



Fall 2018 FLEX Day



The Las Positas College Professional Development Committee would like to welcome you to our Fall 2018 FLEX Day, being held from 8:00 AM – 4:00 PM on Tuesday, October 23.

Keynote Seminar:

Guided Pathways Steering Committee Members and Workgroup Leads

Guided Pathways – Voice of LPC
Keynote from 9:00 AM – 9:50 AM
Room 2420



Come and hear from your colleagues about what Guided Pathways can be at LPC when we all work together. Add your voice, skills, and expertise as we develop Guided Pathways on our campus.



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Morning Session Short Program

Location	8:00– 8:50 AM	9:00– 9:50 AM	10:00 – 10:50 AM	11:00 – 11:50 AM
1824				Exploring the Augmented Reality Sandbox <i>Carol Edson Travis White</i>
2411	Middle College Open House & Gallery Walk <i>Amy Brown</i>			
2412			Making your Canvas course site ADA-compliant <i>Scott Vigallon Wanda Butterly</i>	
2414			Curriculum/Articulation Process & Timeline <i>Craig Kutil</i>	
2416			SLO Coordinators Workshop <i>Ann Hight Jennie Graham Angelo Bummer Michael Schwarz Daniel Cearley</i>	
2420		Guided Pathways <i>Guided Pathways Steering Committee Members</i>		
2450	Update on ITS and IT Security <i>Bruce Griffin</i>		Tactivities for Active Learning in the Classroom <i>Dr. Julia Olkin Ashley Young</i>	“The Most Feedback I’ve Ever Gotten from a Teacher”: Rubrics and Beyond <i>Joanna T. Jen</i>
2460	So, What’s this Sabbatical Thing? <i>Lisa Everett Heike Gecox</i>		The Mental Health Needs of Student Veterans <i>Dr. David Joseph Jose Calderon Todd Steffan</i>	
2470	Classified Professionals Discussion Panel <i>William Garcia</i>	Basic Steward Training <i>SEIU William Eddy</i>		
2480			Senates and Unions Working Together for their District <i>Shondra West Karen Hunter</i>	Emergency Preparedness at LPC <i>Sean Prather</i>
2490			Moving Forward with Guided Pathways at LPC <i>Guided Pathways Steering Committee Members & Workgroup Leads</i>	
4127			Bring on the Arts! <i>Marty Nash Ian Brekke Mark Roberts Toby Bielawski Susan Lloyd Peter Kuo Dave Wagner</i>	



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Afternoon Session Short Program

Location	1:00 – 1:50 PM	2:00 – 2:50 PM	3:00 – 3:50 PM
810	Add Some Spark to your FLEX Day* <i>Scott Miner</i> <i>Bal Gakhal</i>		
1726	Guided Pathways Workgroup: Student Experience/Student Voice/Student Support <i>Guided Pathways Workgroup Leads</i>		
1824	Exploring the Augmented Reality Sandbox <i>Carol Edson</i> <i>Travis White</i>		
2206	Basic Steward Training <i>William Eddy</i>		
2401	Guided Pathways Workgroups: Program Design/Program Mapping/Careers Collaboration/Promotion/Professional Development <i>Guided Pathways Workgroup Leads</i>		
2410	What to expect when you submit your DE course to the OEI Course Design Academy <i>Christina Lee</i> <i>Victoria Austin</i>		Regular, Substantive Interaction in Online Classes <i>Kat King</i>
2414	Curriculum Development <i>Craig Kutil</i>		Math Pathways & AB 705 Implementation <i>Kristy Woods</i> <i>Ashley McHale</i> <i>Michael Peterson</i>
2416	Guided Pathways Workgroups: Data Collection/Analysis Technology and User Interface <i>Guided Pathways Workgroup Leads</i>		Introduction to OU Campus (Omni) Web Content Management System <i>Tim Druley</i>
2450	Consequences of a Major Earthquake in the Bay Area in 2018 <i>Jim Yoke</i>		Noncredit Curriculum Development <i>Thomas Allen</i> <i>Frances DeNisco</i>
2460	Stop the Bleed <i>Wendy McClendon</i> <i>Sebastian Wong</i>		RAW Power: Using LPC's Reading and Writing Website <i>Karin Spirn</i>
2470	Getting Along and Avoiding Harassment <i>David Betts</i>		Faculty Evaluation Training <i>Heike Gecox</i>
2480	Working Together: "Mental Health Inside & Outside of the Classroom" <i>Howard Blumenfeld</i> <i>Marsha Vernoga</i> <i>Steve Chiolis</i> <i>Sheena Turner-August</i> <i>Elizabeth Owens</i> <i>Marty Nash</i> <i>Jaime Gano</i> <i>Cheryl Dickinson</i> <i>Peter Hartman</i> <i>Rebecca Ferrelli</i>		Classified Senate Involvement in Professional Development <i>Shondra West</i> <i>Karen Hunter</i>
2490			Turning LPC Blue <i>Ann Hight</i> <i>Marsha Vernoga</i>
PE-213			Chi-Gong <i>Craig Kutil</i>



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Catered Continental Breakfast

7:30 AM – 9:00 AM

2400 Foyer

Lunch

12:00 PM – 12:50 PM

We have arranged an exciting option for your lunch on Flex Day. We will be having several food trucks come to the parking lot near building 2400 so that you have a variety of cuisines to choose from. We anticipate having Asian/BBQ, Latin/South American cuisine, and chicken & waffles as options.

Please be aware that you will be individually responsible for paying the cost of your own meal; the college is not in a position to cater this event. You also have the option of the LPC cafeteria, which will be open until 2:00 on Flex Day but may be offering a limited menu.

The trucks should be here from 11:30 to 1:30, and they are available to everyone. Ideally we'd like those who are not participating in the Flex Day sessions to access the trucks before noon or after 1:00 so that there is enough time for the Flex Day participants to get their lunches during the 12:00 to 1:00 break in the schedule.



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Full Description of the Morning Sessions

8:00 AM – 8:50 AM

Middle College Gallery Walk/Open House

Room 2411

Presenter/Facilitator: Amy Brown

Description: Please join Middle College students and staff for an Open House including a Gallery Walk showcasing student work from both Middle College and Las Positas College classes. Students and staff will be available to discuss their experiences in Middle College and answer any questions about the program.

Update on ITS and IT Security

Room 2450

Presenter/Facilitator: Bruce Griffen

Description: IT Security affects everyone across the District from faculty to staff to students. While ITS goes to great lengths behind the scenes to keep our private data private, one of the most important parts of our defense is the end user. This discussion will touch on the evolution of cyber threats and how they affect community colleges. We'll look at what ITS is doing now and will do in the future to strengthen our cyber defenses. We'll also discuss simple things end users can do to protect themselves and others.

So, What's this Sabbatical Thing?

Room 2460

Presenters/Facilitators: Lisa Everett and Heike Gecox

Description: Hey Faculty - Are you interested in taking a paid leave of absence to study, travel, or work in your field? Most faculty who have been working for CLPCCD full time for at least 6 years are eligible to apply for a paid sabbatical leave to improve and update their capabilities to serve students, the College, and/or the District. Come learn about the purpose, process, timeline, and resources to support your application for sabbatical.

Classified Professionals Discussion Panel

Room 2470

Presenter/Facilitator: William Garcia

Description: The purpose of the Classified Professionals Discussion Panel is to provide a professional development opportunity to the college's Classified Professionals on FLEX Day. The Classified Professionals Discussion Panel will feature administrative and faculty members who began their academic careers in the classified ranks and have transitioned to an administrative or faculty position. Panelists will share how they began their careers in higher education, what they learned as a Classified Professional, what they would recommend to current Classified Professionals, and provide feedback on how to make the transition to administrative or faculty positions or how to advance within the classified ranks. Standardized questions will be asked of the panelists and a question and answer period will follow to provide an opportunity for dialogue.



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9:00 AM – 11:50 AM

Basic Steward Training

Room 2470

Presenter/Facilitator: William Eddy

Description: This is for SEIU members that want to be stewards or learn about their basic rights with regard to representation.

10:00 AM – 10:50 AM

Curriculum/Articulation Process & Timeline

Room 2414

Presenter/Facilitator: Craig Kutil

Description: Laws, regulations, terminology, and time-line of the curriculum and articulation processes will be covered with time for questions and/or discussion at the end. This presentation will hopefully answer questions about why the curriculum process takes as long as it does and what different issues affect articulation, general education, or C-ID approval.

Tactivities for STEM Faculty

Room 2450

Presenters/Facilitators: Dr. Julia Olkin and Ashley Young

Description: This hands-on workshop introduces a selection of tactile activities, *tactivities*, appropriate for college classrooms, geared to promote student engagement and discussion. The activities help with critical thinking, reinforcement of content knowledge, item classification, and group work. Examples for the activities will be pulled from mathematics, lab sciences, computer science, and other possible STEM fields. You will leave with concrete ideas of how to incorporate activities involving manipulatives into your classroom.

Senates and Unions Working Together for their District

Room 2480

Presenters/Facilitators: Shondra West and Karen Hunter

Description: Presentation/information given by 4CS President Shondra West (Los Medanos College) and Karen Hunter (DeAnza College) on how senates and unions can build great relationships for the betterment of their colleges and District. Both presenters are officers of their senates and have great relationships with their unions. They will share copies of their colleges' MOU between their senates and unions and share their historical background and importance. There will be time for questions and answers.

Moving Forward with Guided Pathways at LPC

Room 2490

Presenters/Facilitators: Guided Pathways Steering Committee Members

Description: The goal of Guided Pathways at Las Positas is to better assist our students in reaching their educational and career goals. Are you ready to become involved but not sure how? This session will provide the opportunity for you to become involved in



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Guided Pathways at LPC. Come join the conversation and help shape how Guided Pathways will move forward across campus this year. (A variation of this workshop was held on College Day.)

10:00 AM – 11:50 AM

Making your Canvas Course Site ADA-Compliant

Room 2412

Presenters/Facilitators: Scott Vigallon and Wanda Butterly

Description: Whether you teach an online course, a hybrid course, or simply enhance your face-to-face course with online materials, you are bound by state and federal regulations to make your sites accessible to students with disabilities. This hands-on workshop will focus on ADA-compliance within Canvas. You will learn the basics of web accessibility, along with techniques to use in Canvas and techniques to make Word and PowerPoint files accessible. The workshop will follow the Online Education Initiative's Course Design Rubric sections on web accessibility.

Training Session for SLO Coordinators

Room 2416

Presenters/Facilitators: Ann Hight and Jennie Graham

Description: This workshop is for discipline SLO Coordinators to help you create plans to ensure that all SLOs/SAOs are analyzed over a 3-year period including how to

generate appropriate reports for meaningful analysis of eLumen data as well as automating some of the functions of eLumen. A SLO/SAO Coordinator checklist will be distributed and reviewed. Breakouts are planned to discuss what constitutes sufficient numbers for analysis, which varies depending on the number of sections and frequency of course offerings over the semesters. This workshop is for SLO/SAO Coordinators and for those who want to be trained to become a coordinator.

The Mental Health Needs of Student Veterans

Room 2460

Presenters/Facilitators: Dr. David Joseph, Jose Calderon, and Todd Steffan

Description: Presentation by Dr. David Joseph with a panel of student veterans. This training is a program for faculty and staff about the mental health needs of student veterans. The major objectives of the training are to increase awareness about the signs and symptoms of post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and depression so that faculty and staff can better understand how these conditions might impact student success in the classroom and on campus. The normal training is a four-hour training that has been adapted from "Combat to Community," an 8 hour instructional course for law enforcement. This training meets all values of the LPC Mission Statement.



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Bring on the Arts!

Room 4127

Presenter/Facilitator: Marty Nash, Ian Brekke, Mark Robert, Toby Bielawski, Susan Lloyd, Peter Kuo, Dave Wagner

Description: In this two-part session, we aim to bring joy to the world and conquer evil through a collaborative, community-building experience in the arts. Feel free to come to either or both parts.

First Hour: Using a variety of interactive activities, instructors in the arts will provide glimpses into what students experience in their classes. The purpose of this part of the session is to build community through fun shared experiences, as well as explore the diversity and range of our programs in the arts. Please note: Some exercises may involve physical activity; however, participation in any part of the session is voluntary.

Second Hour: Here we'll have a conversation and brainstorming session about how we can collaborate more with each other. Topics might include how individuals and programs in the arts can cross boundaries to collaborate; how programs, services, and administrative offices outside of the arts can collaborate with those in the arts; and how we can bring together the LPC arts community and greater Bay Area community of artists and art lovers. You do not need to be involved in the arts to join us for this conversation. We'd love to hear from anyone who appreciates the arts.

11:00 AM – 11:50 AM

Exploring the Augmented Reality Sandbox

Room 1824

Presenters/Facilitators: Carol Edson and Travis White

Description: This activity will be in L1824, on the second floor of the Science Building. Participants will hear the story of the engineering process used to guide a small student group as they planned, prototyped, built, and calibrated this topographic modeling device. Participants will get to use the AR Sandbox, moving the sand, creating different topography, and watching the response of the system in showing elevations of mountains, valleys, and water flow. This is used for teaching water management, flood planning, choosing hiking routes, etc. We will have some other things to observe: 3D printers at work, possibly the laser cutter, and cool Geology and Oceanography demos available to investigate. Science literacy matters...not just for students – but for all of us. Informed citizens are vital in civic discourse and the future of our college, our state, and our nation.

“The Most Feedback I’ve Ever Gotten from a Teacher”: Rubrics and Beyond

Room 2450

Presenter/Facilitator: Joanna Tice Jen

Description: Pressed for time grading papers, but hoping to help your students improve their writing and conceptual understanding of your course material at the same time? Using Writing Across the Curriculum pedagogy, as well as some of my own twists, I've developed a feedback system that includes a rubric, individualized letters to each student, notations on their paper, and an in-class self-reflection activity. Over the years



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of developing and using this system, I've had many students tell me that my grading and commenting has provided the most feedback they've ever gotten from a teacher. But how to do this for a full load of classes and still have a life? Come find out!

Emergency Preparedness at LPC

Room 2480

Presenter/Facilitator: Sean Prather

Description: Will go over new flip charts and emergency book. Will also have Q&A.



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Full Description of the Afternoon Sessions

1:00 PM – 1:50 PM

Exploring the Augmented Reality Sandbox

Room 1824

Presenters/Facilitators: Carol Edson, Travis White

Description: This activity will be in L1824, on the second floor of the Science Building. Participants will hear the story of the engineering process used to guide a small student group as they planned, prototyped, built, and calibrated this topographic modeling device. Participants will get to use the AR Sandbox, moving the sand, creating different topography, and watching the response of the system in showing elevations of mountains, valleys, and water flow. This is used for teaching water management, flood planning, choosing hiking routes, etc. We will have some other things to observe: 3D printers at work, possibly the laser cutter, and cool Geology and Oceanography demos available to investigate. Science literacy matters...not just for students – but for all of us. Informed citizens are vital in civic discourse and the future of our college, our state, and our nation.

Getting Along and Avoiding Harassment

Room 2470

Presenter/Facilitator: David Betts

Description: While there is state-mandated training for managers and supervisors to learn about prevention of harassment, discrimination, and retaliation in the workplace, there is no such training required of classified professionals or faculty. This training provides some of that background information to help inform more of the college workforce about how to nurture a positive work environment, prevent and not be a part of harassment or abusive behavior, and to have a better understanding of the type of workplace behavior and relationships that we should expect of each other, our supervisors, and leaders.

1:00 PM – 2:50 PM

Add Some Spark to your FLEX Day*

Room 810

Presenters/Facilitators: Scott Miner and Bal Gakhal

****Advanced Sign-Up Required****

Description: Welding instructors always run across people that say the same thing: "I have always wanted to give welding a try, but I just do have the time to take a class." If that describes you, now is the time to get that out of your system, and give it a try. Come to your own LPC welding lab and experience a process and skill set you always wanted to know more about. Many people are amazed of the number of topics involved in learning to weld. Welding is a field that involves a unique combination of materials, machines and people. From your grandpa's gas welding of yesteryear to present day laser welding, and virtual reality, welding has something that appeals to most everyone. Welding is one of the most challenging and rewarding careers one can choose to



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pursue. From the food you eat to the shoes on your feet, from medical devices to earthmoving equipment, from 20,000 leagues under the sea to spacecraft around distant planets, welding is inseparable from our modern world, and life as you know it. Take a couple hours out of your flex day to find out something more about a topic that is a mystery to many. Who knows, you might even make something you can take home.

Guided Pathways Workgroup Session

Student Experience/Student Voice/Student Support Workgroup

Room 1726

Presenters/Facilitators: Elizabeth David and Nessa Julian

Description: Guided Pathways Student Experience/Student Voice/Student Support workgroup will discuss and begin working on the tasks that have been identified in the work plan. If you are considering joining this workgroup, this is your opportunity to see your colleagues in action.

Guided Pathways Workgroup Sessions

Collaboration/Promotion/Professional Development Workgroup and Program Design/Program Mapping/Careers

Room 2401

Presenters/Facilitators: Kristy Woods, Amir Law, Stuart McElderry, Jill Carbone, Rhiannon Follenfant, John Rosen, Jeremiah Bodnar, Joel Gagnon

Description: These Guided Pathways workgroups will discuss and begin working on the tasks that have been identified in the work plan. If you are considering joining either of these workgroup, this is your opportunity to see your colleagues in action.

What to expect when you submit your DE course to the OEI Course Design Academy

Room 2410

Presenters/Facilitators: Christina Lee and Victoria Austin

Description: During the first hour, Christina Lee and Vicky Austin will share their experiences of participating in the OEI (Online Education Initiative) Course Design Academy. They will offer insights to the process, dispel myths of judgment, and provide examples of personalized feedback they received about their courses regarding specific sections of the OEI Course Design Rubric. They will provide specific examples of what faculty can do to prepare their DE (100% online) courses before they submit their course(s) to the OEI Course Design Academy. Then, during the second hour, faculty will have the opportunity to attend the OEI Course Design Academy informational webinar via ConferZoom to see how it can benefit them and students, the steps to the review process, and additional professional development faculty can access as participants.



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Curriculum Development

Room 2414

Presenter/Facilitator: Craig Kutil

Description: This workshop is time for faculty to develop or revise curriculum using CurricUNET.

Guided Pathways Workgroup Sessions

Technology and User Interface Workgroup and Data Collection/Analysis Workgroup

Room 2416

Presenters/Facilitators: Bill Komanetsky, Tim Druley, Rajinder Samra, Erick Bell

Description: These Guided Pathways workgroups will discuss and begin working on the tasks that have been identified in the work plan. If you are considering joining either of these workgroup, this is your opportunity to see your colleagues in action.

Consequences of a Major Earthquake in the Bay Area in 2018

Room 2450

Presenter/Facilitator: Jim Yoke

Description: A major earthquake striking the Bay Area is inevitable, and new research has updated the anticipated consequences of a modern temblor. However, in addition to the physical effects of an earthquake it is important to examine the political, social, economic, and geographic aspects of what a major earthquake will mean for the Bay Area. The worst case scenario is one which the Bay Area emergency management community strives to prepare for but the sheer enormity of the task is daunting. I will cover all of these subjects from the regional perspective, and conclude with some thoughts on how this will affect Las Positas College.

Stop the Bleed

Room 2460

Presenters/Facilitators: Wendy McClendon, Sebastian Wong

Description: One of the most dangerous threats posed to students and college campus' is violence towards students perpetrated by active shooters and other students. In addition, minor injuries may occur during the course of the semester through no fault of the college, "accidents happen." EMS instructors will provide faculty in attendance at this workshop with training using the Stop the Bleed Course developed by the American College of Surgeons Committee on Trauma. This course is used to teach laypeople and elementary school teachers how to save lives when presented with individuals who are bleeding and injured.

Working Together: "Mental Health Inside & Outside of the Classroom"

Room 2480

Presenters/Facilitators: Howard Blumenfeld, Marsha Vernoga, Steve Chiolis, Sheena Turner-August, Elizabeth Owens, Marty Nash, Jaime Gano, Cheryl Dickinson, Peter Hartman, Rebecca Ferrelli

Description: Mental health issues can present themselves both inside and outside of the



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classroom in a variety of ways. What are some signs to look for to recognize students in distress and how can you help them? Students act out stress, anxiety, depression, and other emotions and it can be difficult to know how to best reach out to them and help them succeed in your class while at the same time be there for them emotionally. Come join us as we welcome special guests Jaime Gano (health educator), Cheryl Dickinson (mental health counselor in the student health center), Rebecca Ferelli (Counselor/Instructor) and Peter Hartman (mental health counselor in the student health center). They will share their experiences and help facilitate productive conversations around this important topic.

1:00 PM – 3:50 PM

Exploring the Augmented Reality (AR) Sandbox in the Maker Space

Room 1824

Presenters/Facilitators: Carol Edson and Travis White

Description: This activity will be in L1824, on the second floor of the Science Building. Participants will hear the story of the engineering process used to guide a small student group as they planned, prototyped, built, and calibrated this topographic modeling device. Participants will get to use the AR Sandbox, moving the sand, creating different topography, and watching the response of the system in showing elevations of mountains, valleys, and water flow. This is used for teaching water management, flood planning, choosing hiking routes, etc. We will have some other things to observe: 3D printers at work, possibly the laser cutter, and cool Geology and Oceanography demos available to investigate. Science literacy matters...not just for students – but for all of us. Informed citizens are vital in civic discourse and the future of our college, our state, and our nation.

3:00 PM – 3:50 PM

Regular, Substantive Interaction in Online Classes

Room 2410

Presenter/Facilitator: Kat King

Description: Are you an online teacher wondering if you're meeting the requirement for regular, substantive interaction in your online classes? Come to this workshop to learn what regular, substantive contact is, and best practices for achieving it. This course is ideal for instructors teaching online, or those who are interesting in online teaching.

Math Pathways & AB 705 Implementation

Room 2414

Presenters/Facilitators: Kristy Woods, Ashley McHale, Michael Peterson

Description: Join us for an interactive discussion on the impact of RP Group's Multiple Measures for Placement and understanding of AB 705 legislation requirements, and the effect it will have on our LPC students. We will discuss the Math Department's plan for implementation as a result of many campus-wide discussions and possible implantations on other disciplines and programs.



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Introduction to OU Campus (Omni) Web Content Management System Room 2416

Presenters/Facilitators: Tim Druley

Description: This presentation will be an overview of OU Campus (Omni Update), the web content management system that is being used to manage the Las Positas College website. This session will go over the key concepts of using OU Campus, such as webpage access, editing webpages, uploading documents, publishing, and workflows. We will also review the responsive template and go over its structure, such as navigation, content areas, header and footer areas of the template. This session will be helpful as an introduction for faculty and staff who plan on using the content management system to manage and update their web content.

Noncredit Curriculum Development Room 2450

Presenters/Facilitators: Thomas Allen and Frances DeNisco

Description: Noncredit fits into the college's plan for educational excellence by helping address the needs of students who need basic skills, are underprepared, or who need to focus on workforce readiness. The session will address the mission and goals of noncredit curriculum as well as the different ways noncredit can be integrated into instructional programs, including pre-transfer level or bridge courses, supplemental instruction/support courses, mirrored enrollment, and CDCP certificates. Presenters will help clarify the critical discussions, questions to answer, and actions to be taken within departments and divisions in order to implement noncredit curriculum in ways that will be most helpful for LPC students. Attendees will have the opportunity to compare and contrast noncredit programs at other colleges as well as give input about programs for adults with disabilities and older adults which are being developed at LPC.

RAW Power: Using LPC's Reading and Writing Website Room 2460

Presenter/Facilitator: Karin Spirn

Description: Do your students struggle with the reading and writing assignments for your class? We have a website for that! The Reading and Writing (RAW) site was created by LPC instructors and covers important topics to help students annotate and evaluate reading assignments, structure their essays and strengthen their grammar and sentence style. The RAW site was recently updated, so even RAW veterans will learn about new aspects of the site. The workshop will introduce the website's content and provide hands-on activities for students and instructors to use in conjunction with the site.

Faculty Evaluation Training Room 2470

Presenter/Facilitator: Heike Gecox

Description: This will cover all faculty members, both full and part-time and cover the full evaluation process.



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Classified Senate Involvement in Professional Development Room 2480

Presenters/Facilitators: Shondra West and Karen Hunter

Description: Classified Senates are great vehicles for providing or enhancing professional development programs in the community colleges. Investigate the ways in which your classified senate can contribute to professional development at your campus. This workshop will explore the role classified senates can play in creating, promoting, and enhancing professional development programs highlighting examples from various community colleges throughout California. Some areas of focus will be celebrating our success; continuing education; network building; communication; conference and development days; and leadership programs.

Turning LPC Blue Room 2490

Presenter/Facilitator: Ann Hight and Marsha Vernoga

Description: Come learn how to live a longer and healthier life. In this interactive workshop, we will examine lessons from Blue Zones; areas from across the globe with the highest concentration of healthy centenarians.

Chi-Gong Room PE-213

Presenter/Facilitator: Craig Kutil

Description: Chi Gong is the Chinese method of using breathing and meditative movement to cultivate life energy and promote positive mental and physical health.