Winter Health and Wellness Resources

The first day of Winter is quickly approaching. As we wrap up the Fall 2021 semester and prepare to enter the Winter season, we want to remind you of the resources available to support you and your students.

- **ISU WellBeing**: ISU WellBeing ([https://go.iastate.edu/GLYFVO](https://go.iastate.edu/GLYFVO)) provides resources to help faculty and staff with a range of topics. They include mental health resources available to employees ([https://go.iastate.edu/GXUTZM](https://go.iastate.edu/GXUTZM)), financial well-being ([https://go.iastate.edu/LSARM8](https://go.iastate.edu/LSARM8)), and mindfulness. If you will be on campus or in the area, consider doing the Strolls for Well-Being at ISU ([https://go.iastate.edu/NJYGXS](https://go.iastate.edu/NJYGXS)). Keep an eye out for the upcoming Winter Strolls for Well-Being at ISU which will feature online and in-person options.

- **Student Wellness**: Student Wellness ([https://go.iastate.edu/82UR49](https://go.iastate.edu/82UR49)) supports the holistic health, wellbeing, and safety of students on campus. They provide various programs and services, including information about the Campus Food Pantry ([https://go.iastate.edu/LK4MFU](https://go.iastate.edu/LK4MFU)), a wellbeing assessment tool, and a myriad of other topics.

- **Student Counseling Services**: Student Counseling Services ([https://go.iastate.edu/DZECPK](https://go.iastate.edu/DZECPK)) offers clinical and campus-based services to help students achieve goals. As we navigate the pandemic, we have witnessed mental health needs for the entire campus community, and supporting students' mental health is another way to support their wellbeing.

- **Campus Resources to Support Students (general)**: An extensive list of resources available to students and different ways of supporting your students can be found on the CELT website ([https://go.iastate.edu/A2F0Z0](https://go.iastate.edu/A2F0Z0)).

We wish you all a restful break and look forward to reconnecting for Spring 2022. Best wishes for the remainder of the Fall semester.

---

**Important Semester Reminders**

**End of Semester**

- Grades are due by 2:15 p.m. on December 21.
- Review the End of Semester Checklist ([https://go.iastate.edu/NJFCGU](https://go.iastate.edu/NJFCGU)) and the Course Conclusion in Canvas webpage ([https://go.iastate.edu/MV1FR4](https://go.iastate.edu/MV1FR4)) for helpful guides to wrap up your semester.
- CELT will be closed the week of December 27-December 31. We will reopen January 3 with hours of 7:30 a.m.-4:00 p.m. Normal business hours resume Tuesday, January 18.

**Start of Semester**

- Winter term runs from December 20-January 14. Grades will be due January 19 by 2:15 p.m.
- Spring semester will begin Tuesday, January 18.
- Review the Start of Semester Checklist ([https://go.iastate.edu/79NYYZ](https://go.iastate.edu/79NYYZ)) for resources to help you begin your Spring course setup.
#CyThx Teaching Spotlight: Dr. Evrim Baran, Associate Professor, School of Education; CELT Advisory Board Member

### Teaching Advice

As a researcher and teacher of educational technology, my scholarship focuses on the design, development, and the evaluation of learning and teaching experiences with technologies and creating novel pedagogical solutions in online, mobile, and hybrid learning settings, including higher education, teacher education, and faculty development contexts. I integrate my research and teaching through an evidence-based approach that helps me test and evaluate novel pedagogical strategies in my courses. My two decades of scholarship helped us generate “the human-centered design approach for online teaching” that informed our course design and teaching strategies during the pandemic and beyond. Our human-centered approach highlights building empathy, engaging in pedagogical inquiry, universal design for learning, and establishing a community of inquiry as key premises for effective teaching...

Read all of Dr. Baran’s advice and the full CyThx on our website ([https://go.iastate.edu/PAB7HK](https://go.iastate.edu/PAB7HK))

### #CyThx Message

Dr. Evrim Baran is always positive, caring, approachable, empathetic and supportive and never judgmental. She extensively goes above and beyond to ensure that our needs are met. She is well-known for her human-centered design approach where she engages in an empathetic listening to students to understand as a first step their needs and struggles as well as physical and mental states. She has provided spaces and opportunities for my academic/professional, growth and development...

Register for the Health and Wellness Symposium before December 31 to be entered into a drawing for prizes!

Registration information can be found on the symposium website ([https://go.iastate.edu/ETZYJF](https://go.iastate.edu/ETZYJF)).
CELT Programming—Save the Spring Dates!

Register for the events CELT offers below by searching CELT’s Upcoming Events page (https://go.iastate.edu/XABEDD) or CELT’s channel on the ISU Events Calendar (https://go.iastate.edu/OOJIU). Additionally, we can help register you by emailing celt@iastate.edu with your name, email, department, and which program you would like to be registered in. Below is just a small sample of our upcoming Spring semester programming and events.

- Building Community and Connection in the Classroom (Jan. 11, 11:10 a.m.-12 p.m., Zoom, https://www.event.iastate.edu/event/50829)
- CELT Teaching Symposium for Teaching Assistants (Jan. 13, 10 a.m.-12 p.m., Zoom, https://www.event.iastate.edu/event/50710)
- Create an Inclusive Learning Environment (Jan. 13, 2:30-3:20 p.m., Zoom, https://www.event.iastate.edu/event/50819)
- Communities of Care: Using Trauma-Informed Pedagogy (Feb. 2, 2:10-3 p.m., Zoom, https://www.event.iastate.edu/event/50839)
- Online Workshop Series: Applying the Quality Matters Rubric (APPQMR) (Feb. 3-4, 9 a.m.-1 p.m. both days, Zoom, https://www.event.iastate.edu/event/50911)

More can be viewed on the CELT Events and Professional Development Opportunities webpage (https://go.iastate.edu/XABEDD).

Where to Find Support

CELT has a number of support options for those in need of assistance:

- CELT Open Labs
  - There will be Open Labs on December 20 and 21 from 9 am—2:15 p.m. in 3015 Morrill or online via Webex (https://go.iastate.edu/1YT7QM) specifically focused on grade submission.
- Email CELT (celt-help@iastate.edu)
- IT Solution Center (solution@iastate.edu)
- 24/7 Canvas Support (https://go.iastate.edu/SPSFRI)

Make sure you know what each of these options has to offer, when and how to utilize them by visiting the CELT Support webpage (https://go.iastate.edu/BQIOSZ).

Questions About Teaching with Technology?

Connect with our CELT instructional designers for support or pedagogical consultations by emailing celt-help@iastate.edu. This will create a ServiceNow ticket for easy tracking.