

Fall 2019 Counseling Division Presentations!

Seminar / Date / Time / Location / Presenter / Synopsis

Mindful Eating: Reinvent Your Relationship with food

Wednesday, September 11th 10:30-11:15 KSC1000B

Presented by: Tatum Voeller, PVCC Integrated Health

Mindful Eating brings mindfulness to food choice and the experience of eating by engaging all of your senses to reconnect us with our body's wisdom about hunger & satiety. Mindful eating allows you to become aware of opportunities to nourish your body through food selection and empowers you to make healthier food choices for a long-term, sustainable approach to eating.

Academic Success Coaching

Wednesday, September 25th 9:00-10:15 & 10:30-11:45 KSC1000B

Presented by: Mary Early & Erica Hicks, PVCC Learning Success Center

Academic Success Coaching at PVCC helps students develop skills, behaviors, and habits that contribute to success in their academic journeys, focusing on academic & career goal-setting, learning strategies, time management, organizational skill development, accountability, and self-efficacy. Join us for a brief presentation & an interactive game that reinforce your understanding of academic success coaching

Art and Truth

Thursday, Sept. 26th 2:30-3:30 KSC1000B

Presented by: David Bradley, PVCC Faculty-Fine & Performing Arts

I will talk about my experiences traveling in China, Vietnam, Cuba & Bosnia to meet artists & learn about how they deal with the concept of "freedom of speech" under a current authoritarian government, or emerging from a past communist-socialist government & how we in the USA might learn a lesson from them.

Academic Success Coaching

Tuesday, October 1st 10:30-11:45 KSC1000B

Presented by: Mary Early & Erica Hicks, PVCC Learning Success Center

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What is Truth

Tuesday, Oct. 15th from 9:00-10:15 KSC1000B

Presented by: Kelly Fitzsimmons-Burton, PVCC Faculty-Communications

We are living in an era of "fake news" and skepticism. Can we really know anything for sure? Can we ever get to the truth of the matter? In this discussion, we will discuss the nature of Truth from a philosophical perspective. What is the nature of Truth? Is it merely subjective, or is it objective?

Truth and Leadership

Wednesday, November 6th from 12:00-1:15 KSC1000B

Presented by: Dr. Jim Rubin, PVCC Counseling Division Chair

Successful leadership depends on a foundation of truth. Learn how to build leadership with right thinking, right decision-making, and right acting as the guide. Learn how to have the courage to lead with truth.

Finding your personal and professional authentic self

Thursday, November 7th from 9:00-10:15 KSC1000B

Presented by: John McCrudden, PVCC Career Services

Being Authentic! In these times of expanding social media and digital technology we are effected by so much information . . . in this deluge of information how do we remain true to ourselves . . . how do we become or remain authentic.

This session will discuss Maslow's hierarchy of needs and how to meet these needs and be authentic.

The focus will be from a career development perspective. How to use passion and curiosity and career tools to make an authentic career choice.

The attendee to this session will

- Discuss the definition of authenticity
- How to identify a career passion
- Connect daily tasks and objectives to goals

Becoming Stressed-less!

Thursday, November 14th from 12:00-1:15 KSC1000B

Presented by: Fred Wieck, PVCC Counseling Faculty

A presentation designed to increase stress management skills. Mid-term exam Worries? Felling overwhelmed? Procrastinating? Tired? Join us to relax, re-balance, & reboot!