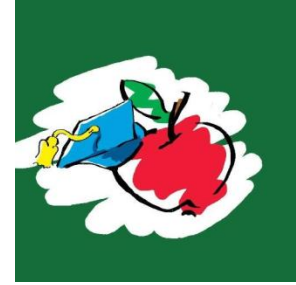


**Education Undergraduate Society**

University of Lethbridge, TH368A  
4401 University Drive West  
Lethbridge, AB T1K 3M4  
403-329-2442



December 20, 2014

To Whom It May Concern:

The Education Undergraduate Society arranges and provides Professional Development workshops for education students at the University of Lethbridge. **This letter is written at the request of Stephanie Van Dewark who attended the following seminars during the months of September through December of 2014:**

**Videos in the Classroom** – She learned that videos are a great opening or closing activity, that you can use features in YouTube such as playlists to create a list of videos for access by your students, and that teachers and students can post videos on YouTube to showcase their learning.

**Mental Health First Aid** – She learned that empathy, not sympathy, is the most important factor when helping someone with depression. You have to relate to them, and support what they are feeling. She also learned that aspects of a good listener include: body language focused on the person but relaxed, empathetic responses (a nod, questions, supportive comments), and positive tone.

**New Technology Framework in Alberta Education** – She learned that the new education framework for AB is highly centered on technology and successful integration in the classroom, and that the ATA provides support for this new initiative through online resources and PD sessions.

If you have any questions or comments, please do not hesitate to contact me at [edu.eus@uleth.ca](mailto:edu.eus@uleth.ca) or at (403) 329-2442.

Sincerely,

A handwritten signature in black ink that reads "Meagan Fullerton-Lee". The signature is written in a cursive style.

Meagan Fullerton-Lee  
Director of Professional Development  
Education Undergraduate Society  
University of Lethbridge