Session A:  12:30-1:20 PM
These workshops will serve as tools and tips for effective strategies best used for mental health and how to best use them in tutoring practice.

1. Mental Health, Dr. Corey Steele
2. Useful Tools for Tutoring Math in an Online Environment, Dr. Leah Rineck
3. Inclusive Tutoring in Practice, Caitlyn LaMonte

Presentation Title: Mental Health and Healthy Coping In a Time of Political and Social Unrest and an ongoing Global Pandemic

This presentation will identify common concerns that college students face that could impact mental health. The presentation will also detail the ways in which current events (i.e., COVID-19, Social and Political unrest) can increase the level of distress that students experience. Healthy coping strategies and resources will be discussed, including UHS. Finally, the presenter will offer tips for initiating a referral to UHS, as well as a detailing of what to expect from the initial appointments with UHS. Introduced by Dr. Aygul Hoffman, Assistant Dean & Assistant Director of Academic advising and Academic Support.

Zoom Link

Corey Steele is a psychologist and mental health provider with University Health Services (UHS) at UW-Madison. He joined the UW community in 2018 and his professional focus at UHS is working with self-identified students of color. Corey’s other professional interests include group counseling and campus and community outreach.

Dr. Corey Steele

Presentation Title: Useful Tools for Tutoring math in an Online Environment

This session will discuss online math tools for tutors to use to help students during sessions. We will discuss applications of the Desmos and talk about how to use Photomath effectively. Introduced by Chris Moore, Physics Learning Center.

Zoom Link
Dr. Leah Rineck is the Director of the Math Learning Center. She recently finished her PhD in Urban Education with a Math Education emphasis. Her research focus is understanding the whole student and developing effective strategies to help all students succeed. When she is not at work, she enjoys spending time outdoors with her husband, two daughters and new puppy.

Dr. Leah Rineck

Caitlyn LoMonte (she/her/hers) serves as the Program Director for Social Justice Education in the Office of Inclusion Education at the University of Wisconsin-Madison. Caitlyn earned her Bachelor of Arts in Women’s Studies and Bachelor of Science in Advertising from the University of Florida where she was a Machen Florida Opportunity Scholar. She served as an AmeriCorps VISTA at the University of Florida providing resources, support, and outreach to first generation college students and former foster youth in the Gainesville, FL community before moving to Chicago, IL to pursue a Master of Arts in Women’s and Gender Studies from DePaul University. Her work focuses on growing our ability to create social change and move folks from awareness to action. Caitlyn is passionate about self and collective care, transformative justice, and antiracist education.

Caitlyn LoMonte

---

**Presentation Title: Developing Inclusive Practices for Tutors**

What is an inclusive tutoring environment? How do we incorporate socially just practices into our roles as tutors? This session will explore strategies tutors can use to cultivate and sustain inclusive learning environments discuss common challenges and barriers tutors and tutees might experience and learn about campus resources to support their own social justice development. Participants will engage in reflection, small and large group discussion, and develop their own tutor inclusive action plan.

Introduced by Elizabeth Baldridge, Coordinator of Academic Support Services with the Center for the First Year Experience

[Zoom Link]
Session B: 1:30-2:20 PM

1. Empowering Students and Changing the Student Mindset- Dr. Kweku Smith
2. Motivation, Procrastination, and Time-Management- Dr. Alberta M. Gloria, Valerie M. Orozco, and Zoua Lor
3. Experienced Tutor Panel- UW-Madison Peer Tutors

Presentation Title: Empowering Students and Changing the Student Mindset

In this workshop you will learn how tutors can help students reframe negative perspectives and empower their tutees. Tutors will leave the presentation with skills and strategies to use in tutoring sessions to both reframe perspective and motivate students. Introduced by Kohl Trimbell, Tutor and Mentor Coordinator at UW Athletics.

Zoom Link

Dr. Ramel “Kweku” Smith

Dr. Ramel “Kweku” Smith was hired as Senior Psychologist in the Clinical and Sport Psychology Services in September of 2019. In this role he provides individual psychological sessions, team trainings, consulting and educational workshops for staff, coaches and athletes.

Dr. Smith completed his undergraduate studies at the University of Wisconsin-Whitewater and earned his master’s and doctoral degree from the University of Wisconsin-Milwaukee (APA-accredited school). He is a licensed psychologist in the state of Wisconsin and has worked in schools, correctional facilities, military and hospital milieus. He has taught at both the graduate and undergraduate level at multiple universities in the state of Wisconsin.

R. Kweku is an author of multiple books and is a sought out international speaker. He has been featured as a speaker and/or writer on ESPN, CNN, The Milwaukee Journal, Leaders in Sport, The New York Times, and Time.org.

From 2014-2016, he served as the Team Psychologist for the Milwaukee Bucks. He served on the Clinical Advisory team for the National Football League and worked with multiple NFL teams from 2016-2019. In addition, he has worked Nike’s EYBL and served as a consultant for The Sports & Entertainment Group.
Presentation Title: Motivation, Procrastination, and Time-Management

This interactive session addresses the role of culture, context, and self-awareness in taking a multifaceted interaction of motivation, procrastination, and time management. This presentation will pose self-reflective questions to deepen an understanding of concepts, suggest practical applications to integrate the expanse of roles and responsibilities, and embed whole student processes to expand notions of success. These processes will support student’s overall learning and wellness. Introduced by Dr. Leah Rineck, Director of Math Learning Center.

Zoom Link

Zoua Lor is a third-year doctoral student in the Department of Counseling Psychology. Her research broadly focuses on the clinical applications of cultural psychology and the intersection of well-being, cultural identity, and student development. Zoua is a member of Dr. Mindi N. Thompson’s Work and Wellness Lab and is also involved in several projects regarding collegiate and mental health outcomes. She’s currently the Lead TA for Coun Psy 115: Academic Enhancement Seminar.

Valerie Orozco is a first-year master’s student in the Department of Counseling Psychology. Her research interests include investigating strength-based strategies used by women of color who have experienced intimate partner violence. Through her research, she hopes to contribute to this important line of inquiry, while also being an advocate for equitable and culturally competent support systems needed by survivors of intimate partner violence. She is a TA for Coun Psy 115: Academic Enhancement Seminar.

Dr. Alberta M. Gloria is a Professor in the Department of Counseling Psychology and an affiliate faculty in the Chican@ Latin@ Studies Program at the University of Wisconsin-Madison. Her scholarship focuses on the educational processes and influencing factors of academic adjustment, wellness, and persistence processes for historically underrepresented and underserved students in higher education. She takes a “whole” student approach to address the intersections of self-beliefs, social connections and relationships, and cultural values and processes to address dimensionalized educational successes.
Presentation Title: Experience Tutor Panel
In this session tutors will be learning from or hearing from peer tutors across campus in various disciplines.
Facilitated by Kathy Prem, Director of Undergraduate Learning Center.

Zoom Link

Elizabeth Baldridge, Center for the First-Year Experience
Amihan Huesmann, Physics Learning Center
Dr. Aygul Hoffman, Center for Academic Excellence
Anthony Jacob, Chemistry Learning Center
Laura Juszczyk, Statistics Department
Africa Lozano-Yarl, Academic Coaching and Tutoring Services-DDEEA
Chris Moore, Physics Learning Center
Dr. Susan Nossal, Physics Learning Center
Kathy Prem, Undergraduate Learning Center
Dr. Leah Rineck-Math Learning Center
Scott Seyforth, University Housing
Justin Sukiennik, Math Department
Kohl Trimbell-UW Athletics
Bob Wiedenhoeft, Center for Academic Excellence