

WELCOME TO



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TILT

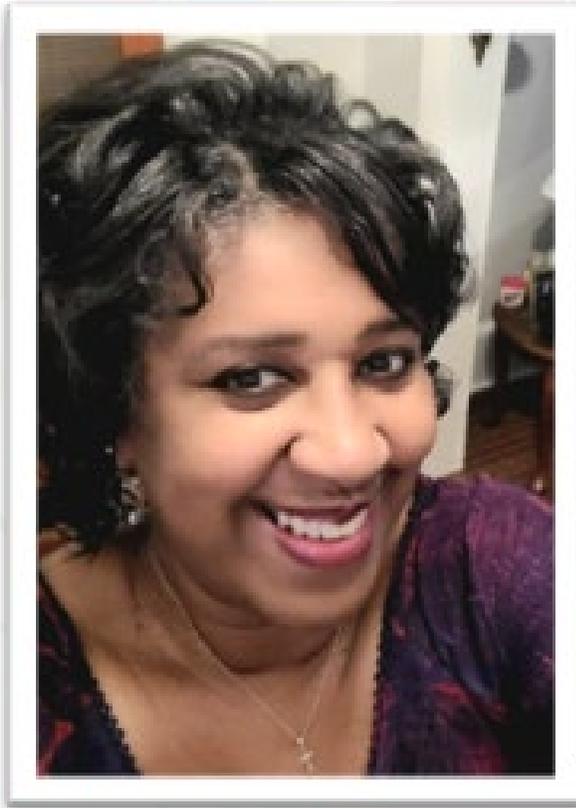
TEACHING & LEARNING TUESDAY

**HOW DO YOU BECOME A BETTER VERSION OF YOURSELF TO PREPARE
STUDENTS TO THRIVE IN THE WORKFORCE OF TOMORROW?**

March 19, 2024

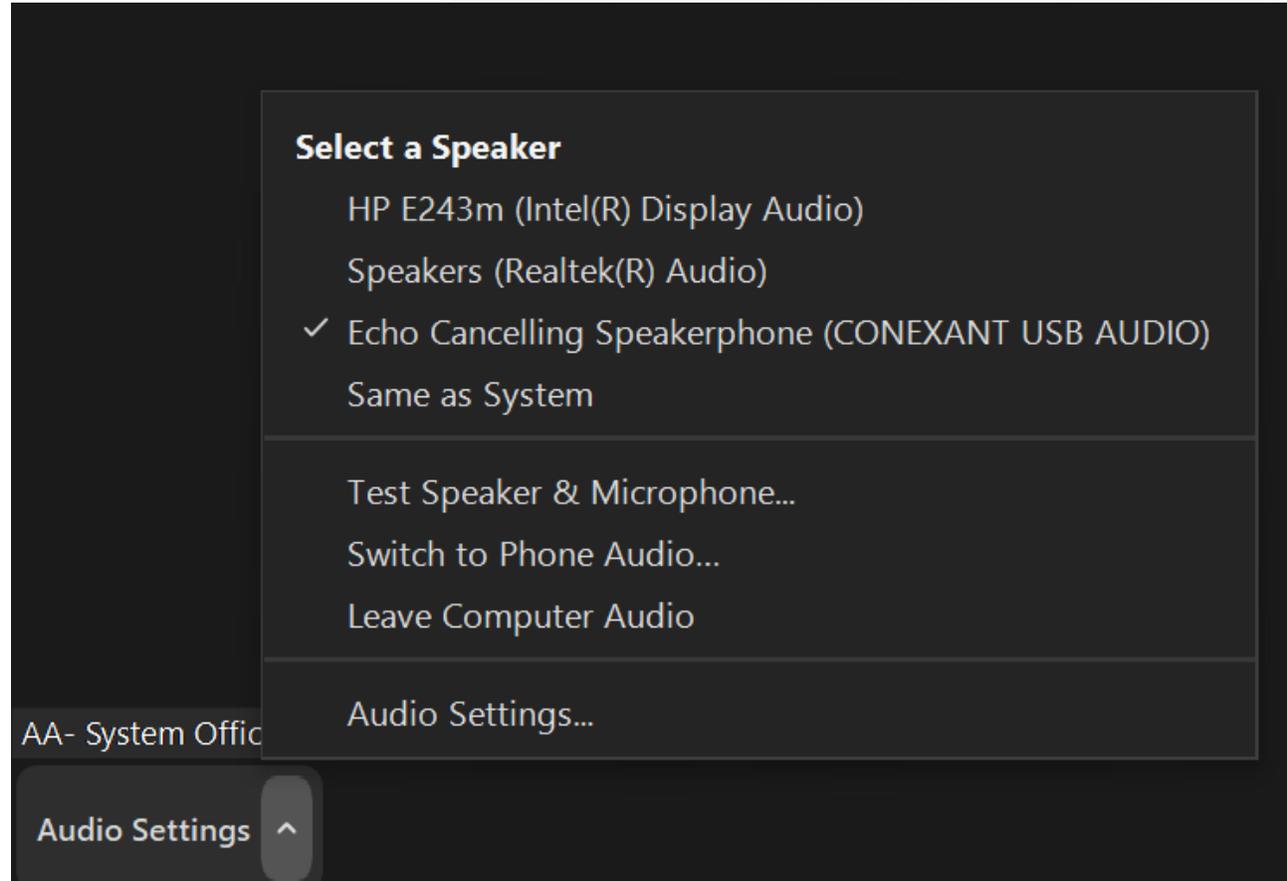
2:30pm

ABOUT THE PRESENTER



LISA TOLAND
Piedmont Technical College

ZOOM WEBINAR

A screenshot of the Zoom application's audio settings menu. The menu is dark-themed and lists several options for selecting a speaker. The selected option is 'Echo Cancelling Speakerphone (CONEXANT USB AUDIO)', indicated by a checkmark. Other options include 'HP E243m (Intel(R) Display Audio)', 'Speakers (Realtek(R) Audio)', 'Same as System', 'Test Speaker & Microphone...', 'Switch to Phone Audio...', 'Leave Computer Audio', and 'Audio Settings...'. The background of the Zoom window shows a blurred view of a person's hands and arms.

Select a Speaker

- HP E243m (Intel(R) Display Audio)
- Speakers (Realtek(R) Audio)
- ✓ Echo Cancelling Speakerphone (CONEXANT USB AUDIO)
- Same as System

Test Speaker & Microphone...

Switch to Phone Audio...

Leave Computer Audio

Audio Settings...

AA- System Office

Audio Settings ^

Zoom Webinar

You are viewing AA- System Office's screen

Contact Us

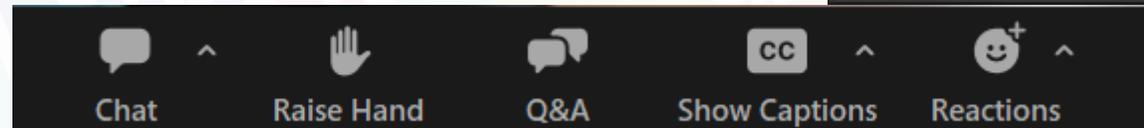
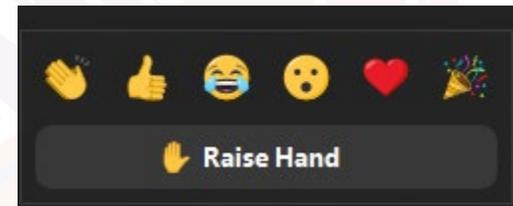
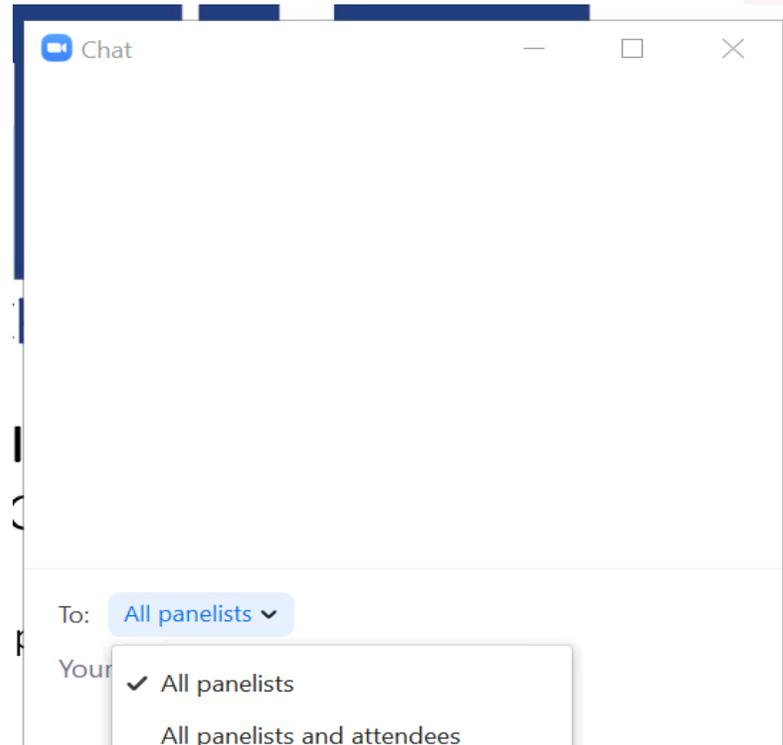


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View Options ▾

- Zoom Ratio Fit to Window > ✓ Fit to Window
- Exit Full Screen 50%
- ✓ Side-by-side mode 100%(Original Size)
- 150%
- 200%
- 300%

ZOOM WEBINAR



How do you become a better version of yourself to prepare students to thrive in the workforce of tomorrow?

Lisa D. Toland, Dean of Off-Campus
Political Science Instructor
Piedmont Technical College



Agenda

- _____● Procrastination
- _____● People Pleasing
- _____● Living In The Past
- _____● Negative Self-Talk
- _____● Ignoring Your Well-Being

PROcrastination

The act of unnecessarily and voluntarily delaying or postponing something despite knowing that there will be negative consequences for doing so.

PROcrastination

Procrastination

- If not today, **then when?**
- Set the example for students –
 - Be prepared!
 - When we can adhere to deadlines, we can better expect students to adhere to deadlines.
- If we are unorganized, late to class, late grading, etc. what standard does that set for students?
- Of course there will be hiccups, but not as many. Good behavior rubs off on others.

Do I really need to do it today?



Establish Good Behavior



TIME
MANAGEMENT



STAY ON TOP OF
YOUR SUBJECT
MATTER.



BE PREPARED FOR
THE UNEXPECTED.
*...the best-laid plans of
mice and men...*



PREPARED LECTURES -
TALKING HEAD v. HEAD TALKING

People Pleasing



If you don't know, you don't know...



Learn to say NO.



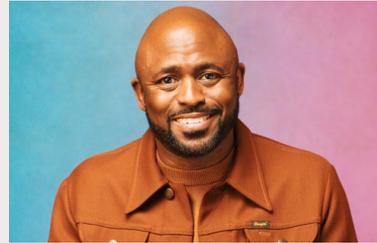
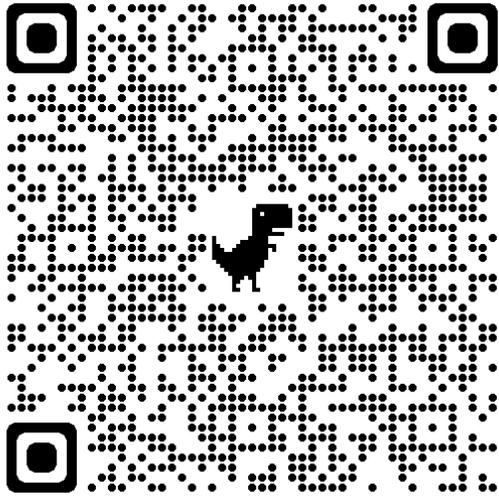
Walk away! Walk away? Walk away...



Take a break!

Perfection? Better? Best!

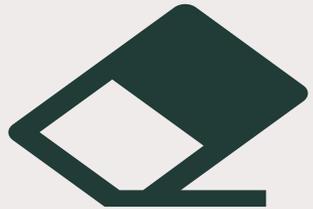




https://insights.viva.office.com/#/PersonalApp/BetterUp/?FocusOn=Episode6&Source=MonthlyDigest_300a8d31-3335-4032-b0f4-21b424cbf5b2

Turning Failure into Something Great

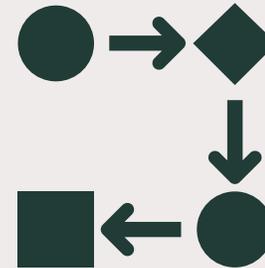
Living in the Past



Past , Present, Future

We cannot erase or dwell in the past,
but we can learn from it.

Learning from the **Past Presents** a
better **Future!**



Recreate or Modify?

NEGATIVE SELF-TALK

"Others are better than me!"

"Not ME!"

"I can't compete!
I will never be at their level!"

"Who, ME??"

"I'm too shy & quiet."

"No way!"

"No one wants my opinion."

"I have no confidence".

"I'm not sure."

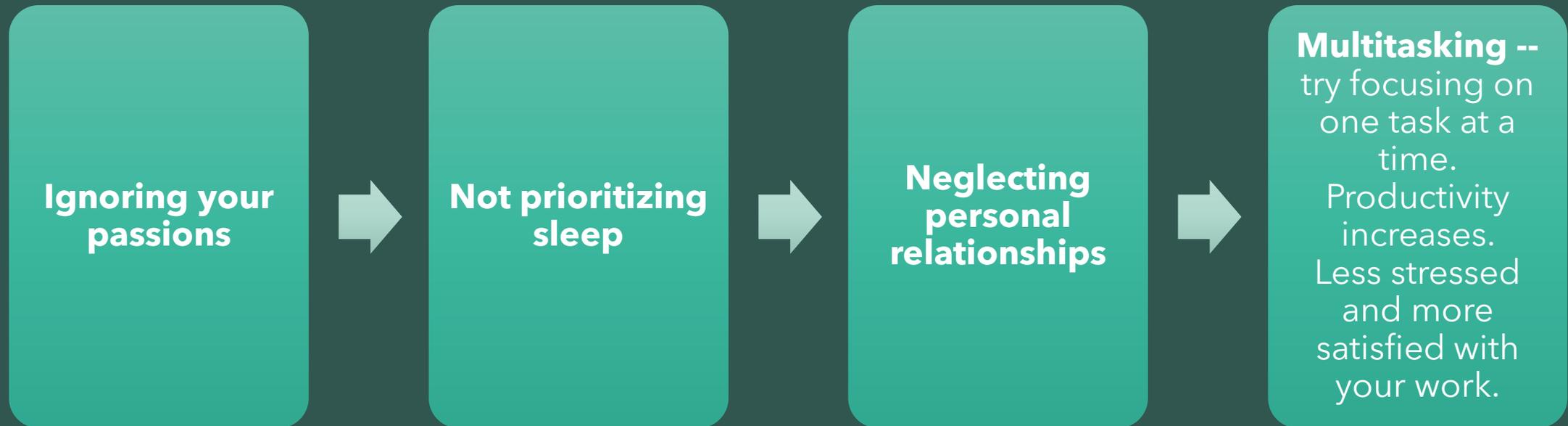
"People won't like me"

"I can't!"

"It's too difficult for me."

I'm not good enough

Ignoring **Your** Well-being



PRIMARY GOAL

Student Success!



**“Focus on being
productive
instead of busy.”**

~ *Tim Ferriss*



Student Success

-Procrastination

-Living in the Past
-People Pleasing

-Negative Self-Talk
-Ignoring Personal Well Being

Thank You for Attending!

- Lisa Toland (toland.L@ptc.edu)



References:

- *BetterUp (n.d.). Episode 6: Bringing out the best in people with Wayne Brady.* Viva Insights. Retrieved January 31, 2024, from <https://insights.viva.office.com/#/PersonalApp/BetterUp/>
- Brown, J. (2024, January 16). *If you really want to become the best version of yourself, ditch these 10 habits.* HackSpirit. <https://hackspirit.com/if-you-really-want-to-become-the-best-version-of-yourself-ditch-these-10-habits/>
- *Empowered and Thriving: Empower Your Journey, Transform Your Life! (2023, July 22). 100 Negative Self Talk Examples to Stop Now.* Retrieved January 31, 2024, from <https://empoweredandthriving.com/negative-self-talk-examples/>
- Ferris, T. (2007). *The 4-Hour Workweek.* (2007). Crown Publishing Group.

2024 TLT SPRING SESSIONS

April 16, 2024 **Blended Learning in a Flipped Classroom: Does It Work in an Allied Health Program?**

Lakeisha Johnson, Florence-Darlington Technical College

May 21, 2024 **Enhance Your Virtual Persona**

Rebecca Ferguson, Greenville Technical College

June 18, 2024 **AI for the Strained Eye: How to Adopt Artificial Intelligence**

Margaret Floyd & Scott Chalupa, Central Carolina Technical College



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