



Welcome!

SELF-CARE SHOW-AND-TELL

Online Session: Self-care show-and-tell

Monday, October 22, 3:00-3:50, CSSW Self-Care Day 2018

With Steven Schinke, D'Elbert and Selma Keenan Professor of Social Work and Senior Director, Online Campus and Matthea Marquart, Director of Administration, Online Campus

In this online session, join us on webcam and mic for an informal Self-care show-and-tell. Bring a photo, object, or web link that represents something you enjoy for self-care, to share with your CSSW Online Campus community colleagues. This could include anything -- examples include a YouTube link to your favorite self-care song, a cameo appearance from your pet, a picture of a favorite view from self-care walks (you can hold up the picture to the webcam or share a link), a link to your favorite podcast, etc. We look forward to learning about each others' self-care activities, and having some informal time to chat with each other. By the end of the session, we hope that you'll have gotten some ideas for your personal self-care toolkit, and we hope that you'll enjoy the chance to get to know your online colleagues outside of class. To warm up, our first volunteers to share will be Steven Schinke and Matthea Marquart, who will facilitate the conversation.

AGENDA (3:00-3:50pm EST)

3:00

Welcome & introduction to the session

3:05

Take turns sharing something we each enjoy for self-care, and asking each other questions

3:45

Wrap up

Logistics

- How much time do we each get to do our showing and telling?
- What ground rules do we need? Might “be kind in the chat” cover it?
- Does everyone know how to turn on webcams & mics?

what would you
like to share?



*thank you
for joining
us!*