Spring Bloom 2022

Brought to you by Employment Services, along with many other valued collaborators
MONDAY
MAY 23
2022

9:00 a.m. through 3:30 p.m.
Session 1 - Supporting Yourself and Your Students through Procrastination

9:00 a.m. - 10:00 a.m. with Cassandra Worner and Audrey Seligman, Health Promotion Specialists with the Hamre Center
Location: Virtual

Procrastination is a concern that impacts ourselves and our students. Data collected through the American College Health Association National College Health Assessment - II helps us understand this problem on our campus. In this survey, 75.5% of Macalester students who responded indicated that in the past twelve months, they’ve had a problem or challenge with procrastination. Of the students who experienced problems or challenges with procrastination, 69.7% indicated that this caused them moderate to high distress. In addition, 61.9% of students who experienced problems or challenges with procrastination indicated that it had negatively impacted their performance in a class.

It’s likely that you have experienced problems or challenges with procrastination, too. In this session, we will dive deeper into the concept of procrastination - what is it, and why are our brains wired to behave this way? We’ll also review strategies for moving through procrastination, while working to increase empathy for ourselves. Finally, we’ll discuss what students considered to be the most valuable takeaways from our First Year Course presentation on procrastination when thinking about and addressing their own procrastination, so that we can continue to support our students inside and outside of the classroom.
Session 2 - Archives and Rare Books Open House

10:15 a.m. - 11:45 a.m. with Megan Johnson-Saylor, College Archivist; Ginny Moran, Rare Books & Special Collections Librarian; Jackie Beckey, Arts & Humanities Librarian
Location: Library 217 - Rare Books Reading Room

Join us as we open the locked doors of the college's archives and rare books spaces for you to mingle with 9th century manuscript leaves, 21st century artist books, and all the Macalester College year books you can stand! We will share a brief program talking about the current state of the college archives and special collections along with some of our dreams, but most of the time will be a chance for you to spend some time in the spaces, look at samples from our collections, and talk about ways we can collaborate and engage our whole community in building and using these materials.
Session 3 - Latvians Singing and Dancing through Saint Paul

11:45 a.m. - 12:30 p.m. with Indra Halvorsone, ISP Department Coordinator
Location: Library Harmon Room

Have you heard? Hundreds of singing and dancing Latvians will be taking over the downtown of St. Paul during the 4th of July weekend this summer!

Come to this session to hear about an amazing event - XV Latvian Song and Dance Festival USA - which will take place from June 29 – July 4th in the downtown of St. Paul. Besides Grand Choir Concert at Ordway and Grand Folk Dance Performance at the Xcel Energy Center, there will be an art exhibition at the Landmark Center, Welcome Concert with the world famous Latvian composer Ēriks Ešenvalds at the Cathedral of St. Paul, Sacred Music Concert and Chamber and Symphonic Music Concert and many more. Since music, art and dance do not really need a translation – everyone is welcome to attend and enjoy!

Presentation will also include a short overview of the history of the Latvian Song and Dance Festival tradition which lead to the peaceful Singing Revolution in Latvia and 2nd Independence. One lucky raffle winner will receive a ticket to the Concert with Ēriks Ešenvalds!
Session 4 - The Healing Power of Hair Braiding

12:45 p.m. - 1:45 p.m. with Tamara von Schmidt-Pauli, Glitzy Braids Instagram Owner and Russian Lab Instructor
Location: Library Harmon Room

Hair braiding, one of the most common worldwide beauty and self-care practices, allows us to express ourselves in many creative ways. It also happens to be deeply therapeutic. The manual, repetitive pattern is a sort of tactile mantra focused on bringing something together rather than taking it apart. We'll talk about braiding healing powers, techniques, revisit some basics and learn more advanced braids. It's limitless, it's fun, but also therapeutic and rewarding.
Session 5 - (Can You Avoid) Parenting Your Parents

2:00 p.m. - 3:30 p.m. with Mary O'Brien, Community Educator and sponsored by WHAM
Location: Library Harmon Room

As you and your parents age, there is some inevitability that you will assume a caregiving role. Many find themselves in a situation where they feel as if they are acting as parents to their parents. Open communication and conversation well in advance of inevitable aging issues can help keep you from parenting your parents. This class will provide suggestions to open discussions about age-related topics with your parents, as well as what information you will need to have from your parents in order to assist them through the later stages of their lives. The importance of caring for yourself while caring for others will be part of this conversation.
Tuesday
May 24
2022

9:00 a.m. through 3:30 p.m.
Session 1 - Campus Accessibility Survey Findings

9:00 a.m. - 9:45 a.m. with Jill Wirth, EHS Manager for Facilities Services
Location: Library Harmon Room

Macalester College, in our continuing efforts to provide an accessible and inclusive environment for students, visitors and employees, conducted an evaluation for compliance with applicable laws, codes and design guidelines pertaining to accessibility. This survey included all buildings and spaces on campus.

We will discuss the goals of the survey, share a summary of the findings, priorities in addressing the findings, and the action plan to provide a more accessible and inclusive environment for all.
The Office of Institutional Research & Assessment invites you to participate in this hands-on training for new or novice Qualtrics users. Qualtrics is a user-friendly online survey tool, and all Macalester faculty and staff have access to an account through our campus license. This training is designed for those who have limited experience with Qualtrics or who simply want to preview the tool before adopting it. Training accounts will be created for attendees who do not have an active Qualtrics account. The training will:

1. describe how various Macalester offices and departments use Qualtrics;
2. demonstrate the start-to-finish process of creating, distributing, and analyzing a survey;
3. review appropriate settings for survey anonymity, confidentiality, and data sharing;
4. briefly compare Qualtrics' features to those of Google Forms;
5. briefly review Survey Coordinating Committee policies for conducting surveys at Mac.
Session 3 - Spring Into Summer!

12:00 p.m. - 1:30 p.m. with the University of Minnesota Extension Ramsey County Master Gardener Program and sponsored by WHAM
Location: Virtual

Spring and summer are busy seasons in Minnesota. Learn about how to wake up your garden in this class, with information about what to do for your garden and landscape between March and August. This class is taught by U of M Extension Master Gardener volunteers, who are eager to share research-based gardening best practices that promote healthy landscapes, healthy foods, and healthy lives with the people in their community. The presentation will take place in the first 60 minutes and the Q&A portion will be in the last 30 minutes.
Session 4 - SAC Ice Cream Break

2:00 p.m. - 3:30 p.m. with the Staff Advisory Council
Location: Leonard Center Portico

SAC is hosting an Ice Cream Break. Enjoy informal social time to build community, get to know new Macalester staff, and reconnect with colleagues. Also, our Minerva is back! For those who don't know, Minerva is our traveling statue, who comes bearing gifts! We will do a drawing for the next Minerva host, but you must be present to win. If you win, you keep the prize and you can proudly display the Minerva in your office until the next SAC Coffee Break! All Macalester staff are welcome and encouraged to join us!
Session 1 - Discover Briggs House

9:00 a.m. - 10:00 a.m. with Catherine Westby, Manager of Briggs House & the President's Home
Location: Briggs House

Briggs is hosting an open house! Stop by and take a self-guided tour of our three guest suites and main floor event space. You can even check out Harvey Rice and his dog hanging out in the basement. Briggs Manager will be onsite to answer questions about how your office or department can utilize this campus resource.
Join TIAA for a Retirement Goals webinar discussing retirement investment planning and tools to stay on track. Come learn about the importance of planning for your retirement; the TIAA Retirement Advisor tool; and the Retirement Plan Portfolio Manager. During this session, TIAA’s Retirement Plan expert and advisor will go into detail about what to include in your retirement plan, accounting for stage of life and priorities. They will introduce and demonstrate the TIAA Retirement Advisor tool, and cover different types of investments and which are right for you and your retirement goals. They’ll also spend some time going through the portfolio automation tools, so you can set yourself up for success without the worry or doubt. Come with all your retirement questions, and leave with a plan and the tools to make that reality!
Session 3 - Grand Avenue Redesign and other fun neighborhood topics!

11:30 a.m. - 12:45 p.m. with Deanna Seppanen, Director of the High Winds Fund
Location: Library Harmon Room

Come and hear about the redesign of Grand Avenue and give your input! There should be time to discuss some other neighborhood updates. What new businesses are popping up? How might the new Rent Control Ordinance change the landscape of off-campus student housing rentals? What are you curious about?
Session 4 - Create Your Atomic Habits

12:45 p.m. - 1:45 p.m. with Kelly Fang, Health Coach & Well-being Program Manager
Location: Virtual

Struggle with building good habits and breaking bad ones? Good news: the problem isn’t you; it’s your system. No matter your goals, this session will help you apply the actionable insights of author James Clear and his bestselling book, Atomic Habits, so you can build a system for getting 1% better every day. Motivation and willpower become obsolete as you create tiny changes that deliver big results.
THURSDAY
MAY 26
2022
9:30 a.m. through 4:00 p.m.
Session 1 - Reunion 2022: What's Going On!?!?!

9:30 a.m. - 10:15 a.m. with Catie Gardner Smith, Interim Assistant VP of Engagement
Location: Virtual

After the dust settles from Commencement, you might think campus quiets down for the summer. Before that happens though, Macalester transforms for 4 days to welcome back its alumni community for the annual Reunion event--this year, June 2 - 5. Join Catie Gardner Smith from the Advancement Engagement department to learn about this year's alumni Reunion, what to look forward to, and how YOU can get involved.
Session 2 - Admissions 101: Navigating the Admissions Process

10:45 a.m. - 11:45 a.m. with Brian Lindeman, AVP for Admissions & Financial Aid; and Elyan Paz, AVP and Dean of Admissions
Location: Virtual

Learn the basics of how to navigate the college search with the young person you are supporting through the admissions process. Topics will include tips for a college visit, understanding the types of decision rounds, demonstrated interest, the basics of financial aid, the Dependent Tuition Assistance Program (DTAP) and whatever else we can squeeze in!
Session 3 - Container Gardening

12:00 p.m. - 1:30 p.m. with the University of Minnesota Extension Ramsey County Master Gardener Program and sponsored by WHAM
Location: Virtual

Gardens can be grown anywhere. Come and learn the basics of designing, selecting plants and pots, and caring for container gardens for season-long satisfaction, no matter where you grow. This class is taught by U of M Extension Master Gardener volunteers, who are eager to share research-based gardening best practices that promote healthy landscapes, healthy foods, and healthy lives with the people in their community. The presentation will take place in the first 60 minutes and the Q&A portion will be in the last 30 minutes.
Session 4 - The State of Our Spaces: Reservations, Events, and EMS

1:45 p.m. - 2:45 p.m. with members of the Event and Space Task Force
Location: Library Harmon Room

Come join us for an update on spaces, reservations, and more by members of the Space and Event Task Force. The task force was created in late 2021 by President Rivera and given directives to inventory campus spaces, review reservation processes, and provide a plan for improving the state of space use and reservations on campus. We will present our findings and recommendations document, talk about the many improvements that will be made in the coming months and years to help the campus community more easily and efficiently find and use space for event and college needs, and invite you to discuss how these improvements might affect you!
Session 5 - Zoom In On Your Phone

3:00 p.m. - 4:00 p.m. with Avi Baron, Christian Nelson, and Kelly Borke
Location: Humanities 314

We have started moving to Zoom Phone! Our current campus phone system is 30 years old and wants to retire. Come to hear about the features and see a demo of Zoom Phone. You will see how to use the Zoom App to make and receive calls, send SMS (Text) from a Mac phone number; and will see the new voicemail features.
Thank you to all our contributors, participants, and supporters