

March 2026

ABEABC

Conference News

Register Today – Proposals Due Date Extended March 20!

Balanced Classrooms

WELLNESS IN DIGITAL AND FACE-TO-FACE LEARNING

CALL FOR PROPOSALS:

Due March 20

Submit to
guptap@camosun.ca

More Updates
Coming Soon!!

Excited for Conference 2026?

Register & Share Your Ideas Now

Balanced Classrooms: Wellness in Digital and Face-to-Face Learning

Dates: April 30 – May 1, 2026 (Thursday–Friday)

Location: Camosun College, Victoria, BC

Registration is now open! (Includes ABEABC membership).

- Both days: \$350
- Thursday only: \$200
- Friday only: \$150

[REGISTER NOW!](#)

An Article and a Book:

Agentic AI tool sparks debate on the creation of higher ed models: <https://academica.ca/top-ten/agentic-ai-tool-sparks-debate-on-the-creation-of-higher-ed-models/>

Burnout from Humans written by Vanessa Andreotti : <https://burnoutfromhumans.net/>

Prepare to be Inspired.



Chelsea Corsi, (she/her/elle)

Chelsea Corsi has had the privilege of living, loving, and working on the ancestral and stolen lands of the Tk'emlúps te Secwépemc people within Secwépemcúl'ecw since 1999. She honours the Elders, Knowledge Keepers, and community members who have shaped her through their care, openness, and friendship.

Chelsea is a wife and mom of two boys who nurtures her own wellness through dancing, lifting heavy, hiking, cross-country skiing, yoga, music, thrifting, home styling, and time with family and friends and lately, eating a lot of protein too.

We know you will add some practical tools to your toolkit after attending her keynote, ***You Are Worthy of Wellness: Finding Self-Compassion and Joy in Academia Even if It Doesn't Always Love Us Back.***



Iuliia Shakirova

Iuliia Shakirova is an educator and psychotherapist with a background in clinical and industrial-organizational psychology. She began her career in adult education in Ukraine in 2008 and later continued her work in post-secondary education after immigrating to Canada.

In her keynote, ***Digital Fatigue and Burnout***, Iuliia invites participants to reflect on the psychological and physiological impact of constant digital exposure. In today's always-connected world, the line between work and rest has blurred.

Drawing on her research with post-secondary educators, she shares insights into generational differences in digital strain and offers practical strategies for setting boundaries and restoring balance.