

PROFESSIONAL DEVELOPMENT COMMITTEE
JANUARY 21, 2026, AT 1:00 PM, DON FISHBOWL & TEAMS
MINUTES

Helena College Mission: Helena College supports our diverse community by providing the paths and tools necessary to assist learners in achieving their educational and career goals.

Professional Development Committee Mission: The Helena College Professional Development Committee distributes allocated funds to support both individual growth and campus-wide initiatives, ensuring the greatest impact for the college's educational, instructional, and professional development goals.

Professional Development Committee Objectives:

1. Allocate professional development funds based on clearly defined criteria to ensure consistent and equitable distribution among applicants.
2. Strengthen campus-wide professional development by offering targeted workshops and training sessions that address the diverse needs of all employees.
3. Enhance the quality of education by supporting faculty, staff, and directors in incorporating current best practices and updated industry standards into their curriculum and operations.

Attendees

- Marika Adamek**, Assistant Registrar
- Beau Howard**, Accounting Associate IV
- Amy Kong**, Director of eLearning & Faculty Development
- Jessie Pate**, Chair, Director of Institutional Research & Effectiveness

- Sevda Raghieb**, Director of Nursing
- Larry Taylor**, Anatomy & Physiology Instructor
- Mary Twardos**, Human Resources Generalist
- Glen Zeigler**, Welding Instructor
- Katelynn Eberhardt**, Guest, Director of Student Wellbeing & Engagement

Pre-Reads and Supplemental Materials in Team Files

- PDC Minutes 20251217
- Support Resources for Supervisors

Agenda

Guest: Katelynn Eberhardt – Discuss ideas for a PD activity about student wellbeing.

- Ideas
 - Mental health is one of main reasons for CARE cases. Student mental health is a big topic across the country
 - Basic needs for students – some students have to choose between rent/food and school
 - Stress, need to build resilience, adaptability
 - Emotions, movement – physical activity
 - Timing if engagement activities – maybe consider times other than mid-terms and finals
 - Sleep and nutrition
 - OCHE is planning mandatory suicide prevention training for employees
 - Hoping to give staff and faculty more tools/skills for talking to students about these topics

- Unsure about timing
- Could also bring QPR trainers onto campus in meantime
- Suicide prevention group with county
 - Mental health first aid – approx 8 hours
 - Carl Rosten spoke recently – lots of stats sharing
- Continued exposure to and opportunity to practice having conversations with students
- How do we build resilience in students?
- What can we do in the classroom and student services to help students with coping/stress management skills
 - ACUE Effective Teaching has some good resources, there is a short course about wellbeing, too
 - Orientation and Freshman Seminar are opportunities
- Plan – 1 hour with three parts (might eliminate part 2 if we cannot find someone) - aim for mid-late March
 - Part 1: About our students (Katelynn) - college health survey scheduled for March, historical survey data also available, CARE/early alert information
 - *Part 2: Guest speaker about identifying and supporting students struggling with mental health – **Katelynn will ask her contacts, would like this person to attend in person***
 - Part 3: Resources and strategies for classroom and student services (Katelynn, maybe Veronica, Kathy)
 - If no part 2 – group discussion
 - **Sevda will reach out to Kathy**
 - **Amy will reach out to Veronica**
 - **Email check in in two weeks**

Approve Minutes

- December 17, 2025 – Marika, Sevda, approved

Budget Update

- Budget: About \$3,000 remaining to allocate.

Debrief Theater Games at HC

- Participants had a lot of fun. Shy participants became engaged. Participants learned more about each other. Generally positive feedback in hallway conversations.
- Rumor has it that some faculty said they weren't sure how they'd use it in the classroom. This did come up in some intros, but it was not promoted as a main goal of the activity.
- Facilitators felt it was a positive experience.
- Positive feedback from Dean Bauman

Offerings for the Year

- ACUE Commons, etc. – do we need to promote?
 - ACUE Commons login link added to PD box on Employee Portal page
 - Reminders in MMM – not too late to sign up, available for everyone – **Amy will submit a reminder to MMM in two weeks**
 - See if/confirm if Kylie can put ACUE activities in Vector (this might already be the plan?)



- Growth Mindset PD activities? (topic recommended by Academics Leadership)
 - Want to develop a growth mindset in faculty and staff
 - **Mary can talk to Karen at OCHE – either if she can present or knows a presenter?**

Resources to Support Supervisors in Approving PD Apps - Tabled

- Support Resources for Supervisors
- Update from Vector about supervisor notifications

Next meeting

- Wednesday, February 18, at 1:00 PM in DON Fishbowl