

Bates

Enrichment
PROGRAM

20
—
June
11th–13th

19



COURSE CATALOG

REGISTERING FOR COURSES

We encourage you to take part in this exciting program. Please obtain permission from your supervisor prior to enrolling in courses.

Registration begins on
Wednesday, May 29th at 9:00 am

How to Register:

- Log on to Garnet Gateway using your Bates ID.
- Go to the Events Menu Tab located at the top of the page.
- In Upcoming Events, click on Bates Enrichment Week.
- Click [sign up] next to the courses you wish to take. If you want more information about a course, click the name of the course.

To review the courses you have signed up for, click the Events link near the top of the screen.

Questions? Please call Human Resources at x6140



Sponsored by
— Bates Employee Enrichment Committee —

TUESDAY, JUNE 11TH EARLY AM SESSIONS

Introduction to Functional Strength Training

8:00–8:45 am Presenter(s): Mike Milliken

When we think of exercise, we often think of aerobic activities like walking, jogging or cycling. Functional Strength Training is a different form of exercise that yields tremendous health benefits. It can be a bit more complicated and intimidating. Come learn the basics and break down the barriers of getting strong for life! Maximum class size: 20. Location: Davis Fitness Center

Hip Hop for Every Body

8:00–9:00 am Presenter(s): Eliza Tilbor

Is there a secret dancer within you? Now is the time to come out. A friendly and inclusive movement class for every body. Maximum class size: 30. Location: Plavin Dance Studio
Notes: This is a 1 hr long class. Suggest bringing a water bottle, sneakers and clothing you can move in.

TUESDAY, JUNE 11TH 9:30 AM SESSIONS

35 Years of Optional Testing at Bates

9:30–10:30 am Presenter(s): Bill Hiss

In 1984, the Bates faculty voted to make SAT and ACT testing optional for admission, and Bates became one of the earliest in a handful of colleges and universities with optional testing. Over the years, Bates has regularly shared research on its optional testing policy. Now, over 1000 American colleges and universities, often citing the Bates research, have adopted optional testing. This talk will share how optional testing has worked at Bates, who has chosen to apply as a non-submitter, and how the policy has helped to shape our pools of applicants. Maximum class size: 40. Location: Pettengill G21
Notes: This is a 1 hr course.

Painting with Acrylics

9:30 – 11:30 am Presenter(s): Ron Bosse

Come try painting with this easy to use medium. You will be guided in the use of acrylics and follow along as instructed to create your own painting. Bring your creativity!
Maximum class size: 20
Location: Skelton

Motivate Employees with Goal Setting

9:30 – 11:30 am Presenter(s): Melissa Benoit

The rewards for both employees and the college make it worthwhile for managers to implement a goal-setting structure to provide clear expectations. Goal setting gives employees a larger sense of responsibility and accomplishment once the acquired goals are reached. Successful implementation and goal setting strategies will result in employees being more motivated to complete specific tasks as well as higher morale and a more effective workplace. Maximum class size: 20. Location: Pettengill G10

Driving Dynamics

9:30 – 11:30 am Presenter(s): Kyle Snyder

This presentation will focus on all things Traffic Safety as it relates to Maine. Topics to be discussed: 2017 State Crash Statistics, Marijuana & Driving, Medication and Driving, Distracted Driving and Drowsy Driving. Maximum class size: 40
Location: Pettengill G65

Ladd Library Open House

9:30 – 11:30 am Presenter(s): Library Staff

Join us to learn more about the resources and services available to you and your Bates affiliates at Ladd Library! This session will include a tour of the building and an open info and demonstration session about how to use or find resources that you are interested in! Maximum class size: no limit. Location: Meet by the Ladd Library service desk.

Notes: This should take approximately 1 hr, come anytime between 9:30 and 10:30

Decorate with Daisy

9:30 – 10:30 am Presenter(s): Daisy Taylor

Come decorate sugar cookies with royal icing. Participants will be able to bring home finished cookies. Maximum class size: 20. Location: Commons room 226
Notes: This is a 1 hr course

Kicking up Summer Salads

9:30 – 10:30 am Presenter(s): Owen Keene

Owen takes your favorite salads and adds a twist to them to brighten up your picnics and BBQs. Maximum class size: 20. Location: Commons room 211
Notes: This is a 1 hr course and will be repeated in the afternoon session from 1:00 – 2:00

All that Heaven Allows: A Tribute to Rock Hudson (book talk)

9:30 – 11:30 am Presenter(s): Author Mark Griffin

Local author Mark Griffin discusses the process of researching and writing his book, *All that Heaven Allows: A Biography of Rock Hudson*, which was recently published by HarperCollins. In addition to offering a behind the scenes glimpse of how a full-scale biography is created, Griffin will screen a documentary he produced which focuses on Hudson's nearly forty year career in Hollywood.
Maximum class size: 50. Location: Pettengill G52

TUESDAY, JUNE 11TH 1:00 PM SESSIONS

Medical Power of Attorney Workshop

1:00 – 2:00 pm Presenter(s): Kathleen Kienitz and Mia Poliquin Pross

Come complete your own medical power of attorney with the assistance of an elder law attorney. Maximum class size: 40. Location: Pettengill G65
Notes: This is a 1 hr course

Green Dot Bystander Intervention Training

1:00 – 3:00 pm Presenter(s): The Bates Green Dot Team

Green Dot is a comprehensive, strategic and research-based approach to violence prevention. Green Dot training not only serves to create informed and active bystanders, but also works to change and support cultural norms that prevent violence before it occurs. Faculty and Staff play a vital role in the community effort of violence prevention. Come join 600+ current students and 400+ faculty/staff who are Green Dot Grads, in one of the largest networks across campus working to end and prevent power based personal violence here in our community! Maximum class size: 30. Location: Mays Center

How to be an Effective Manager

1:00 – 3:00 pm Presenter(s): Melissa Benoit

Description: It's no surprise that the most effective managers have earned the trust of their team and find creative and new ways to motivate each member of their team. In this workshop, we will discuss how effective managers lead, encourage, motivate, coach, discipline, and inspire their employees. Maximum class size: 20. Location: Pettengill G10

Preserve your Treasures:

1:00 – 3:00 pm Presenter(s): Caitlin Lampman

Have a shoe box full of old family photos? Not sure what do with them? Join the archives for a hands-on workshop on how to store and take care of your photographs. This session will also include information on and a display of older photograph types and formats.

Maximum class size: 15. Location: Muskie Archives

Emergency Preparedness with Homeland Security

1:00 – 2:15 pm Presenter(s): Bill DeLong

A session with the Homeland Security's (DHS) protective security adviser for Maine to discuss Active Threat Preparedness. Please join Bill to learn more from DHS about behavioral indicators, law enforcement response and the DHS endorsed training program for individuals in active threat situations.

Maximum class size: 40. Location: Pettengill G52

Notes: Course length 75 minutes

WEDNESDAY, JUNE 12TH EARLY AM SESSIONS

Barre Fitness

8:00 – 8:45 am Presenter(s): Sarah Tiedemann

The Bar Method is a safe, challenging and graceful work out. Long, lean, sculpted muscles and a feeling of personal strength, confidence and poise keep students across the country coming back year after year. Every Bar Method class starts with a warm-up, upper-body exercises and push-ups in the middle of the room, followed by a sequence of leg and seat work at the barre and core exercises on the floor. The method predominantly uses your own bodyweight for resistance along with a few basic props – free weights, mats and a ball. Students of all levels work within their individual limits while receiving encouragement to continually push forward. Maximum class size: 25. Location: Plavin Dance Studio

Notes: Suggest bringing a water bottle, sneakers and clothing you can move in.

Pound

8:00 – 8:45 am Presenter(s): Jolene Hall

Description: Instead of listening to the music, you become the music in this full body workout. Using lightly weighted drumsticks, Pound is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Maximum class size: 25

Location: Merrill Gym – Multi-Purpose Room (2nd Floor)

Notes: Suggest bringing a water bottle, sneakers and clothing you can move in.

WEDNESDAY, JUNE 12TH

9:30 AM SESSIONS

Inside Money - Managing Income and Debt

9:30 – 10:30 am Presenter(s): Joshua Bilodeau

Join us for this interactive workshop to learn about budgeting basics, understanding cash flow (earnings minus expenses), and managing debt. This workshop includes open question and answer session. Maximum class size: 40. Location: Pettengill G65

Notes: This is a 1 hr course

Insight on the Bates Student Body: Strengths and Challenges

9:30 – 11:30 am Presenter(s): Karen Daigler, Abigail Nelson, Susanna Preziosi, Aileen Park, James Reese, and Carl Steidel

This session will feature panelists from Student Affairs, Purposeful Work, Accessible Education, and Counseling & Psychological Services discussing current trends in the Bates student body that their offices are seeing. Panelists will also discuss the strengths and challenges of our students and will offer advice for attendees about how to best provide support to this new generation. Maximum class size: 40. Location: Pettengill G52

Flower Arranging

9:30 – 11:30 am Presenter(s): Ann's Flower Shop

Ever wonder how to put together a flower arrangement? Now you can! Hands on with Ann's Flower Shop. Note: you will be working with scissors and knives to create the arrangements. Maximum class size: 25. Location: Mays Center.

Notes: This class will be repeated in the afternoon 1:00–3:00 pm.

Performance Conversations

9:30 – 11:30 am Presenter(s): Melissa Benoit

Performance conversations are an excellent time to exchange important information with employees, but to be effective, there must be a genuine exchange. In this workshop, you will learn skills to help you prepare for a meaningful and productive feedback and feedforward conversation. Maximum class size: 20. Location: Pettengill G10

Permaculture 101

9:30 – 11:30 am

Presenter(s): Sharon Saunders

Lots of people are involved in activities to help us transition to a more sustainable society. One of these approaches is permaculture (“permanent culture” / “permanent agriculture”). Come learn about permaculture ethics and principles and see how one person is using this design process and putting these principles into practice as she turns her yard into a food forest. Maximum class size: 30. Location: Commons 221

The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People (book talk)

9:30 – 11:30 am

Presenter(s): Melani McGuire

What is the best way that others show appreciation of you and how do you show appreciation to others? Dr. Gary Chapman and Dr. Paul White discuss the 5 types of appreciation language that encourage and motivate people in the workplace. Discover what your appreciation language is and how you can recognize and speak to the different appreciation language of others. This is a useful tool for all levels of the organization. Maximum class size: 25. Location: Hedge 106

WEDNESDAY, JUNE 12TH 1:00 PM SESSIONS

Paying Yourself: income options in retirement

1:00 – 2:00 pm

Presenter(s): Joshua Bilodeau

Description: Join us for this interactive workshop to help you prepare for retirement. We'll discuss budgeting, retirement income sources, and available resources for you. This workshop includes open question and answer session. Maximum class size: 40

Location: Pettengill G65

Notes: This is a 1 hr course

Demystifying the College Application Process

1:00 – 2:00 pm

Presenter(s): Darryl Uy

Description: Ever wonder how applications are evaluated and the next class is selected? Bates' Director of Admission will pull back the admission curtain to reveal the process. He will also share how the process has changed over the years while examining trends within the highly selective admission landscape. Maximum class size: 40

Location: Pettengill G21

Notes: This is a 1 hr long course.

Your First 10,000 are your worst.

1:00 – 2:00 pm

Presenter(s): Phyllis Graber Jensen

Learn how to use a smart phone to produce pictures that will satisfy you and the people who love you (as well as the ones who don't). Make the most of your phone's camera and learn how to use the appropriate apps to edit images and turn them into three-hankie productions in the palm of your hand. If you have too much time in your life and want to fill your schedule with a new obsession, this session's for you. Maximum class size: 50. Location: Commons Room 221

Notes: This is a 1 hr long course

The 2019 Common Read: Call Me American

1:00 – 3:00 pm

Presenter(s): Margaret Imber

A memoir by Abdi Nor Iftin, told simply and well, Iftin's story explains the incredible bravery and hope necessary to live in the crosshairs of war and to find a way out. The author is currently living in Portland where he works as an interpreter for Somalis who have immigrated to the state. Maximum class size: 25. Location: Hedge 106

Paint Night with Ron at the Den

3:30 – 5:30 pm

Presenter(s): Ron Bosse

Join Ron Bosse at the Den to close out your day as Ron leads you through a session on acrylic painting. Snacks and beverages will be provided. Maximum class size: 20. Location: Den

A SPECIAL **THANK YOU**

TO THOSE THAT MAKE THIS WEEK POSSIBLE:

Employee Enrichment Committee
Presenters • Dining Services • Senior Staff

