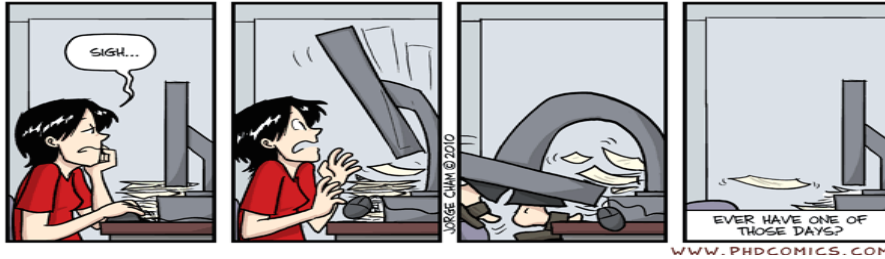


# National Postdoctoral Appreciation Week: September 18-22, 2017

JCBS Office of Postdoctoral Affairs in collaboration with Jefferson Postdoctoral Association, Office of Faculty Affairs, Center for Teaching and Learning and SKMC Humanities Department is pleased to present:

## Dr. Janet N. Zadina, Ph.D.



### 9:00 am-10:10 am Brent Auditorium, JAH

Are you less productive than you could be? Is your work making you exhausted instead of energized? Do you have trouble making yourself tackle projects? Register at:

[http://library.jefferson.edu/Education/programs/faculty\\_development/register.cfm?WorkshopID=3351](http://library.jefferson.edu/Education/programs/faculty_development/register.cfm?WorkshopID=3351)

### 10:30 am -12:30 pm Eakins Lounge, JAH

Almost half of graduate students in a university study had depression. Faculty experience stress, as well. High stress impairs thinking and learning that can negatively impact academic performance. Learn how to reduce this obstacle to achievement.

[http://library.jefferson.edu/Education/programs/faculty\\_development/register.cfm?WorkshopID=3352](http://library.jefferson.edu/Education/programs/faculty_development/register.cfm?WorkshopID=3352)

### 4:00pm-5:00pm Connelly Auditorium, Hamilton

Is creativity really a right-brained activity? Do some people have it and others do not? What is the relationship between academic achievement, innovation and creativity?

## The Academic Brain on Stress: Frontal Lobe Fatigue, Procrastination, and Burnout

How do you know if you are burning out and what can you do about it? Discover three brain processes affecting academics and how to manage them for increased motivation and productivity.

## Raising Achievement by Reducing Stress and Increasing Happiness in Students and Faculty: Science and Strategies

This workshop includes:

- ✓ The shocking statistics of the extent of the problem
- ✓ The many ways anxiety, stress, and trauma affect academic performance in multiple pathways
- ✓ What NOT to do
- ✓ Research-based strategies for you and your students that:
  - Reduce anxiety and stress
  - Increase happiness and well-being
  - Increase coping self-efficacy and resilience
- ✓ Creation of an Action Plan for yourself and your students

## Creativity and the Brain: Science and Strategies

In this presentation you will learn:

- ✓ The difference between critical thinking and creative thinking
- ✓ Characteristics of creative thinkers
- ✓ How to develop strategies for becoming more creative
- ✓ Classroom strategies to enhance creativity

**Who should attend: anyone who wants to get more creative**

**Questions:** [jpa@jefferson.edu](mailto:jpa@jefferson.edu)