

# FROM THE VC'S SHELF PODCAST



Join us for a new podcast series as we sit down with TBR faculty, staff, and research partners to explore themes from the book ***Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*** by James Clear.

This **6-part** mini-series will provide listeners with an opportunity to learn more about the work we are doing across the TBR System to support student success through high impact practices, healthy learning mindsets, and sustained system change.

New episodes will drop every other **Thursday** from late September to early December. Listen wherever you enjoy your podcasts!

## EPISODES THIS FALL

SEPT. 28

DR. CHRIS HULLEMAN, DR. YOI TIBBETTS  
Motivate Lab

OCT. 12

JESSICA RABB  
Nashville State Community College

OCT. 26

MICHELLE MARESH  
Volunteer State Community College

NOV. 9

ANDREA GREEN  
Motlow State Community College

NOV. 23

ASHLEIGH SMITH  
Chattanooga State Community College

DEC. 7

KATHERINE HEIBERT-BRUMLEY  
Dyersburg State Community College

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