Pedometers and Pedagogy

I am pleased to announce that Faculty Teaching and Learning Center has launched the **Pedometers and Pedagogy** program.

The new school year is here! We all know that getting outdoors and exercising are good for both our bodies and our brains, but we also know how hard it can be to get away from the desk to take that walk or even just to stretch and breathe deeply!

The Faculty Teaching and Learning Center is now offering you an excuse to get outside and walk while talking about teaching. We will meet in front of the WSL Library every Wednesday and Friday at 10:00 a.m. (Starting on Wednesday, January 7th, ending on Friday, March 13th) for a 30-minute walk around campus that provides an opportunity to share teaching ideas and talk about teaching challenges. Charlene Hu will be your "walk and talk" leader. You can bring a teaching question with you or we will provide topics for discussion as we walk.

If you are interested, we will provide a pedometer for you to use. Please RSVP by emailing Chris Shiery at tlc@csub.edu or calling ext. 2084.

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**Winter Quarter Days: Wednesday and Fridays!**

10:00 – 10:30am