

SPRING 2005

**STAFF DEVELOPMENT
FLEX CAL ACTIVITIES**

January 12, 13, & 14
(optional days)

and

January 18 & April 20
(required days)



Solano Community College
Human Resources Department
4000 Suisun Valley Road
Fairfield, CA 94534-3197
(707) 864-7128
<http://www.solano.edu>

Faculty Participation - Full-time faculty are required to attend four campus in-service days and contract for the remaining six days in either optional workshops or individually planned activities. 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.

Staff Participation - Classified and management staff are strongly encouraged to attend flex workshops and staff development activities. Released time should be arranged with their immediate supervisor.

Small Group/Individual Projects/Student Info Tables

Prior approval from division Dean is necessary for this option. Faculty may use up to six optional flex cal hours per day on optional days to work on curricular activities.

WEDNESDAY, JANUARY 12, 2005

Diversity (Optional Day)

9:00 a.m. – 11:00 a.m., (2 hours optional flex)

Diversity in the Workplace

Building 300, Room 308

Nicole Brown Umi, Counselor

This workshop will explore and emphasize how to reach students of diverse backgrounds in our community college setting. A goal will be to identify effective teaching modalities for students whether they are of different racial, ethnic, gender, or religious identities. We will explore issues around acceptance of among all members of the college community; that students, staff and faculty and administrators. The approach will be to celebrate our differences in the classroom and in the workplace.

11:00 a.m. – 12:00 noon, (1 hour optional flex)

Breakout Session

Building 1500, Rooms 1529, 1530, or 1531 (*Limited to 10 participants for each session*)

Small group discussions regarding the presentation, Diversity in the Workplace.

11:00 a.m. – 12:00 noon (1 hour optional flex credit)

Religion in a College Environment: Tolerance and Appreciation

Building 1600, Room 1642

Rob Simas, Director of Research and Planning

Join your colleagues in a small group discussion regarding religious tolerance on a college campus.

11:00 a.m. – 12:00 noon (1 hour optional flex credit)

Ethnic Minority Coalition Meeting

Building 100, Room 129 (*Limited to 18 participants*)

Sal Alcalá, Chair

1:00 p.m. – 2:00 p.m., (1 hour optional flex credit)

Understanding and Overcoming Our Differences in a Multicultural Society

Building 1300, Room 1301

Rick Ida, Dean of Fine & Applied Arts/Behavioral Science

The barriers of communication can sometimes seem insurmountable when we come from multiple and diverse backgrounds. Often these challenges can be cast in the negative terms of many kinds of "...isms". Learn more about the resources, strategies, and possibilities of overcoming differences, and making our multicultural backgrounds positive experiences and forces for our college and our communities.

1:00 p.m. – 3:00 p.m.

Accreditation Drop In

Building 1600, Room 1638

Floyd Hogue, Ph.D., Interim Vice President, Academic Affairs; Rob Simas, ALO; Laurie Duesing and Sandra Rotenberg, Co-Chairs
Chairs or self study committee members can drop in for assistance regarding the accreditation self-study report.

2:00 p.m. – 3:00 p.m., (1 hour optional flex credit)

Discussion on Issues within the Gay Community

Building 600, Room 605

Ron Nelson, Panel Moderator

A panel will discuss historical and current issues within the gay community. The panel may be composed of faculty, staff and/or students.

Don't delay! To reserve a place in the workshops, call HR @ x-128.

THURSDAY, JANUARY 13, 2005

Training Workshops

(Optional Day)

9:00 a.m. – 12:00 noon (3 hours optional flex credit)

Academic Senate Meeting

Building 600, Room 626 *(Limited to 74 participants)*

Gail Kropp, Academic Senate President

9:00 a.m. – 12:00 noon, (3 hours optional flex credit)

CTA Negotiations Training

Alan Frey, CCA/CTA/NEA Field Representative

Building 1400, Room 1424

This training session is intended for those who are currently on the CTA negotiating team and for those who are interested in doing so in the future. Alan will explain the negotiations process and provide strategies for successful negotiations.

9:00 a.m. – 11:00 a.m., (2 hours optional flex credit)

Incorporating Technology in Instruction – Staying safe from worms, viruses, trojans and more

Building 100, Room 103-A *(Limited to 21 participants)*

Jay Field, Vice President, Technology & Learning Resources

This presentation will benefit all who use personal computers. While you are most vulnerable on the web, you also are vulnerable if you load data from disks or other external sources.

1:00 a.m. – 3:00 p.m., (2 hours optional flex credit)

Incorporating Technology in Instruction – Power Point Presentations

Building 100, Room 103-A *(Limited to 21 participants)*

Ferdinanda Florence, Art History Instructor

For those who want to begin using PowerPoint in the classroom, but aren't sure where to start--- this workshop is for you! Includes how to decide what to include, how to import images from the internet, how to save those images to the C: drive, and why all those JPEG images won't fit on your floppy disk.

1:00 p.m. – 4:00 p.m. (3 hours optional flex credit)

Ed Administrators/Academic Senate

Building 600, Room 626 *(Limited to 74 participants)*

Dr. Floyd Hogue, Interim VP, Academic Affairs

1:30 p.m. – 3:30 p.m., (2 hours optional flex credit)

Know Your Contract – Know Your Rights

Alan Frey, CCA/CTA/NEA Field Representative

Building 1400, Room 1424

As faculty you have rights that are guaranteed to you by law and/or by our collective bargaining agreement. Come and learn more about how your contract and your Association guarantee these rights and set the parameters for your working conditions.

3:00 p.m. – 4:00 p.m., (1 hour optional flex credit)

Incorporating Technology in Instruction – Power Point Follow Up

Building 100, Room 103-A *(Limited to 21 participants)*

Ferdinanda Florence, Art History Instructor

For those who have used PowerPoint successfully in the classroom or have encountered snags and would like to share in a group discussion.

4:00 p.m. – 6:00 p.m. (2 hours optional flex credit)

Building 1400, Cafeteria/Rooms 1425 and 1426

Community Potluck – everyone is invited

This workshop provides an opportunity for informal conversation with staff from various divisions/departments discussing mutual issues of concern, problems, workload and other items of interest. All staff are encouraged to bring their favorite dish to share during this workshop. If you like, bring your recipe to share. (Utensils and drinks will be provided.)

6:00 p.m. – 9:00 p.m. (3 hours optional flex credit)

Adjunct/Part-time Faculty Forum

Building 600, Rooms 603/604 *(Limited to 89 participants)*

Jim Long, Humanities Division Adjunct Faculty

All adjunct faculty are invited to this forum to learn how the Solano College Faculty Association works for them, and to voice their needs and concerns regarding instruction and employment issues.

FRIDAY, JANUARY 14, 2005
Personal Enrichment
(Optional Day)

9:00 a.m. – 4:00 p.m. (6 hours optional flex credit)

Building 800, Room 807 (*Limited to 15 participants*)

CPR

Charlotte McKeown, Health Occupations Instructor and

Glenn Burgess, Health Occupations Instructor

CPR training is an opportunity to learn important life-saving skills. CPR is used when someone's breathing or heartbeat has stopped because of drowning, electrical shock, or as a result of a heart attack. Upon successful completion of the course, a LIFE SUPPORT NETWORK course completion card will be issued.

9:00 a.m. – 11:00 a.m., (2 hours optional flex credit)

Ask a Question, Save a Life. QPR: CPR for Suicide Prevention

Building 300, Room 308

Gary Stanoff, Marriage & Family Therapist

Learn early recognition of warning signs of suicide and how to cultivate awareness, sensitivity, and intervention techniques by acquiring three basic life-saving skills.

9:00 a.m. – 12:00 noon, (3 hours optional flex credit)

Book Review "Amusing Ourselves to Death" by Neil Postman

Building 600, Room 603/604

Tom Warren, Philosophy Instructor and

Annette Dambrosio, English/Reading Instructor

This interesting book examines how the TV culture of "make it quick and entertaining" has replaced sustained rational discussion. The author makes the shocking conclusion that elections are determined by short TV commercials rather than stances on issues, and that "news-of-the-day" journalism has become short lists of disconnected factoids. He argues that religion on TV is the enemy of the religious experience. He also tackles the effect of this culture on education. Read the book over winter break and engage in a sustained rational discussion.

11:00 a.m. – 1:00 p.m., (2 hours optional flex credit)

Aftermath: The Road to Resilience (APA video)

Building 700, Room 713

Robert DaPrato, Psychology Instructor and

Roger Wiere, Ph.D., Executive Director Caminar

View a 45-minute video produced by the American Psychological Association after September 11, 2001. The video deals with how various people directly and indirectly have dealt with the stress, strain and trauma of this event. What factors are involved in resilience and how does one build this quality to learn how to be a survivor? This is a very moving and positive journey to rebuilding a strong personal response

1:00 p.m. – 3:00 p.m., (2 hours optional flex credit)

How to Make the Most of Your Small Telescope

Building 300, Room 302

Richard Crapuchettes, Physical Science/Engineering Lab Technician

This session will assist you in diagnosing and fixing faults in your small telescope to improve what you see. This session is intended to help you have a pleasant experience during your observations. There will be case histories, photos and instructed hands on use. So bring your telescope. Those needing help with repairs or adjustments should e-mail the presenter ahead of time so he can be prepared to help you.

**Don't delay! To reserve a place in the
workshops, call HR @ x-128.**

TUESDAY, JANUARY 18, 2005

Taking Care of Yourself *(Required Day)*

*All activities will be held in the Theater unless indicated elsewhere. All equipment for the breakout sessions will be provided.
Casual loose clothing is appropriate.*

7:45 a.m. – 8:30 a.m., Building 1700 Lobby
Longitudinal Trail Walk (1 hour optional flex credit)
Noel Robinson, Student Health Center Nurse
Enjoy a walk (rain or shine/dress appropriately) up the longitudinal trail by the new pond on the east side of campus.

8:30 a.m. – 8:55 a.m.
Coffee Hosted by Staff Development

8:55 a.m. – 9:00 a.m.
Welcome
Gary Dreibelbis, Master of Ceremonies

9:00 a.m. – 9:05 a.m.
Poetry Reading
Jack Schouten, English Instructor

9:05 a.m. – 9:20 a.m.
Art Presentation with Marc Lancet

9:20 a.m. – 10:00 a.m.
Welcome and College Update
Dr. Paulette J. Perfumo, Superintendent/President

10:00 a.m. – 10:30 a.m.
Motivating Yourself for Positive Lifestyle Changes
Rick McGuire, Ph.D.
University of Missouri, Sports Psychology

BREAKOUT SESSIONS:

Session I: 10:40 a.m. – 11:20 a.m., see below for locations
Session II: 11:20 a.m. – 12:00 noon, see below for locations

- 1. The New Nutrition-Eating for a Healthy Lifestyle**
(Limited to 40 participants) - Robin Sytsma, Room 1645
- 2. Beginning Body Conditioning & Strength Training**
(Limited to 30 participants) - Curtiss Brown, Room 1718
- 3. Beginning Yoga/Pilates**
(Limited to 30 participants) - Kim Becker, Room 1723
- 4. Qigong (Acupressure through Movement)**
(Limited to 30 participants) - Jeri Miner, Room 1753
- 5. Salsa Dancing**
(Limited to 30 participants) - Ginger Cain, Room 1724
- 6. Stress Management**
(Limited to 50 participants) - Rick McGuire, Room 1725
- 7. Weight Loss For Life**
(Limited to 40 participants) - Noel Robinson, Room 1625
- 8. Golf (10:40-12:00)**
(Limited to 25 participants) - Ron Beverly, Lobby Bldg 1700

12:00 noon – 1:30 p.m. (1-1/2 hours optional flex credit)

Faculty Meeting/Luncheon

Building 1400, Front half of the cafeteria
Diane White, CTA President
Come and enjoy lunch with your colleagues. Get updates from your CTA President and the Academic Senate President on the state of the college and current issues we face. We will also discuss Adjunct/Regular Faculty issues, negotiations, and the process of revising the Association Bylaws.

12:30 a.m. – 1:30 p.m., Building 1400, Back half of cafeteria
Classified Meeting/Luncheon

1:30 p.m. – 4:30 p.m.

Division Meetings

Business/Computer Science (Room 505)
Counseling/DSP&S (Room 135)
Fine & Applied Arts/Behavioral Science (Room 1301)
Health Occupations (Room 804)
Health & PE (Room 1725)
Technology & Learning Resources (Room 129)
Humanities (Room 705)
Math & Science (Room 308)
Special Services (Room 1102)
Trade & Technical (Room 1818)



April 20th
To be determined!

Don't delay! To reserve a place in the workshops, call HR @ x-128.