

Conference Opening Session.

University of Guelph Graduate Skills Development Conference, March 2021

Transcript:

[Teresa Crease]

Good morning everyone and welcome to the first Grad Pathways Skills Development conference. Before we begin, I just want to have a quick word about the Hopin conference program. If you made it here, you realize that you took your registration link and came to the main page. Once this session became live you would see the stage icon on the left panel light up and you can click on that. During the rest of today and tomorrow you'll be using those icons in the left panel. The reception, the stage sessions and then notice also there's a support booth icon at the bottom, and that's if you're having any technical difficulties with your camera or your audio, and you need some help, you can click on that and you'll get a line to Zach Henderson in Conference Services who is running the conference for us in the background, so very many thanks to him.

Each session has its own chat function. There's also a chat function for the stage, also for the reception. You can also request to share your video and audio once the speaker has finished speaking and the moderator will allow you to ask a question of the speaker in person if you've requested it. You can also use the chat at any time. We're going to ask you to share, not to ask to share your video and audio until after the speaker is finished speaking just so that those little icons don't pop up during their talk. As I said, you can post questions in the chat at anytime and we encourage you to do that.

We've posted a link to an exit survey on the main page chat and that will stay there for the duration of the conference. So at the end of the conference, we encourage you to fill out the survey so that we can hopefully do this again and make it better. Even better the next time. Now before I turn the stage over to our first speaker, I want to thank everyone on the conference organization team, which includes me, of course, I'm Dr. Crease, Associate Dean of Graduate Studies, Travis Francis, who's a PhD student in psychology. Sarah Cahill, experiential learning coordinator in CBS, Shannon Rush, a learning specialist in the Library's Learning Services. Kris Gies, the career advisor in OVC, Kate Cooper, the career advisor in Lang and finally Emmanuelle Arnaud who's the Assistant Dean of Grad Studies in OAC, and an associate professor in the School of Environmental Sciences. I would also like to give a big thank you to all of our speakers who've agreed to participate in this inaugural event. Without our team and our speakers, we wouldn't have this event, so hopefully you can quietly in the background have a round of applause for our speakers and team. Now I'd like to turn the floor over to our Assistant Vice-President of Graduate Studies, Dr. Ben Bradshaw.

[Ben Bradshaw]

Thanks so much. Associate Dean Crease. Delighted to be joining everyone this morning on this beautiful March morning spring morning. Let me start by noting that we offer our gratitude to the lands on which the University of Guelph three campuses reside; the Guelph Ridgetown and Guelph Humber campus are situated on indigenous lands and we acknowledge indigenous ancestors who inhabited these lands for centuries. We recognize that our campuses are located on the lands of the dish with one spoon wampum. We offer respect to the Mississauga's of the Credit. Delaware Nation of Moraviantown, the Six Nations of the

Grand River and the Doors communities of First Nation, Metis peoples who reside in these lands today.

I'm thrilled to see so many of you signing on this morning to our Grad Pathways Skills development conference. Perseverance in a pandemic can never be assumed, so please recognize that what you're doing this morning, and through your completion of your studies is so commendable. I must also acknowledge the determination of today's organizers who Associate Dean Teri Crease just identified earlier. These organizers and others, especially like to identify Dr. Sarah Cahill of CBS, have worked diligently with Associate Dean Crease over the last few years to build up the university's so called Grad Pathways program, which seeks to curate, and promote the various offerings across campus that support graduate students' pursuit of careers within and beyond the Academy. And a lot of that service work is delivered by folks right across campus, including many of today's sponsors. Be it student life, the library, experiential learning, special shout out to the Lang school and its business centre or business Career Development Center. We call the website and the programming associated with it Grad Pathways for two reasons. One, we recognize that there are many paths that you might take upon leaving us and second we hope to be able to support you and your chosen path. while you're with us and even a little bit beyond by offering online learning tools, a community of practice and events like this.

There's so much available in the Grad Pathways website, but let me draw special attention to two items that I'd really like to promote. One is Aurora from Beyond the Professoriate, which is a service that we subscribe to, which has pulled together and filmed and then curated hundreds and hundreds of interviews with former especially PhDs who have made their way into professional work. The point was to focus on the non-academic world and that's the bulk of their programming. But based on demand they have also developed some great interviews with individuals who have moved into the professoriate. So it is not just beyond the professoriate it's within and beyond. So lookout for Aurora. Please see if it meets some of your interests and needs and then let us know because we subscribe annually, and it would be great to know that it's a useful service.

The other thing are the individual development plans, a template for which is available on the Grad Pathways website, which ideally will be completed by all of you, early on in your time with us, in concert with your graduate program coordinator or your supervisor, simply as a means to articulate your career goals and focus on what you need to achieve while you're with us in order to achieve those goals. Again, both could be accessed on the Grad Pathways website. So enough from me. Back over to you, Associate Dean Crease and thank you for this opportunity to join you and I look forward to a great day of programming.

[Teresa Crease]

Thank you very much Dr. Bradshaw, and now I'd like to introduce Sarah Joosee, who's a Wellness at Work coordinator in Human Resources and is dedicated to designing healthier campus communities where everyone can learn and thrive. Sarah completed her Masters of Education and Human Development, Learning and Culture with a specialization in social and emotional learning from the University of British Columbia and her Bachelor of Education from McGill University. She's going to lead us through a mindful exercise before we begin the rest of the conference. When her exercise is complete, click on the sessions icon on the left panel of the conference page to attend the keynote presentation by Ivan Wanis Ruiz. Sarah.

[Sarah Joosee]

Thanks so much. Welcome everyone. We just wanted to take a few moments at the start of your conference this morning to really pause and reflect and just have a mindful moment that hopefully will transport you to a peaceful place. So please I invite you to find a comfortable position in your chair, and if you're comfortable, feel free to just close your eyes or lower your gaze. And for the next few moments, I want you to really focus on calming your mind by focusing on your breathing. So allow your breathing to center and relax you. Breathe in, and out. In out. Continue to breathe slowly and peacefully as you allow the tension to start leaving your body. Continue to breathe slowly, gently, and comfortably, and let the rate of your breathing become gradually slower as your body relaxes.

Now begin to create a picture in your mind of a place where you can completely relax. Imagine what this place needs to be like in order for you to feel calm and relaxed. Start with the physical layout of the place that you're imagining. Where is this peaceful place? You might envision somewhere outdoors or indoors. It may be a small place or a large one. Create an image in your mind of this place. Now picture some more details about your peaceful place. Who is in the place? Are you alone? Or perhaps you're with someone else? Animals, birds.

Imagine who is at your place, whether it's only you or if you have company. Imagine even more detail about your surroundings. Focus now on the relaxing sounds around you in your peaceful place. Now imagine any tastes or smells your place has to offer. Imagine the sensations of touch, including the temperature, any breeze, the surface that you're on. Imagine the details of this calming place in your mind. Focus now on the sights of your place, the colors, the shapes, the objects. Plants, water. All of the beautiful things that make your place enjoyable.

And to add further detail to this relaxing scene, imagine yourself there. What would you be doing in this calming place? Perhaps you're just sitting enjoying this place, relaxing. Maybe you imagine walking around or doing any other variety of activities. Picture yourself in this peaceful place. Imagine a feeling of calm of peace. A place where you have no worries, cares or concerns. A place where you can simply rejuvenate, relax, and enjoy just being.

Enjoy your peaceful place for just a few moments more. Memorize those sights, sounds and sensations around you. Know that you can return to this place in your mind whenever you need a break. You can take a mental vacation to allow yourself to relax and regroup before returning to your regular role. And in these last few moments of relaxation, create a picture in your mind that you will return to the next time you need a quick relaxation break. Picture yourself in your peaceful place. This moment you're imagining now you can picture again the next time you need to relax. And when you're ready to return to your day, file away this imaginary place in your mind, waiting for the next time that you need it.

And I invite you to turn your attention back to the present. Notice your surroundings, your body, your mind returning to their usual level of alertness and wakefulness. And keep this feeling with you of calm from your peaceful place throughout the day and throughout the conference today. And I hope this started your morning in a really peaceful and mindful place ready to kick off a really exciting and great conference. So thanks everyone for having me here today and have a wonderful morning.

[Teresa Crease]

Thank you very much Sarah. So now I see that the session with Ivan Wanis Ruiz has gone live. So if you'd like to attend that session, go ahead and click on the sessions icon and that should take you to his session. So we'll see you all there.

[End of Transcript]