

# Conference

Monday, Oct. 11

**12:00 a.m. – 5:30 p.m.**

**General Registration**

**Grand Promenade**

**Lunch on Your Own**

**1:30 – 2:15 p.m.**

**Opening Session**

**York/Stratford Ballroom**



## Opening Session

**Welcome: Don Finn, VAACE President**

**Clare Klunk, AAACE President-elect**

**Alveta Green, Norfolk Councilwoman**

Alveta V. Green was unanimously appointed by the Norfolk City Council on July 8, 2010 to fill the vacant Ward 7 seat. She is a member of the Health and Human Development Committee of the Council, and serves on a number of additional task forces.

Ms. Green is a native of Norfolk and a graduate of Booker T. Washington High School. She holds a B. S. degree from Virginia State University. She is a retired Norfolk Public Schools early childhood teacher and freelance writer. Several of her works have been published nationally and internationally. Her children's book *Story Fest* is a collection of stories she wrote and illustrated.

Mrs. Green was a member of the Norfolk School Board for seven years. During her tenure she was vice chair of the Southampton Cooperative Educational Programs' Regional School Board and vice chair of the Governor's School for the Arts' Regional School Board. She served on the Board of Directors of the Virginia School Board Association. Currently she is a member of Virginia State University's Alumni Board of Directors.

Her numerous awards include the Virginia Education Association's Mary Hatwood Futrell Award, Virginia General Assembly Joint Resolution #44, Virginia State University's Alumnus of the Year, the NAFEO Award and the Virginia All School Board Member Award from the Virginia School Board Association. The Chapter President of the Year Award was awarded her by Virginia State University Alumni Association for 2010.

**2:30 p.m. – 5:20 p.m.**

**Registration Continues**

**Grand Promenade**

## **Workshop Sessions**

**2:30 p.m. – 3:20 p.m.**

***American Association of Adult and Continuing Education (AAACE):  
What's in it for me?***

**Montpelier**

**Dr. Clare Klunk, President-Elect, American Association for Adult and Continuing Education  
Hanover, PA**

Participate in an interactive dialogue focusing on the role of associations for the professional development of educators using the American Association of Adult and Continuing Education as an example. Topics addressed will be based on the interests of the attendees. Possible topics include purpose of professional associations, who attends, mission, values, vision, conferences, journals, publications, or what skills and knowledge will I gain from membership.

***Portaportals! What they are and why you'll love them!***

**Riverview**

**Holly Dilatush, ESOL Instructor and Consultant  
Charlottesville, VA**

Portaportals. Portable "portals" (not portapotties). Technology's exponential growth brings a multitude of website links (URLs) that we may want to explore, use, and share. Portaportals are the simplest way I have found to "bookmark" or "tag" links in an organized, free, portable (accessible from any computer) fashion. Create small or huge collections; share one link with students/colleagues. Each time you add to your administrator's portaportal, their portaportals are always automatically updated. Magic! Learn how.

***Improving Decoding Skills in Adults at and Above G4***

**Greenway**

**Jocelyn Kendall and Debbie Hill, Instructional Specialists  
Fairfax, VA**

Systematic phonemic awareness training and word analysis instruction are two important parts of comprehensive reading instruction. Word sorts are an easy-to-implement, engaging way for learners to gain phonemic awareness and word analysis skills. Come learn strategies for implementing word sorts with ABE learners and leave with 20 different word sorts to implement immediately in your classes.

***Tai Chi for Beginners***

**Claremont**

**Meghan Bryant, Tai Chi Instructor  
Richmond, VA**

In order to take care of others, we need to start with ourselves. Tai chi has also been found to be helpful in reducing stress. Learn the first few of the most known steps of tai chi around the world from Yang Style. The slow and agile stepping is designed to improve mobility, breathing, and relaxation. Tai Chi is known to foster a calm and tranquil mind by focusing on the precise execution of the movements. Coordination and balance is often enhanced as well, without deep bending or squatting, making it easier and more comfortable to learn.

**2:30 p.m. – 5:05 p.m.**

***Decision Points for Building Career Pathways***

**Brandon A&B**

**Lennox McLendon**

**National Adult Education Professional Development Consortium, Inc.**

**Washington, DC**

Current reading research identifies four components of reading: alphabets, fluency, vocabulary, and comprehension. For students reading at a third grade level and above, reading instruction will emphasize the last three components. In this hands-on workshop, participants will see how *Endeavor*, a new series from New Readers Press, delivers exciting reading instruction in fluency, vocabulary development, and reading comprehension skills and strategies.

**Workshop Sessions**

**3:35 p.m. – 5:05 p.m.**

***Teacher Assess Thyself***

**Montpelier**

**Sadie C. Hawthorne, Director of Educational Services**

**Virginia Department for Behavioral Rehabilitation**

**Burkeville, VA**

As teachers, we are used to administering assessments. This workshop, however, will focus on assessments of you. We will complete assessments for personality styles, multiple intelligences and learning styles. We will discuss assessments of students and practical applications of the assessment results. By having a clearer picture of yourself and your students, you can become more effective in the classroom and life.

***Skype: Learning Curves, Swells, Soars with Skype***

**Riverview**

**Holly Dilatush, ESOL Instructor and Consultant**

**Charlottesville, VA**

The presenter has facilitated over 400 Skype classes – from one-to-one video classes using webcam and screen sharing (free on Skype), to larger groups using audio only. Skype is free, is much simpler to learn, use, and manage than other more intimidating tools. More meaningful, more effective than Email, telephones – for professional development, for use with your GED or ESOL students. Spelling chats. Transcription chats. Essay brainstorming chats. Special topic chats. Transferable skills. Come learn, come share.

***ACEC Top 10 Math Buster: Soaring over the 400 Mark***

**Eppington**

**Mary Dumont, Fast Track and Math Instructor**

**Nadara Kingery, Instructor and Technology Coordinator**

**ACEC**

**Danville, VA**

Do you have trouble getting students over 400 points in math? Do you have a “400 club” in your organization? If so, ACEC’s math busters may help. The ACEC Top 10 Math Buster Notebook, materials, and strategies will be discussed in this session and copies of the notebook will be available to participants for purchase for \$5.00.

*From Shadows of Silence: Encouraging ELLs to Social Confidence*  
**Tanya Conover and Debby Cargill**  
**Prince William County Public Schools**  
**Manassas, VA**

**Greenway**

While empowering students with English skills that prepare them for the world of business, education, and technology, do we also equip learners with skills to explore and express new “English identities”? The presenters examine instructional approaches that promote language acquisition as well as encourage learners to explore identities, share reflective voices, and actively participate in local and global English communities.

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## **Evening Dinner Cruise on the Spirit of Norfolk**

- 6:00-6:30**                      **Boarding (on the dock past the Waterside complex)**
- 6:30-8:30**                      **Dinner Cruise** *(Please note: the cruise departs promptly at 6:30)*

**Thanks to the generous sponsorship of:**



# Conference

## Tuesday, Oct. 12

8:00 a.m. – 9:00 a.m.	Breakfast	York/Stratford Ballroom
8:00 a.m. – 5:30p.m.	Conference Registration	Grand Promenade

### Workshop Sessions

9:00 a.m. – 10:30 a.m.

***Using NRS data for classroom planning*** **Claremont**  
**Jim Andre', Data Management and ABE Specialist**  
**Virginia Department of Education, OAEL**  
**Richmond, VA**

In this workshop, participants will examine the types of data that are available through the state data system and their uses for classroom planning and program improvement.

***Climbing out of the Box on GED: Merging Pedagogy, Andragogy, & the Situational Leadership Concept to Maximize GED Success*** **Montpelier**  
**Mr. Verrano A. Fenwick, President, Fenwick Adult Education Services**  
**Norfolk, VA**

To improve the effectiveness of delivering General Education Development (GED) Instruction to an adult population of broad demographic characteristics and 'real' grade-level accomplishment the teacher must be flexible, and think out-of-the box. This session offers solutions to the difficulty of engaging adults in overcoming the challenges of successfully completing the requirements of GED to accomplish certification.

***Virginia Department of Education,*** **Brandon A&B**  
***Office of Adult Education and Literacy Update***  
**Randall Stamper, Director, Office of Adult Education and Literacy, Richmond, VA**  
**Bette Sneed, Prince William Regional Adult Education Program Manager, Manassas, VA**

This session is designed for the VAACE Program Managers' Interest Section members to meet with Randy Stamper, Director, Office of Adult Education and Literacy, as he provides an update from the Virginia Department of Education. A question and answer period will follow.

**9:00 a.m. – 12:15 p.m.**

***Reflective Practice for Program Managers and Instructors***

**Riverview**

**Rebecca Spurlock, Curriculum Developer/Trainer**

**Dolly Whelan, Curriculum Developer/Trainer**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

What is reflective practice? How can becoming a reflective practitioner help you personally, help your students and help your program? This 3 hour interactive session, which will satisfy the self-selected workshop requirement for the Virginia Adult Education Certification Program (VAECP), will offer program managers and instructors the opportunity to consider reflective practice as a tool for continuous improvement of their program and their practice.

***Virginia Adult Educator Certification Program, ABE/GED Level 1, Session1***

**Eppington**

**Christine Hicks, Regional Specialist & GED Chief Examiner, Mount Rogers AE**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

***\*pre-registration through VALRC is required***

This six-hour workshop is the first step in completing **Level One** of Virginia's ABE/GED Instructor certification Program. The trainings that make up the Virginia Adult Educator Certification Program are designed to be immediately practical for classroom instructors and to provide the standard platform of knowledge and skills that is needed as our field continues to become more professional, more accountable, and more focused on helping adults achieve their educational goals.

***Virginia Adult Educator Certification Program, ABE/GED Level 2, Session1***

**Greenway**

**Kristin Hott, ABE/GED Instructor, Richmond City Schools**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

***\*pre-registration through VALRC is required***

This six-hour workshop is the first training in **Level Two** of Virginia's ABE/GED Instructor Certification Program. The trainings that make up the Virginia Adult Educator Certification Program are designed to be immediately practical for classroom instructors and to provide the standard platform of knowledge and skills that is needed as our field continues to become more professional, more accountable, and more focused on helping adults achieve their educational goals.

**Workshop Sessions**

**10:45 a.m. – 12:15 p.m.**

***GED Update***

**Claremont**

**Debbie Bergtholdt, State GED Administrator**

**Virginia Department of Education, OAEL**

**Richmond, VA**

So, now that the GED test isn't changing in 2012, what is the plan? Join Debbie Bergtholdt, State GED Administrator, as she discusses what is known about the new series. She will share information about the computer based test pilot Virginia is participating in as well as an accommodated computer based testing pilot. Testing trends and outcomes will also be discussed and there will be time to ask questions.

***Moving the Field Forward with COABE***  
**Andrew Tyskiewicz, President,**  
**Commission on Adult Basic Education**  
**Hartford, CT**

**Montpelier**

Join the national president of COABE, Andy Tyskiewicz, for a discussion on how state associations and local members can partner with the national association on initiatives to continue to move the field forward.

***Writing a 500+ Essay***

**Westover**

**Patricia Wyche Post, Adult Education Teacher**  
**Licensed Education Therapist, NILD - National Institute for Learning Development**  
**Norfolk, VA**

Based on the book, *Thinking in Threes*, by Brian Backman, the purpose of this presentation is to provide participants with immediately applicable, easy-to-remember strategies that will enable students to hurdle over those mediocre essays - scoring 2's - to scoring solid 3's and beyond.

***Moving Forward: Partnering With Your Community College***

**Brandon A&B**

**Bette Sneed, Prince William Regional Adult Education Program Manager**  
**Betsy Mathias, Rappahannock Area Regional Adult Education Program Manager**

In today's workforce environment, it is essential for adult educators to build strong relationships with local community colleges. This session will present the benefits, strategies, and tools necessary to support this collaborative partnership.

**Luncheon & Keynote Address**  
***Providence/Poplar Hall Ballroom***

**12:15-2:00**



Dr. Lennox McLendon

**Workshop Sessions**

**2:15 p.m. – 3:15 p.m.**

***VENDOR WORKSHOP***

**Brandon B**

***Education and Work Skills: Transitioning beyond Advanced ESL***  
**Eve Walker, ESL Specialist**  
**Cambridge University Press**  
**Atlanta, GA**

How can we provide our Adult ESL students with the skills they need to be successful in future education and work upon exiting ESL? In this session, we will look at how to incorporate note taking, organizational, writing, critical listening, reading and thinking skills throughout the curriculum. As students move to higher levels, these skills and strategies will be recycled thus creating independent learners. Students will then be prepared to face future educational or workplace goals.

**VENDOR WORKSHOP**

**Westover**

***Aztec Software: What's New and Tips for Implementation***

**Jennifer Coplin, Learning Consultant,**

**Aztec Software**

**Oxford, NC**

See the newly edited Learning Essentials Series which also features several new lessons for lower level learners. Additional reporting features for distance learning have been added to the Admin. System. See what is new and join the discussion of best practices. All are invited!

**VENDOR WORKSHOP**

**Claremont**

***University & School Division Cohort Models That Serve***

**Tambre McClenny, Admissions Counselor**

**Regent University School of Education**

**Virginia Beach, VA**

In this session the School of Education at Regent University will present collaboration and partnership models that particularly revolve around cohort development to meet the needs of adult education practitioners.

**VENDOR WORKSHOP**

**Montpelier**

***VALRC's New & Notable***

**Hillary Major, Publications and Communications Specialist**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

The Resource Center provides adult educators with a wealth of free resources and professional development opportunities. Come learn what's new -- and be reminded of our oldies but goodies.

***Training and Development Issues of the Multi-generational Workforce***

**Brandon A**

**Marilyn Wesner, Ed.D. Assistant Professor**

**Tammy Miller Senior Education Specialist**

**The George Washington University**

**Newport News, VA**

Generational differences in the workplace can create major challenges for educators involved in the training and development of employees. Based on current research and practice, issues surrounding the multi-generational workforce will be identified and options for training and development will be offered.

**2:15 p.m. – 4:35 p.m.**

***Decision Points for Building Career Pathways***

**Riverway**

**Lennox McLendon**

**National Adult Education Professional Development Consortium, Inc.**

**Washington, DC**

Current reading research identifies four components of reading: alphabets, fluency, vocabulary, and comprehension. For students reading at a third grade level and above, reading instruction will emphasize the last three components. In this hands-on workshop, participants will see how *Endeavor*, a new series from New Readers Press, delivers exciting reading instruction in fluency, vocabulary development, and reading comprehension skills and strategies.

**3:45 p.m. – 4:35 p.m.**

**VENDOR WORKSHOP**

**Greenway**

***Future: English for 21st Century Results***

**Judie Plumb, National Consultant**

**Pearson Longman**

**Lawrenceville, GA**

In Framework for 21st Century Learning, Partnership for 21st Century Skills explains....

“Today’s life and work environments require (students have) far more than thinking skills and content knowledge.....to navigate the complex life and work environments in the globally competitive information age.” Discover how Future: English for Results empowers learners with the skills they need to function effectively in the 21st Century. Problem solving, critical thinking, collaboration and communication, and goal setting skills will be highlighted.

**VENDOR WORKSHOP**

**Westover**

***Houghton Mifflin Harcourt Update***

**Gary Ruben, Sales Representative**

**Houghton Mifflin Harcourt**

**Charlotte, NC**

Join this session to see the latest and greatest offerings for adult learners from Houghton Mifflin Harcourt Publishers.

**VENDOR WORKSHOP**

**Montpelier**

***VALRC's ERO, and Blackboard Systems***

**Lauren Ellington, Online Training Specialist and Learning Disabilities Specialist**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

Come to this session to learn more about the ins and outs of using the Resource Center's new online registration, evaluation, and reporting system, ERO, and Blackboard. You will have an opportunity to ask specific questions about how to use these two systems and how they work together to provide you with professional development opportunities.

***Virginia Department of Education,***

**Brandon A&B**

***Office of Adult Education and Literacy Update***

**Randall Stamper, Director, Office of Adult Education and Literacy, Richmond, VA**

**Bette Sneed, Prince William Regional Adult Education Program Manager, Manassas, VA**

This session is designed for the VAACE Program Managers’ Interest Section members to meet with Randy Stamper, Director, Office of Adult Education and Literacy, as he provides an update from the Virginia Department of Education. A question and answer period will follow. (NOTE: This is a repeat of the morning session)

***Find the Potholes***

**Eppington**

**Bradley Olufs, Director Adult Education and Workforce**

**Wonderlic, Inc.**

**Libertyville, IL**

Assessment is the cornerstone of objective measurement and performance success. Once students are tested, understanding test results is critical to ensure they receive appropriate services with targeted

instruction to optimize success. This session will cover proper assessment administration and how to use the results for both the individual student and program improvement. The General Assessment of Instructional Needs (GAIN) assessment will be showcased as an example of confidently obtaining the diagnostics needed to help learners quickly fill their individual skill gaps and measure program effectiveness.

***Get Up and Get Learning***

**Claremont**

**Nancy Ball, ESOL teacher**

**Rappahannock Area Regional Adult Education (RARAE)**

**Fredericksburg, VA**

Getting students out of their seats and interacting can help motivate and engage them. In this workshop you'll learn ways to integrate “on your feet” activities in your lessons and help your students practice speaking, listening, reading and writing skills. Many active learning techniques will be discussed and demonstrated. You'll learn games you can take back to your classroom including different variations of dictation relays, flyswatter races, conversation lines, guessing games, ball toss and more.

**4:45 p.m. – 5:30 p.m.**

**VAACE Interest Section & Special Committee Meetings**

Learn about the VAACE Interest Sections and Special Committees. These meetings are for teachers, administrators, and partners to discuss current and future trends in adult education. Attendees will have opportunities to discuss trends in Adult Education and to weigh in on how VAACE can best address these trends and reach out to the field.

<b>Eppington</b>	<b>Greenway</b>	<b>Montpelier</b>	<b>Brandon A</b>	<b>Brandon B</b>	<b>Riverview</b>
PSLA	ESOL	Workforce & Con't Ed	Program Managers	Legislation	Conference 2012

**5:30**

**Dinner on Your Own**

**Please Visit the [Norfolk Information Table](#) for a list of restaurants and special offers for VAACE Conference Attendees!**

# Conference

Wednesday, Oct. 13

<b>7:30 a.m. – 8:30 a.m.</b>	<b>Continental Breakfast</b>	<b>Grand Promenade</b>
<b>8:00 a.m. – 8:30 a.m.</b>	<b>VAACE Business Meeting</b>	<b>York/Stratford Ballroom</b>

## Workshop Sessions

**8:45 a.m. – 9:35 a.m.**

### ***Technologies and Tips for Transition***

**Riverview**

**Kit Bieschke-Baker Adult and High School GED Instructor  
Bristol, TN**

How can we encourage and assist our adult GED and high school graduates in that difficult transition to college, employment, and other post-secondary opportunities? This session will examine successful strategies, software, and websites to use. Topics will include strategies for increasing their EFL (Educational Functioning Level), websites for career counseling and guidance, and software for improving their technology skills.

### ***Teaching Reading in a Second Language***

**Montpelier**

**Judie Plumb, National Consultant  
Pearson Longman  
Lawrenceville, GA**

Effective reading is essential for success in acquiring a second language. Reading is the basis of instruction in all aspects of language learning therefore, reading instruction is an essential component of every second-language curriculum. In this session the attendee will gain important facts about reading, literacy, and teaching methods that are essential for providing effective instruction in reading and participate in hands-on activities using Pearson's Reading Power series.

### ***Developing Writing Skills in the ESOL Classroom***

**Westover**

**Brooke Hammond Perez, Education Services Manager  
Danielle Tillilie, Education Services Group  
Hogar Immigrant Services  
Falls Church, VA**

Do you face challenges when teaching English language learners how to write? Do you ever ask how much you should correct English language learners' writing? If so, this workshop may help. Come learn about the importance of writing in the ESOL classroom and how and when to best correct writing. Also, come participate in hands-on writing activities and games to learn new ideas to utilize in your own ESOL classroom!

## Workshop Sessions

8:45 a.m. – 10:35 a.m.

***Preparing Adult Language Learners for the Workforce:***

**Brandon A&B**

***Models and Resources***

**Lynda Terrill Adult ESL Consultant**

**Literacy Information and Communication System (LINCS)**

**Charlottesville, Virginia** This presentation addresses workforce-focused instruction in three venues – workplace, vocational classes, and adult English-as-a-second-language (ESL) classes. Topics include essential components, promising practices, strengths and challenges of each program, LINCS resources and issues facing the field. Participants have networking and program planning opportunities.

***Solutions for Mathematically Challenged Learners***

**Claremont**

**Dr. Rochelle Kenyon, Consultant & Trainer**

**Literacy Information and Communication System (LINCS)**

**Rockledge, Florida**

During this hands-on session, teachers learn how to individualize math instruction for students based on needs, learning styles, and possible learning disabilities by using manipulatives. Practical strategies and demonstrations address areas that are difficult for math-challenged learners.

***Virginia Adult Educator Certification Program, ABE/GED Level 1, Session1***

**Eppington**

**Christine Hicks, Regional Specialist & GED Chief Examiner, Mount Rogers AE**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

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***\*\*continued from Tuesday***

This six-hour workshop is the first step in completing **Level One** of Virginia's ABE/GED Instructor certification Program. The trainings that make up the Virginia Adult Educator Certification Program are designed to be immediately practical for classroom instructors and to provide the standard platform of knowledge and skills that is needed as our field continues to become more professional, more accountable, and more focused on helping adults achieve their educational goals.

***Virginia Adult Educator Certification Program, ABE/GED Level 2, Session1***

**Greenway**

**Kristin Hott, ABE/GED Instructor, Richmond City Schools**

**Virginia Adult Learning Resource Center**

**Richmond, VA**

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***\*\*continued from Tuesday***

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## Workshop Sessions

9:45 a.m. – 10:35 a.m.

### *Find the Potholes*

Montpelier

**Bradley Olufs, Director Adult Education and Workforce**

**Wonderlic, Inc.**

**Libertyville, IL**

Assessment is the cornerstone of objective measurement and performance success. Once students are tested, understanding test results is critical to ensure they receive appropriate services with targeted instruction to optimize success. This session will cover proper assessment administration and how to use the results for both the individual student and program improvement. The General Assessment of Instructional Needs (GAIN) assessment will be showcased as an example of confidently obtaining the diagnostics needed to help learners quickly fill their individual skill gaps and measure program effectiveness.

### *The Virginia Education Wizard: Planning for Success*

Riverview

**Lori Dwyer, Project Coordinator**

**Virginia Community College System**

**Richmond, VA**

The Virginia Education Wizard is a free, online career and college resource that brings together comprehensive and individually tailored information on the breadth of career and educational options to all Virginians by delivering quality information in areas concerning careers, preparing for college, paying for college, and college admission. During this demonstration, session participants will learn how the Wizard can assist your clients and students find important resources as they plan for their education and careers.

## Workshop Sessions

11:00 a.m. – 12:30 p.m.

### *ESOL to GED: Strategies for Transitions*

Brandon A&B

**Kate Daly, Instructional Specialist**

**Virginia Adult Learning Resource**

**Richmond, VA**

Many of our English language learners who do well in ESOL courses have a difficult time succeeding in GED-level classes. This workshop will focus on techniques, strategies, and best practices for helping these learners make the transition from ESOL to GED courses.

### *Integrating Reentry Activities in the Adult Classroom*

Greenway

**Teresa Birckhead, Instructor**

**Virginia Department of Correctional Education**

**Richmond, VA**

Adults with criminal histories seeking their GED often need life skills they missed while being incarcerated. This workshop will offer creative classroom activities that intertwine GED practice with real life skills. These activities would be beneficial for any adult going back to school who is seeking financial, health and social success.

***Strategies for Passing the GED Mathematics Test***

**Claremont**

**Caren Van Slyke, Educator and Author**

**Learning Unlimited**

**Oak Park, IL**

To pass the GED mathematics test, students need to develop problem solving and mathematics reasoning skills. We will analyze sample GED questions, discuss students' diverse learning styles, and practice using a range of activities from each of the four content areas: Number and Operations, Data Analysis, Measurement and Geometry, and Algebra Patterns and Functions. We will look at other resources that can be utilized for GED Math success and share successful classroom strategies.

***Tried and True Technology***

**Riverview**

**Nancy Ball, ESOL teacher**

**Rappahannock Area Regional Adult Education (RARAE)**

**Fredericksburg, VA**

Use technology to power up your students' learning. This workshop will cover a variety of tech possibilities such as interactive games, YouTube music videos, and movie clips. Participants will see how a laptop, projector and a set of speakers can be used to improve speaking, listening, reading and writing skills. Try a lesson on an iPod. Come away with a list of online resources and easy ways to help students increase their learning through technology.

***Tai Chi for Busy People***

**Merrimac**

**Meghan Bryant, Tai Chi Instructor**

**Richmond, VA**

Want to learn how just taking 5 minutes outs can recharge you? Meghan Bryant, a tai chi for health instructor, will help guide you through steps of this ancient martial art form that has been studied and found to bring results in 5, 15, and 30 min stretches. The slow and agile stepping moves are designed to be done anywhere, including seated, so that you don't even have to take time to change clothes.

**12:45-2:30**

**VAACE Awards Luncheon and Conference Closing**

***Providence/Poplar Hall Ballroom***