



Fall 2016 Flex-Cal Day Schedule Tuesday, October 11, 2016

Fairfield Campus
4000 Suisun Valley Road
Fairfield, CA 94534
(707) 864-7000
(Location for all events, unless otherwise noted)

What is Flex-Cal? Who Participates?

Full-time Faculty Participation

Faculty may use up to six hours on optional Flex-Cal days to work on curricular activities.

Adjunct Faculty Participation

Adjunct faculty may participate in on-and off-campus in-service activities with approval of immediate supervisor for the number of hours equal to their weekly assigned hours for the semester and will be reimbursed for their participation at their hourly rate of pay. Hours owed are based upon the hours taught on a Tuesday in a full semester class.

Staff Participation

Classified and management staff are strongly encouraged to attend flex workshops and staff development activities. Participation should be arranged with the immediate supervisor.

<p>9:00AM- 3:30PM Cafeteria, Building 1400</p>	<p><u>Accreditation Palooza!</u> Hosts: <i>Dr. Saki Cabrera, Melissa Reeve, Amy Obegi, Virginia Guleff</i></p> <p>Join your colleagues for a fun-filled day of accreditation related activities! We'll begin the day with coffee and conversation followed by assistance with SLO and PLO assessments, and program and curriculum review (9:00-10:00). The fun and frenzy continues with pizza and prizes from 11:45-1:00. From 2:45-3:30, colleagues will again be available to answer questions, assist with uploading evidence, and provide support for various accreditation related efforts. Don't miss out!</p> <p>Feeling stressed out and overwhelmed by the demands of accreditation, program review, curriculum review, SLO assessment? There is help...</p> <p>Enjoy time with our Horticulture faculty Sandra Diehl and Art faculty Jeanne Lorenz as they share their craft. Horticulture therapy (9:00-10:00) Art Therapy (11:45-1:00)</p>
<p>10:00AM-11:30AM Board Room, Building 600</p>	<p><u>EEOC Training for ALG members</u> Presenter: <i>Mary Jones</i></p> <p>Find out what is required of us under the federal Equal Employment Opportunity Commission (EEOC). The EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.</p> <p>All ALG members (those not represented by a bargaining unit) must attend 2.5 hours of training. Those who did not attend the September 12, 2016 session are required to attend this session.</p>
<p>10:00AM-11:30AM Room 801, Building 800</p>	<p><u>Teaching Mindfulness</u> Presenter: <i>Dr. Seyana Mawusi</i></p> <p>This session is designed to provide faculty and staff opportunities to learn the benefits of practicing and teaching mindfulness in the classroom. Activities that can be implemented on a daily basis will be shared as well as information on how practicing mindfulness positively affects the brain and can lead to improved academic progress. Strategies are effective for all age groups.</p> <p>Presenter's Bio: Seyana Mawusi, Ed.D. is a long-time teacher, facilitator, and educator working in Bay Area public schools. She currently works with Pivot Learning Partners where she supports school leaders through coaching, training, and leadership development in an effort to create a positive learning environment for students, parents, faculty, and staff. She developed the Mindfulness Training Project which helps teachers understand how mindfulness impacts emotions, the brain, and behaviors. She has worked with community college faculty and administrators introducing them to the benefits of practicing and teaching students mindfulness.</p>

<p>10:00AM-2:00PM Faculty/Staff Lounge, Building 1400</p>	<p><u>Basic Skills Retreat for Counseling, Assessment, Math, English, & ESL</u> Hosts: Josh Scott and members of the Basic Skills Committee</p> <p>The Basic Skills Committee is holding a half-day retreat for faculty and staff from counseling and assessment to meet English, math, ESL instructors to share perspectives with our colleagues in counseling and assessment. Lunch will be provided. This is an attempt to combat the “silo effect,” to improve conversations and collaborations surrounding counseling, assessment, and support for our basic skills students. We need to work together to place our students accurately and to maximize their chances of success while working into and through transfer-level math and English courses. We will share information related to multiple measures assessment and our new courses in math, English, and ESL, but we will spend the majority of our time talking about our students: what contributes to their success? What obstacles and fears do they experience? And how can we work together to support them?</p>
<p>1:00PM-2:30PM Room 801, Building 800</p>	<p><u>Teaching Students How to Win at College</u> Presenter: Sharon Padilla-Alvarado</p> <p>At this hands-on session participants will have the opportunity to try out a new College Success board game recently made available to students and staff. This game was tested for over 9 years with different groups, including community college Freshman Seminar students, high school students, graduate students, and college faculty and staff. Learn how to use this fun, highly interactive tool that teaches new college students (or soon to be college students) some of the typical expenditures they will have in college, as well the behaviors of successful college students. If you are looking for new teaching tools, an interactive curriculum, relevant case studies, and resource materials for your students, be sure to attend this workshop! All materials will be provided.</p> <p>Presenter’s Bio: Sharon has worked in Higher Education for more than 30 years at CSU campuses and California Community Colleges. She earned her Bachelor’s degree in Psychology & Spanish, and her Master’s degree in Education (Administration & Policy Analysis) at Stanford University. She has an extensive background in academic advising, transfer services, and the First Year Experience. She currently serves as the Tutoring Coordinator at Cosumnes River College in Sacramento. She recently published a college success book especially for first generation college students entitled <u>How To Play & Win The College Game</u>.</p>
<p>1:30PM-3:00PM Room 445, Building 400</p>	<p><u>Toolbox for Success</u> Presenters: Sal Abbate and Tina Abbate</p> <p>Join us for a presentation on Communication, Attitude, and Adapting to/Overcoming challenging environments. In this session, you will have the opportunity to learn how to have that “uncomfortable conversation with your boss” and how to use the principles of R.A.V.E. to change your work environment for the better. You will leave the session with new tools to manage any situation that seems like an obstacle.</p>