PSRP Retreat 2012

Wednesday, June 13th, 12:30 PM-4:00 PM

12:00-12:30  Registration-Room 142C

12:30  Opening Session: *What’s in a Name? Madison Area Continuation, Vocational, Adult, Technical School and College, 1912-2012*, Jonathan Pollack, Room 142C-Student Lounge

1:15  Breakout Session/Tours (see below)

3:30  Closing-PSRP Professional Development Forum, Patrick Barlow, Room 142C

Three breakout session options-choose one:

- **Hidden Gems of Madison College** *(begins in room 142A)*  
  - Join us for a walking tour of some of the hidden gems of the college-learn about the clinical hospital bays and improvements that will be available in the new building, get a close up view of SimMan, an insider’s look at the animal adoption center and barn, and more. Staff from various areas of the college will lead a tour and demonstration of each area. Areas toured will vary each day. Learn more about the college and what makes this such a great place for students! *Please wear comfortable shoes.*

- **A First Look at the New Buildings** *(begins in room 142C)*  
  - Have you seen the new construction while driving by on your way to the employee parking lot? Want a closer look at what is happening with the new buildings? Join us for a short presentation about the new building plans and construction process. We will take a walking tour to each of the new buildings. For safety reasons we cannot go inside the buildings, however, you will be able to get a closer peek from the outside. *Please wear comfortable clothing and bring some sunscreen and/or a hat.*

- **Balancing the “Wellness Wheel”: Personal Wellness, Gentle Yoga and Meditation** –Room 142B  
  - The first part of this session will focus on health and wellness using a multi-dimensional “wellness wheel” model (i.e. physical, emotional, spiritual, intellectual, social, occupation, financial, and environmental). Through this talk we will define each area of wellness, and talk about 1. Assessing our status in each area, 2 what in each area affects/influences our health and behavior and what we can do in each area to self-care and keep ourselves “balanced”. The second part will include time of gentle yoga and meditation. *Please wear comfortable clothing.*
Thursday, June 14\textsuperscript{th}, 8:30 AM-12:00 PM

8:00-8:30  Registration- Room 142C

8:30  Breakout Session/Tours (see below)

11:00  Closing Session:

\textit{What's in a Name? Madison Area Continuation, Vocational, Adult, Technical School and College, 1912-2012, Jonathan Pollack, Room 142C-Student Lounge}

11:30  PSRP Professional Development Forum, Patrick Barlow, Room 142C

Three breakout session options-choose one:

- **Hidden Gems of Madison College**
  o Join us for a walking tour of some of the hidden gems of the college-learn about the clinical hospital bays and improvements in the new building, see the machine tooling area, get an insider’s look at the animal adoption center and barn, and more. Staff from each of the areas will lead a tour and demonstration of each area. Areas toured will vary each day. Learn more about the college and what makes this such a great place for students! \textit{Please wear comfortable shoes.}

- **A First Look at the New Buildings (begins in room 142C)**
  o Have you seen the new construction while driving by on your way to the employee parking lot? Want a closer look at what is happening with the new buildings? Join us for a short presentation about the new building plans and construction process. We will take a walking tour to each of the new buildings. For safety reasons we cannot go inside the buildings, however, you will be able to get a closer peek from the outside. \textit{Please wear comfortable clothing and bring some sunscreen and/or a hat.}

- **Developing Functional and Productive Teams-Room 142B**
  o More than ever before, organizational and individual success is greatly determined by how well we can work together productively toward one collective common goal and achieve superior results. Teamwork is a discipline. It involves continuously refining and clarifying goals, and investing in time for training and awareness. Teams that accomplish this will consistently benefit and thrive. Join us for this informative and interactive session where we will learn and practice these skills.