

SPRING 2007

**STAFF DEVELOPMENT
FLEX CAL ACTIVITIES**

January 16 & 19
(optional days)
and
January 17 & 18
(required days)



Solano Community College

Human Resources Department
4000 Suisun Valley Road
Fairfield, CA 94534-3197
(707) 864-7128

<http://www.solano.edu>

Reservations required for workshops indicating RSVP, otherwise workshops are first come, first served!

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.

TUESDAY, JANUARY 16, 2007
(Optional Day)

8 – 11 a.m. (3 hours optional flex credit)

Building 1700, Gymnasium (*Limited to 24 participants*)

Badminton - Becky Lum, PE Instructor

Reservations required! Call HR at x-169.

All the strokes used in this introduction to the game will be taught incrementally, and followed by footwork, court position, and strategy of the game. You will have an opportunity to play in a "timed" tournament at the end. Be sure to wear loose fitting clothes: shorts, t-shirts, and athletic/court shoes (no jeans please...will be too confining). This course will be "beginner friendly."

9 – 10:30 a.m. (1-1/2 hours optional flex credit)

Building 500, Room 501 (*Limited to 10 participants*)

SMART Classroom Equipment Instruction

Reservations required! Call HR at x-169.

Marylou Fracisco, CIS Instructor

As Measure G funds continue to be spent, we will find ourselves in Smart Classrooms. This hands-on workshop familiarizes instructors on how to use the new equipment (i.e., switches, plug-ins, sound, laptop, DVD, camera, PowerPoint, Internet, flash drives, accessing files on "ISHTAR," and the ELMO (document projector).

10:30 a.m. – 12 noon (1-1/2 hours optional flex credit)

1. Building 600, Room 605 (*Limited to 50 participants*)

The Educational Master Plan: A Stakeholders' Perspective

Gail Kropp, Senate/Diane White, CTA

Join us for a faculty dialogue about the educational master plan work in progress (Vision 2020). What do you think Solano College should like in 2020? Join the discussion. **OR**

2. Building 500, Room 505 (*Limited to 41 participants*)

Using an eCompanion to Push Back the Classroom Walls - Ann Willer, CIS Instructor

eCollege, the course management system currently used at Solano, provides us with complimentary eCompanion enhancements for use with our face-to-face classes. Come find out how they can be used to enhance your face-to-face classes and to give your students more accountability for their grades. **OR**

3. Building 600, Rms 603/604 (*Limited to 98 participants*)

Unlocking the power of CalSTRS

Reservations by 1/10/07! Call HR x-169.

Christine Ingoldsby, ZUK Financial Group

It's your money; it's also your future. How can I maximize my retirement income to last a lifetime? There are some things in life you can't afford to miss...this workshop is one of them. Lunch will be served!

12 noon – 1 p.m.

Building 1400, Room 1404 (*Limited to 30 participants*)

CSEA Reclassification Workshop

Debb Jachens/Cynthia Simon

This workshop will review the contract language, what to consider if you are thinking about reclassification, and what to expect from the panel.

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

1. Building 1700, Room 1723 (*Limited to 20 participants*)

Practical Self Defense

Jimmy Tanaka, PE Instructor

Learn the art of Self-Defense from a former martial arts instructor to military instructors, public safety officers, etc. Wear warm-ups (no metallic or sharp objects) and socks. **Easy to moderate** participatory activity. Be prepared to have an informative, practical and fun afternoon. **OR**

2. Building 500, Room 505 (*Limited to 41 participants*)

eCollege Training – Sarah Nordin, CJ Instructor

Start 2007 with this great workshop using the eCollege course management system (CMS). Come and get some ideas for your online courses and discover what can be done in online courses with some great tools from eCollege.

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

1. Building 600, Room 605 (*Limited 50 participants*)

Are You At Risk? – Pazdel Chiropractic

Back problems? Ergonomically challenged? Come learn about the many misconceptions associated with lifting, sitting, and use of computers. Practical exercises and an easy self assessment will be given to participants so that they can evaluate their own work environment, to assess their risk. **OR**

2. Building 600, Rms 603/604 (*Limited to 98 participants*)

Unlocking the power of PERS

Reservations required by 1/10/07! Call HR x-169.

Christine Ingoldsby, ZUK Financial Group

It's your money; it's also your future. How can I maximize my retirement income to last a lifetime? There are some things in life you can't afford to miss...this workshop is one of them. Lunch will be served!

2:30– 4 p.m. (1-1/2 hours optional flex credit)

1. Building 1400, Room 1424 (*Limited to 74 participants*)

Workload 101 - Diane White, CTA President and

Christine Ducoing, Workload Study Chair

Bring your favorite workload model and your calculator to a workshop on Article 19, which is open for negotiation this year. We'll explain the current system (Carnegie), discuss the change needed for ERP, update faculty on current workload issues, take questions and concerns, and generate ideas for the Ideal Workload System! Refreshments will be served. **OR**

2. Building 500, Room 501 (*Limited to 10 participants*)

SMART Classroom Equipment Instruction

Reservations required! Call HR at x-169.

Marylou Fracisco, CIS Instructor

See 9-10:30 a.m. for description of workshop.

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

Building 600, Rms 603/604 (*Limited to 98 participants*)

Adjunct/Part-time Faculty Forum

Todd Davis, English Instructor and

Lou McDermott, History Instructor

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.

WEDNESDAY, JANUARY 17, 2007
(Required Day)

9 a.m. – 12 noon (3 hours required flex credit)

1. Building 300, Room 308 (*Limited to 107 participants*)

Book Review "Nickel and Dime: On (Not) Getting By in America," by Barbara Ehrenreich

Jim DeKloe, Biotechnology Instructor

Millions of Americans work for poverty-level wages, and one day Barbara Ehrenreich decided to join them. She was inspired in part by the rhetoric surrounding welfare reform, which promised that any job equals a better life. But how can anyone survive, let alone prosper, on \$6 to \$7 an hour? She discovered that even the "lowliest" occupations require exhausting mental and physical efforts. And one job is not enough; you need at least two if you intend to live indoors. **OR**

2. Building 600, Room 605 (*Limited to 50 participants*)

Effective Communication Follow-up Workshop

Lynda Smith, Facilitator - Ms. Smith will follow-up on the principles of Nonviolent Communication (NVC) shared during the 2006 flex cal workshop. If you were not able to attend previously, we invite you to join us and explore the basic principles of NVC. Expect lively explorations of the basic principles of NVC, a language and consciousness of compassion that can dramatically improve all of our relationships, from person to professional. Come learn principles of NVC and how to apply them to your work world. **OR**

3. Building 1200, Room 1239 (*Limited to 80 participants*)

Student Learning Outcomes and Assessment

Marcy Alan Craig, SLO Assessment Coordinator, Cabrillo College - Professor Alan Craig began working with outcomes assessment in 1998 when she was selected as faculty leader of the Packard Project, a year-long grant from the Packard Foundation which enabled faculty at Cabrillo to explore outcomes assessment. Since Fall 2001, she has served as Coordinator at Cabrillo and has conducted numerous SLOs workshops for the Academic Senate and several California community colleges. Come learn about outcomes assessment from a pro!

- 9 – 10:30 a.m. (1-1/2 hours required flex credit)

Building 600, Rms 603/604 (*Limited to 98 participants*)

When Life Gives You Lemons, Give Them Back

Breck Clawitter, Keenan & Associates

It's a fact: bad days CAN happen to good people. But you don't have to let a series of setbacks collectively ruin your outlook or your day. This training will help you realize the toll that stress is taking on your body, how to recognize signs of stress, how you typically react to them (right or wrong) and offer you practical tips at handling life better. Learn how to tame the "Stress Beast" within.

- 10:30 a.m. – 12 noon (1-1/2 hours required flex credit)

1. Building 600, Rms 603/604 (*Limited to 98 participants*)

When Life Gives You Lemons, Give Them Back

Breck Clawitter, Keenan & Associates

See 9-10:30 a.m. for description of workshop. **OR**

2. Building 100, Room 135 (*Limited to 41 participants*)

Transfer Success and Statistics

Barbara Pavão, Counselor

Transfer preparation is a major mission of SCC. Please join in a dialogue about this important part of our mission as we discuss data, programs, articulation and more. This will be an interactive session with plenty of time for questions and answers covering such topics as admission requirements, selection criteria, expectations and success.

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

CTA/Senate Lunch, Building 1400, Room 1424

Diane White, CTA /Gail Kropp, Senate

- 1:30 – 4:30 p.m. (3 hours required flex credit)

1. Building 1200, Room 1239 (*Limited to trainers only*)

Learning Outcomes Assessment Training

Marcy Alan Craig, SLO Assessment Coordinator,
Cabrillo College **OR**

2. **Division Meetings (3 hours required flex credit)**

Business/Computer Science (Room 506)

Career Technical Education (Room 1818)

Counseling/DSP&S (Room 135)

Fine & Applied Arts/Behavioral Sci (Room 1301)

Health Occupations (Room 1880)

Health & PE (Room 1725)

Technology & Learning Resources (Room 129)

Humanities (Room 703)

Math & Science (Room 308)

Special Services (Room 1102)

THURSDAY, JANUARY 18, 2007
(Required Day)

8:30 a.m. – 9:00 a.m., Building 1200, Lobby (optional)

Coffee hosted by Superintendent/President

9– 9:10 a.m., Building 1200, Theater

Welcome (Morning activities 3 hours required flex credit)

9:10–9:55 a.m.

Welcome and College Update

Gerry Fisher, Interim Superintendent/President

9:55 – 10:10 a.m.

Mathematics: A Crime Against Nature?

Darryl Allen, Math Instructor

10:10–10:40 a.m. – **SNAPSHOTS**

Kheck Sengmany, Bob Johnson, Renza Nassab, and Christy Curtis

10:40–10:50 a.m. **Poetry Reading**

Alena Hairston, English Instructor

10:50–11 a.m. - **Break**

11–11:05 a.m. - **Keynote Speakers Introductions**

Richard Christensen, Director of Human Resources

11:05 a.m.–12 noon

Ruby Payne's Framework for Understanding Poverty

Diane Ferrucci and Audrey Jacques, Ruby Payne Trainers

What is the difference between Generational and Situational Poverty? How does this impact our classrooms? What do we need to know in order to work with students from poverty?

12 – 1:30 p.m., Building 1400, Cafeteria

Community Lunch hosted by Staff Development

1:30 p.m. – 3:00 p.m. (1-1/2 hours required flex credit)

1. Building 1500, Room 1526 (*Limited to 40 participants*)

Breakout Session: Working with Students in Poverty

Diane Ferrucci and Audrey Jacques, Ruby Payne Trainers

This is an opportunity for some hands on activities in order to explore, discuss and understand the impact of poverty. What are the Hidden Rules? What does Registers of Language mean and why are they important? Why are relationships so important? What are the implications/ applications? **OR**

2. Building 1500, Room 1527 (*Limited to 35 participants*)

A New Direction for the City of Fairfield: A Policy Overview, Crime, Budget, Community and Economic Development

Frank Kardos, Councilman and John Mraz, Councilman **OR**

3. Building 1500, Room 1528 (*Limited 35 participants*)

Breaking the Poverty Cycle Through Higher Education - Dolores Curiel, Counselor

Fulfilling one's educational, career, and personal goals is challenging enough but when you add years of poverty to the equation, the task can become overwhelming and often unattainable. Attend this breakout session to hear first-hand from students that face such situations while they attend our campus and possibly your classes. As the socioeconomic gap continues to widen, let's learn more about the learners themselves and stimulate discussion.

3 – 4:30 p.m. (1-1/2 hours required flex credit)

1. Building 1500, Room 1526 (*Limited to 40 participants*)

Breakout Session: Working with Students in Poverty

Diane Ferrucci and Audrey Jacques, Ruby Payne Trainers

This is an opportunity for some hands on activities in order to explore, discuss and understand the impact of poverty. What are the Hidden Rules? What does Registers of Language mean and why are they important? Why are relationships so important? What are the implications/ applications? **OR**

2. Building 1500, Room 1527 *(Limited to 35 participants)*

Obstacles & Resources for Success

A panel discussion presented by MESA, Puente, SUCCESS, CalWorks, Financial Aid, and Tutoring Center **OR**

3. Building 1500, Room 1528 *(Limited to 35 participants)*

Sharing Perceptions of SCC Students

Kevin Anderson, Computer Science Instructor

Nancy Konecny, LD Specialist/Coordinator

Susan Messina, English Instructor and

Brenda Tucker, Counselor

Join your colleagues to discuss your perceptions of SCC student needs, college preparation or lack of, and possible solutions.

FRIDAY, JANUARY 19, 2007
(Optional Day)

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

Building 1800, Room 1880 *(Limited to 15 participants)*

CPR - Char McKeown, Health Occupations Instructor

Reservations required! Call HR at x-169.

- 11:30 a.m. – 1:00 p.m.

Building 600, Room 626 *(Limited to 40 participants)*

Retirement Planning for Today's Administrator

Christine Ingoldsby, ZUK Financial Group

Reservations by 1/10/07! Call HR at x-169.

This presentation addresses the many retirement myths, mistakes and misconceptions that can hinder or prevent today's administrators from achieving a financially secure retirement. Realizing a comfortable retirement is no accident. A successful retirement takes planning, consistency, a little sacrifice and the guidance. Attend this presentation today and empower yourself with the knowledge to plan for a successful tomorrow. Lunch will be served!!

- 12 noon – 1:30 p.m.

Building 1400, Back half of the cafeteria

CSEA Working Lunch - Cynthia Simon, CSEA

Reservations by 1/16/07! Call HR at x-169.

This workshop is being conducted to help you "Understand Your CSEA Contract" better and give you an opportunity to ask questions of us. Your Executive Board members and Job Stewards will facilitate this workshop. Lunch will be provided by CSEA, please bring your drink.