as community, capacity for resiliency. Questions? Contact Michele Rusinko ([mrusinko@gustavus.edu](mailto:mrusinko@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. Maximum of 12 participants. Please email expressions of interest to Cathy Blaukat ([cblaukat@gustavus.edu](mailto:cblaukat@gustavus.edu)).**

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**Tuesday June 5th (9am-4pm)**

### **Vocational Reflection: Gustavus and You**

Encouraging vocational reflection is one of the priorities in the Gustavus Acts strategic plan. But what does that mean for you and your teaching? This workshop, facilitated by Marcia Bunge (Religion) and Florence Amamoto (English) explores how Gustavus' Lutheran and liberal arts heritage supports the exploration of values and inclusiveness. Participants will hear about the experiences of non-Christian faculty, learn about current efforts to improve advising, and discuss

### **Using Case Studies and Partner Perspectives to Launch or Improve CBL**

This one-day workshop, facilitated by Tonya Kjerland (Community Based Service and Learning) will use a case study approach to explore best practices for community-based learning. Community leaders from the civic, education, and non-profit sectors will share their experiences as collaborators in community-based learning and what works best from their perspectives.

successful strategies used in classes to support students reflecting on values and life purpose. Participants will also be given some time to reflect on their own sense of purpose for their teaching and life at Gustavus and to discuss how and why they might incorporate reflection time/reflective exercises into their courses. Questions? Contact Florence Amamoto ([amamoto@gustavus.edu](mailto:amamoto@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. Maximum of 12 participants. Please email expressions of interest to Cathy Blaukat ([cblaukat@gustavus.edu](mailto:cblaukat@gustavus.edu)).**

Gustavus faculty will share models for community-based learning in a variety of disciplines, how their practices have changed over time, and what they recommend for faculty just getting started or improving CBL classes. Participants will learn about the new Gustavus Civic Action Plan, become familiar with Gustavus Engage, use work time to develop or improve their CBL courses. Emphases will include student learning outcomes, models for CBL, and community partners. Questions? Contact Tonya Kjerland ([tkjerlan@gustavus.edu](mailto:tkjerlan@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. Maximum of 18 participants. Please email expressions of interest to Cathy Blaukat ([cblaukat@gustavus.edu](mailto:cblaukat@gustavus.edu)).**

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## Wednesday, June 6th (9am-4pm)

### FTS Faculty Renewal Workshop: Writing to Learn and Writing to Communicate

This summer's FTS Renewal Workshop, facilitated by Kate Knutson (FTS Director), will focus on the writing component of FTS. Our students need to use writing as a way of learning and as a way of communicating with specific audiences. But what kinds of writing assignments best develop these skills? Join Writing Across the Curriculum director Rebecca Fremo for an active, hands-on workshop designed to help you develop informal and formal assignments that are both challenging and useful for FTS students. Questions? Contact Kate Knutson ([knutson@gustavus.edu](mailto:knutson@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. To register, email Kate Knutson ([knutson@gustavus.edu](mailto:knutson@gustavus.edu)).**

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## Thursday, June 7th (9am-4pm)

### Mental Health and Resilience: Walking the Line Between Supporting and Accommodating and Providing Space to Develop Resilience

This workshop from Hannah Godbout, PsyD LP, Clinical Psychologist in the Gustavus Counseling Center and Kelly Karstad M.S, Accessibility Resources Coordinator in the Gustavus Center for Academic Resources and Enhancement (CARE) informs and explores student mental health. Our student's mental health symptoms impact their own academic performance and increasingly strain faculty and other college helping systems. Participants will learn about the demographics of our current students including common mindsets, diagnoses, and perhaps even neurology. The workshop will include discussion about how we can (and cannot) address mental health symptoms, requests for accommodations, and stereotypical "millennial values." We will help faculty recognize opportunities to mitigate stress and poor mental health through instructional design and promotion of self-care.

Participants will achieve an increased understanding of the mental health concerns with which millennials present, as well as evidence-based practices for working with them; an increased understanding of accommodating mental health; a more established sense of your own capabilities, boundaries, and resources for dealing with students in distress; a toolkit that includes talking points for communicating with students presenting with a variety of mental health concerns. Questions? Contact Kelly Karstad ([kkarstad@gustavus.edu](mailto:kkarstad@gustavus.edu)) or Hannah Godbout ([hgodbout@gustavus.edu](mailto:hgodbout@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. Maximum of 20 participants. Please email expressions of interest to Cathy Blaukat ([cblaukat@gustavus.edu](mailto:cblaukat@gustavus.edu)).**

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**Friday, June 8th (9am-4pm)**

**Assessing Intercultural Learning in Gustavus Faculty-Led Study Away Programs**

This workshop, facilitated by Roger Adkins (CICE) and the Provost's Office, addresses the need for a Gustavus-specific model to assess intercultural student learning outcomes (SLOs) in Gustavus faculty-led study away programs, including J-Term courses and our Signature Programs in India, Malaysia, and Sweden. While our study away programs have discipline-specific SLOs and other targeted SLOs that apply only to certain programs (e.g., SLOs for CBL components in Peru; SLOs for wellness components in the Olympic Quest program), we hope all of our study away programs help our students develop greater intercultural understanding and capacities for cooperating with people of other cultural backgrounds. Participants will discuss core principles of assessing intercultural learning in the study-away context as well as current best practices in the field. Following this discussion, participants will use workshop time to apply draft Gustavus intercultural SLOs and a corresponding assessment rubric to students' self-reflective writing examples from three J-term 2018 courses. Participants will engage in a brief meta-level review of these draft assessment tools, tweaking and fine-tuning them in preparation for a 'beta' round of study away assessment in 2018-19. Questions? Contact Roger Adkins ([radkins2@gustavus.edu](mailto:radkins2@gustavus.edu)).

**Workshop participants will receive a \$150 stipend and meals provided. Limited space available. Please email expressions of interest to Cathy Blaukat ([cblaukat@gustavus.edu](mailto:cblaukat@gustavus.edu)).**



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