

Bergen Community College
Spring 2017 Day of Development
WORKSHOP PROPOSAL SUBMISSION FORM

Deadline: Friday, March 10, 2017

Addressing issues of equity in education remains our priority at Bergen Community College. This is reflected in our 2017 Spring Day of Development theme: ***Continuing the Campus Conversation: Equity and Wellness to Support Student Success.***

The goal of this semester's workshops is to continue and expand our cross-campus dialogue and shared understanding of equity and student success as related to different dimensions of wellness. The following are the Eight Dimensions of Wellness that we will be focusing on, as described by [SAMHSA](#).

1. Emotional—Coping effectively with life and creating satisfying relationships
2. Environmental—Good health by occupying pleasant, stimulating environments that support well-being
3. Financial—Satisfaction with current and future financial situations
4. Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills
5. Occupational—Personal satisfaction and enrichment from one's work
6. Physical—Recognizing the need for physical activity, healthy foods, and sleep
7. Social—Developing a sense of connection, belonging, and a well-developed support system
8. Spiritual—Expanding a sense of purpose and meaning in life

We invite proposals for afternoon workshops that reflect the theme and the eight dimensions of wellness. We welcome sessions devoted to the occupational wellness of staff and faculty, such as pension and retirement plans or safety in the workplace.

If you have an idea for a workshop and wish to discuss it before submission, feel free to contact Lynda Box (lbox@bergen.edu) or Maureen Ellis-Davis (mellisdavis@bergen.edu).

Send your completed form to by Friday, March 10, 2017:

Lynda Box (lbox@bergen.edu) and Maureen Ellis-Davis (mellisdavis@bergen.edu)

**Please use the space below to provide information about and a brief description of the
50-minute workshop you would like to offer.**

Name: _____ Department: _____

☐ Staff ☐ Faculty ☐ Student ☐ Other (specify): _____

Additional Presenters: _____

Proposed Format: ☐ Single Person ☐ Dual ☐ Group

Title of Workshop: _____

Brief Description of Workshop (will be published in the program): _____

Which of the Eight Dimensions of Wellness does your workshop relate to (see first page for descriptions)?

- ☐ Emotional—Coping effectively with life and creating satisfying relationships
- ☐ Environmental—Good health by occupying pleasant, stimulating environments that support well-being
- ☐ Financial—Satisfaction with current and future financial situations
- ☐ Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills
- ☐ Occupational—Personal satisfaction and enrichment from one's work
- ☐ Physical—Recognizing the need for physical activity, healthy foods, and sleep
- ☐ Social—Developing a sense of connection, belonging, and a well-developed support system
- ☐ Spiritual—Expanding a sense of purpose and meaning in life

Please describe any specific room or equipment (hardware or software) requests you will need for your workshop.

Note: All rooms will be Smart Rooms equipped with a computer and projector, unless otherwise requested.

☐ Large Room/Lecture Hall ☐ Computer Lab

Software or Hardware (specify): _____

Audio Equipment (specify): _____

Other Requests: _____
