

Millersville University

Academic Resilience Speaker Series

**Nov 4th, 2020 at
12pm**



Suzanne Shaffer M.Ed.

Organized for Millersville University students and the community, the Academic Resilience Speaker Series offers a space for students to learn, rewind and be provided with actionable strategies and advice for academic success during these difficult times.

Utilizing Self-Care Strategies: Mindfulness and Dealing with Toxic Stress

Suzanne C. Shaffer is a mindfulness expert. Professionally, she is an instructional designer at the Penn State York campus. She works with faculty on best practices in teaching and learning. Her main area of research is about improving student success and includes topics such as building resilience, mindfulness, and incorporating learning strategies into diverse content areas.



Registration Link https://millersville.zoom.us/webinar/register/WN_pcmhA-ucR9u9Rubjij_aog

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