



Spring 2026 FLEX Day



The Las Positas College Professional Development Committee would like to welcome you to our Spring 2026 FLEX Day, being held from 8:00 AM – 4:00 PM on Thursday, March 19.

Keynote Session

11:00 AM – 11:50 AM

Room 4119 – Main Theater

Turning Student Voice Into Educator Action

Ourmedia

Tara Mandrekar – Moderator

As AI tools rapidly reshape how students learn, study, and prepare for their careers, many faculty and staff have limited visibility into how students are actually using these tools day to day. In this student-led session, Las Positas College panelists will share how they use AI as students: what works, what's confusing, and when human support still makes the biggest difference.

This conversation offers faculty, classified professionals, and administrators a grounded opportunity to hear directly from students about how AI is influencing learning habits, motivation, and skill development. Participants will be invited to reflect on how AI-related expectations, campus practices, and future development efforts can better align with students' real needs and lived experiences.

Keynote Speaker Biography:



Tara Mandrekar Associate Director, Ourmedia

Tara Mandrekar (they/them) is the Associate Director at Ourmedia, a nonprofit dedicated to engaging young people as co-designers to support learning and career growth in the age of AI. Tara leads strategic partnerships across higher education, workforce development, and industry, while developing student learning labs and capturing Gen Z perspectives. Through participatory research and cross-sector collaboration, Tara elevates student voices to bridge the gap between emerging AI technologies and equitable workforce development.

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FLEX Day Survey Links

Workshop Evaluations	Reporting Hours	Global Survey
 <p>Workshop Evaluation</p>	 <p>Reporting Hours</p>	 <p>Global Survey</p>
<p><u>https://tinyurl.com/spring26workshop</u></p>	<p><u>https://tinyurl.com/spring26report</u></p>	<p><u>https://tinyurl.com/spring26global</u></p>



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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
4119 Main Theater				Keynote Session <i>AI Panel</i>
1001	Understanding Veterans: Trauma Informed Training Session <i>Evelyn Andrews</i>	UndocuAdvocates Training <i>Rosa Lopez-Rodriguez</i>		
1002 Computer Lab	Hiring in the Age of AI: Helping Students with Next- Gen Job Search <i>Kristi Vanderhoof Aditya Verma</i>	Updating Laboratory Classes for New Compressed Calendar <i>Segal Boaz</i>		
1003		DSPS Accommodations & Testing: What are you responsible for? <i>Amanda Castelli Jennifer Tonn</i>	Social Media: Collaborating for Student Success <i>Bryn Lux Chip Woerner Zarlasht Ahmadzai</i>	
1004 Computer Lab		Curriculum Assistance <i>Craig Kutil, Dana Nakase</i>		
1006	Zero Waste Training <i>Niki Mai, Halleigh MacPherson, Ariel Reynolds, Linh Le</i>	Faculty Evaluation Training <i>Christina Lee Heike Gecox</i>	Best Practices for Club Advisors <i>Josue Hernandez, Naomi Mangini, Sahkhar Atal</i>	
1007		Your CalPERS and You <i>Tiffany Washington, Henry Wang, Sean Adams</i>		
1013 Computer Lab		Meet ComplyBot: Your Accessibility and Course Design Assistant <i>Kat King, Wanda Butterly</i>		
1052 (2 nd Floor) Computer Lab		A&R Presents: Attendance Reporting and Grade Submissions with SSB9 Updates <i>Tania Torres, Lizzie Mayo</i>	Creating Your Three-Year Assessment Plan <i>John Rosen, Alaina Osuka, Peter Zimmer</i>	
1054 (2 nd Floor) Computer Lab		The Productivity Power-Pack: Essential Excel & Word Hacks for Everyone <i>Anita Bhatia</i>		
4127	Breathe, Move, Sing! <i>Andreas Preponis</i>			
21206 Computer Center (2 nd Floor)		AI for Faculty: The Five Levels of Thought Partnership <i>Sam Keller, Adnan Iftekhhar</i>		
PE Main Gym		Pickleball <i>Paul Sapsford</i>		
PE Gym 2 nd Floor	Walking with Bob & Jerry <i>Andrew Cumbo</i>			
PE 213			Physics of Jiu Jitsu <i>Russell Jensen, 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
1001	Centering DEIAB in the Age of the New Contract <i>Michelle Gonzales</i>		
1002 Computer Lab		Training Session: Become a Certified Honors Instructor <i>Irena Keller, Jennifer Siders</i>	Mentoring Honors Program Student: Strategies and Models <i>Irena Keller, Jennifer Siders, Jeremiah Bodnar, Elizabeth Wing Brooks, Amanda Brown</i>
1003	Automotive Scheduling and Guidance for Counselors <i>Brian Hagopian, James Weston</i>	Community Education Presents: Sleep Your Stress Away: A Guide to Sleep Hygiene <i>Megan Garcia</i>	
1004 Computer Lab	Curriculum Assistance <i>Craig Kutil, Dana Nakase</i>		
1006	Retirement Planning, CalSTRS 403, 457 <i>Rajeev Chopra</i>	Faculty Evaluation Training <i>Christina Lee, Heike Gecox</i>	
1007	Turning Student Voice into Educator Action <i>Tara Mandrekar</i>	Global Engagement Part I: Study Abroad and Global Internships <i>Katie Eagan, Lyndale Garner, Catherine Suarez, Elizabeth Wing Brooks</i>	Global Engagement Part II: Fulfilling Our Vision <i>Katie Eagan, Lyndale Garner, Catherine Suarez</i>
1012	CalPERS - Planning Your Retirement <i>Tiffany Washington, Henry Wang, Sean Adams</i>		
1013 Computer Lab	AI Vibe Coding <i>Jin Tsubota</i>	Beyond Discussion Boards: Improving Regular + Substantive Interaction in Online Courses <i>Kat King, Wanda Butterly</i>	Using CurriQunet for Student Outcomes Assessment <i>John Rosen, Alaina Osuka, Julia McGurk</i>
1822-1831 (2 nd Floor)	Science and Engineering Carnival <i>Travis White, Amanda Brown, Eric Harpell, William Kossow, Dani MacArthur, Kelly Martin, Marisa Pascal, Robin Rehagen, Jennifer Siders</i>		
1851		Invertebrate Animal Dissection: Teaching Process, Anatomy, Physiology <i>Segal Boaz</i>	
21206 Computer Center	AI for Classified Professionals: The Five Levels of Thought Partnership <i>Sam Keller, Adnan Iftekhhar</i>		GenAI Academy Debriefing <i>Sam Keller, Adnan Iftekhhar</i>
4119 Main Theater	From Top to Bottom: Behind the Scenes Backstage Tour <i>Jackie Hill</i> Link to sign up: https://tinyurl.com/LPCStage		
PE 213			Introduction to Safety and Self-Defense <i>Karin Spim, Michelle Gonzales</i>
PE Gym 2 nd Floor	Walking with Maynard <i>Andrew Cumbo</i>		



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Today's meals are being provided courtesy of the President's Office.

Breakfast

7:30 AM – 11:00 AM

1000 Lobby

Coffee and Tea Service (House Blend, Decaf, Hot Water & Tea Bags)

Continental Breakfast, Assorted Pastries, and Fruit

Lunch

12:00 PM – 12:50 PM

Cafeteria

Sandwich Boxed Lunch: Turkey Avocado, Turkey Havarti, Chicken Pesto, Roast Beef & Cheddar, California Veggie, or Vegan Catalan with Chips and a Cookie
Infused Water

Afternoon Social

3:00 PM – 4:30 PM

1000 Lobby

Assorted Donuts



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Full Description of the Morning Sessions

8:00 AM – 8:50 AM

Understanding Veterans: Trauma Informed Training Session

1001

Presenter/Facilitator: Evelyn Andrews

Description: Participate in a comprehensive one-hour trauma-informed training session designed to you with essential knowledge and practical strategies for understanding and supporting veteran students. As veterans transition from military service to higher education, they face unique challenges that can significantly impact their academic success and overall well-being. This training will provide you with tools necessary to create a supportive, trauma-informed learning environment that recognizes the distinct needs of veteran students while fostering their academic achievement and successful reintegration into civilian life.

Guest Presenter: Eric Wick, USMC Veteran, for the past three years working as Suicide Prevention Trainer for Swords to Plowshares' SSG Fox Suicide Prevention Grant Program, now Founder & Executive Director of The Overwatch Network, a nonprofit organization dedicated to preventing suicide among veterans and first responders.

Hiring in the Age of AI: Helping Students with Next-Gen Job Search

Room 1002

Presenters/Facilitators: Kristi Vanderhoof and Aditya Verma

Description: AI is changing how employers recruit and how students apply for jobs. Learn practical strategies for helping students build strong résumés and navigate AI ethically in their job search. See a live demo of Hiration, LPC's new AI-powered tool for résumés, LinkedIn profiles, and interview preparation.

Zero Waste Training

Room 1006

Presenters/Facilitators: Niki Mai, Halleigh MacPherson, Ariel Reynolds, Linh Le

Description: This activity focuses on identifying and discussing LPC's current challenges and barriers to properly sorting waste in compliance with SB 1383. This includes confusion around three stream bin labelling, contamination of recycling and compost streams, etc. By increasing awareness and consistency in waste practices, this training helps reduce contamination in recycling and compost streams, lowers landfill waste, and supports the college's environmental sustainability goals. In addition, the training has a strong educational and community impact. When students observe faculty and staff actively practicing and reinforcing correct waste sorting, it creates a culture of environmental responsibility and increases students' awareness of sustainability in their everyday campus experience.

Breathe, Move, Sing!

Room 4127

Presenter/Facilitator: Andreas Preponis

Description: This immersive vocal clinic invites participants into a continuous, non-verbal musical experience centered on singing. Through guided breath work,



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vocalization, body movement, harmonization, and deep listening, singers will explore sound as a physical, expressive, and communal act. The session unfolds without spoken instruction, encouraging heightened awareness, connection, and responsiveness as participants create and shape music together in real time.

No prior singing experience is required - all are welcome!

Walking with Bob & Jerry

PE GYM 2nd Floor

Presenter/Facilitator: Andrew Cumbo

Description: In the spirit of our collegewide commitment to Health and Wellness—and because we all deserve a moment to breathe—the PATH Division invites all LPC employees to a delightfully low-pressure Health and Wellness Activity during Spring 2026 Flex Day. Join us for a leisurely walk around the indoor track on the second floor of Building 2500, accompanied by the soul-soothing, mood-lifting musical magic of Bob Marley and Jerry Garcia. Think of it as a mini-vacation for your mind, body, and circulation. Please wear comfortable walking shoes and clothing that won't protest movement. We'll have a hydration station, stretching areas, and chairs ready for anyone who wants to sip, stretch, or simply sit. Pauses, reflection breaks, and gentle nods to fellow humans are not only allowed—they're practically part of the curriculum. This session offers a fun way to reduce stress, boost your energy, burn a few calories, and enjoy a positive moment with colleagues. Best of all, it's indoors—complete with air conditioning and full protection from heat, rain, wind, and whatever else nature might be plotting outside. Consider it a friendly warm-up for the upcoming LPC 5K.

9:00 AM – 9:50 AM

DSPS Accommodations & Testing: What are you responsible for?

1003

Presenters/Facilitators: Amanda Castelli and Jennifer Tonn

Description: Do you receive an Accommodation letter and don't know what you actually have to do? What is reduced distraction for tests? How do I approve a note card for tests? Please join the conversation about equitable accommodations for students with disabilities and how you can effectively do your part as the faculty. DSPS Counselor and DSPS Test Proctor will review essential faculty responsibilities that follow the American with Disabilities Act and answer any questions you might have about challenging situations that arise in your classroom. Testing can be more complex than just delivering the test over; we need to consider different modalities, student learning outcomes, and scheduling outside of business hours!

Faculty Evaluation Training

1006

Presenters/Facilitators: Christina Lee and Heike Gecox

Description: This session provides training for all faculty evaluation processes. It is important that faculty understand how to properly and fairly evaluate their peers.



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A&R Presents: Attendance Reporting and Grade Submissions with SSB9 Updates 1052

Presenters/Facilitators: Tania Torres and Lizzie Mayo

Description: This workshop will provide faculty members with critical updates on attendance reporting and grade submissions following the MyPortal SSB9 Updates. During this session will provide a walk-through with the new system, and will then follow up with dedicated work time for participants to practice.

9:00 AM – 10:50 AM

UndocuAdvocates Training

Room 1001

Presenter/Facilitator: Rosa Lopez-Rodriguez

Description: In the complex landscape of higher education, undocumented and mixed-status students navigate a unique set of institutional and pedagogical challenges. At the same time, this student population offers surprising insights into the very purpose of education and institutions like ours.

This session centers the lived experience of undocumented students to invite larger conversations about the role we play for every student. We will use the core commitments of Vision 2030 to create learning environments that are inclusive, and actively affirming.

Key Takeaways:

- How campus culture matters
- An anthropological look at undocumented students
- Common barriers and promising practices
- Inter-departmental synergy as key to immigrant student success
- Applying lessons from undocumented students to help all students succeed
- Making California policy compliance understandable

Updating Laboratory Classes for New Compressed Calendar

Room 1002

Presenter/Facilitator: Segal Boaz

Description: The new compressed calendar will be implemented starting this Fall Semester 2026, and many of our laboratory class activities will need to be adjusted to fit into longer time blocks. Increasing the lab class time is a much more complex shift than increasing a lecture's class time, as they may involve experimentation or other activities that cannot be divided into two separate class periods. It will take careful consideration to update these lab schedules. In this event I will introduce a few strategies to do so, including ideas on how to avoid having to create all new labs. The bulk of this time will be used as a working session where we will split into small groups based on discipline or courses. You will get a chance to brainstorm, discuss, and modify course laboratory classes to meet the new compressed calendar timetables.



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Curriculum Assistance

Room 1004

Presenters/Facilitators: Craig Kutil and Dana Nakase

Description: Faculty will be able to get assistance in updating courses, building new courses, and program development in CurrlQunet META.

Your CalPERS and You

Room 1007

Presenters/Facilitators: Tiffany Washington, Henry Wang, and Sean Adams

Description: This informative session provides an overview of the retirement benefits available through the California Public Employees' Retirement System (CalPERS). Participants will learn how CalPERS membership works, how retirement benefits are calculated, and the key factors that influence pension eligibility and payment amounts. The session will also cover service credit, retirement formulas, and important steps to consider when planning for retirement.

Whether you are new to CalPERS or beginning to think about your long-term retirement plans, this session will help you better understand your benefits and the resources available to support your retirement planning.

Meet ComplyBot: Your Accessibility and Course Design Assistant

Room 1013

Presenters/Facilitators: Kat King and Wanda Butterly

Description: Are your course materials accessible to all your students? We'll show you how to quickly check and introduce you to a new tool that can dramatically improve your students' experience. Come learn how to:

- Quickly identify accessibility errors on Canvas.
- Leverage ComplyBot to dramatically reduce the time and effort required to make your course materials accessible.
- Quickly create ADA-compliant design features (like buttons and accordions) that can improve your students' experience in your courses.
- Meet the April 2026 deadline for colleges to ensure everything online - including in Canvas - meets accessibility standards.

We'll start the workshop with demos and then shift to hands-on time for you to work on your course materials.

The Productivity Power-Pack: Essential Excel & Word Hacks for Everyone

Room 1054

Presenter/Facilitator: Anita Bhatia

Description: "The Productivity Power-Pack: Essential Excel & Word Hacks for Everyone" is a 90-100-minutes workshop designed to replace slow, manual tasks with fast automation in Excel and Word. Attendees from all campus roles will learn essential "hacks" to clean data instantly, build accessible documents, and personalized bulk communication to enhance institutional efficiency.



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AI for Faculty: The Five Levels of Thought Partnership Room 21206 (Computer Center 2nd Floor)

Presenters/Facilitators: Sam Keller and Adnan Iftekhhar

Description: AI isn't just a tool – it is a strategic thought partner that helps faculty stress-test decisions, uncover blind spots, and identify opportunities they might otherwise miss. In this fast-paced, interactive 2-hour workshop, faculty will experience firsthand how to:

- Pressure-Test Key Decisions with AI – Leverage AI to challenge assumptions, evaluate risks, and refine decisions in real time.
- Optimize AI for More Valuable Outputs – Provide the right context and instructions so AI delivers higher-quality insights, recommendations, and solutions.
- Conceive Your AI Dream Team – Harness a team of specialized AI assistants that faculty can rely on 24/7 for expertise, thought partnership, and execution support.
- Leverage AI Agents for Automation & Execution – Move beyond insights, exploring how AI can streamline workflows, conduct deep research, and take action on your behalf.
- Apply AI to High-Stakes Academic Scenarios – From instructional planning to complex problem-solving, see how AI can elevate professional judgment and effectiveness.

Participants won't just leave with new knowledge – they'll gain practical skills, customized AI tools, and the foundation for powerful new AI-driven work habits.

Pickleball PE Main Gym

Presenter/Facilitator: Paul Sapsford

Description: Pickleball has rapidly emerged as a significant, high-growth racket sport. It functions as an interdisciplinary paddle sport, synthesizing elements from badminton, tennis, and table tennis. Played on a restricted, badminton-sized court with a lowered, tennis-style net, participants employ solid paddles to volley a perforated polymer ball. The sport is characterized by its accessibility, intergenerational, and socially engaging nature. Notably, the game emphasizes tactical patience and strategy over raw power, featuring a unique “kitchen” area—a no-volley zone near the net. Please wear appropriate footwear.

10:00 AM – 10:50 AM

Social Media: Collaborating for Student Success Room 1003

Presenters/Facilitators: Bryn Lux, Chip Woerner, and Zarlisht Ahmadzai

Description: This session will focus on how we can better collaborate across LPC's main social media channel to amplify our collective impact across campus. We will explore lessons we've learned the last several years managing LPC's main social media accounts, effective strategies, and ways departments, teams, and clubs can partner with existing channels to promote campus resources, highlight events, and increase awareness of student programs. Participants will gain practical insights into what has worked, what we have refined over time, and how coordinated efforts can strengthen engagement with students across platforms.



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Best Practices for Club Advisors

Room 1006

Presenters/Facilitators: Josue Hernandez, Naomi Mangini, and Sahkhar Atal

Description: A presentation will be given on how Club Advisors can best support their Student Club Leaders. We will cover best practices such as administrative, business, promoting, and retention practices for clubs.

Creating Your Three-Year Assessment Plan

Room 1052 (2nd Floor)

Presenters/Facilitators: John Rosen, Alaina Osuka, and Peter Zimmer

Description: The next three-year cycle of PLO/SLO/SAO assessment begins next academic year. This workshop will provide an overview of the process, including how to complete the planning templates, before allowing time for faculty/SLO coordinators to work on their plans. Members of the SLO committee will be there to assist.

Physics of Jiu Jitsu

PE213

Presenters/Facilitators: Russell Jensen and Dave Wagner

Description: Explore the underlying mechanics behind the world's most effective martial art in a hands-on Brazilian Jiu Jitsu session. Learn how understanding center of mass and leverage can allow knowledgeable grapplers to overcome larger opponents. Athletic clothing strongly recommended.



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Full Description of the Afternoon Sessions

1:00 PM – 1:50 PM

Centering DEIAB in the Age of the New Contract

Room 1001

Presenter/Facilitator: Michelle Gonzales

Description: Drawing from feedback gathered at the fall DEIAB session, we will review the newly ratified DIEAB language to understand our updated responsibilities through the lens of academic freedom via the ASCCC's "Academic Freedom Resource Guide." We will gain a clearer understanding of the new FA contract language, academic freedom in the classroom, and how it has been weaponized. Time will be spent reflecting on our classroom practices in preparation for meeting the newly agreed-upon faculty evaluation expectations.

Automotive Scheduling and Guidance for Counselors

Room 1003

Presenters/Facilitators: Brian Hagopian and James Weston

Description: We receive comments from students all the time that counselors do not know how auto works or they guided them wrong and we know it is just a lack of knowledge. We aim to fix this. We do not want our students turned off from valuable assets in the college.

Retirement Planning, CalSTRS 403, 457

1006

Presenter/Facilitator: Rajeev Chopra

Description: I am planning on covering the following topics:

1. How 2025 tax changes affect individual employees?
2. What retirement options are available and share different scenarios.

Turning Student Voice into Educator Action

Room 1007

Presenter/Facilitator: Tara Mandrekar

Description: A 50-minute, facilitated action-planning session designed to translate recent student learning labs into concrete next steps for educators. In the weeks leading up to FLEX Day, Ourmedia conducts on-campus student listening sessions to surface students' perspectives, attitudes, and uses of AI in learning and career preparation. During the session, faculty and staff engage directly with synthesized student insights, collaborate to identify instructional and institutional responses, and surface the supports, resources, and conditions they need to effectively integrate AI in ways that align with student needs and values.



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AI Vibe Coding

1013

Presenter/Facilitator: Jin Tsubota

Description: Learn how to use natural language prompts with AI tools to design, prototype, and build small software applications. Participants will "vibe code" a simple digital tool and learn about various vibe coding platforms and projects.

From Top to Bottom: Behind the Scenes Backstage Tour

4119 Main Theater

Presenter/Facilitator: Jackie Hill

Description: Tour the Main Stage Theater - backstage, above and below. Learn stage terms and see how it works, hear the history of some stage terms and superstitions. See things an audience doesn't even know exists.

A walking tour of the Mertes Center Main Stage including LOTS of stairs, come prepared to walk, climb and explore. Space is limited.

Link to sign up: <https://tinyurl.com/LPCStage>

Walking with Maynard

PE GYM 2nd Floor

Presenter/Facilitator: Andrew Cumbo

Description: In honor of our college wide commitment to Health and Wellness—and because nothing says “self-care” like a little existential intensity—the PATH Division invites all LPC employees to a uniquely invigorating Health and Wellness Activity during Spring 2026 Flex Day. Join us for a purposeful, almost meditative walk around the indoor track on the second floor of Building 2500, accompanied by the atmospheric, spine-tingling sounds of Maynard James Keenan and TOOL. Yes, TOOL. Because if you’re going to walk in circles contemplating your life choices, you might as well do it with the most transcendental progressive metal soundtrack available to humankind. Please wear comfortable footwear and clothing that won’t rebel against movement. We’ll have a hydration station, stretching areas, and chairs for anyone who needs to pause, breathe, or stare into the middle distance while pondering the deeper meaning of Flex Day. Breaks, reflection moments, and subtle nods to fellow wanderers are not only allowed—they’re practically part of the ritual. This session offers a cathartic way to reduce stress, boost circulation, burn a few calories, and share a moment of collective intensity with colleagues. Best of all, it’s indoors—complete with air conditioning and full protection from heat, rain, wind, and whatever mysterious forces lurk outside. Consider it a warm-up for the upcoming LPC 5K, or simply a chance to commune with your inner philosopher while TOOL guides your steps.

1:00 PM – 2:50 PM

Curriculum Assistance

Room 1004

Presenters/Facilitators: Craig Kutil and Dana Nakase

Description: Faculty will be able to get assistance in updating courses, building new courses, and program development in CurriQunet META.

CalPERS - Planning Your Retirement

Room 1012

Presenters/Facilitators: Tiffany Washington, Henry Wang, and Sean Adams

Description: This session provides a comprehensive overview of the key steps involved in preparing for retirement. Participants will learn about retirement eligibility, how pension benefits are calculated, and important considerations when selecting retirement options. The presentation will also cover timelines, required documents, and resources available to help ensure a smooth transition from employment to retirement.

This session is ideal for employees who are beginning to think about retirement or who want to better understand the process and make informed decisions about their future.

Science and Engineering Carnival

Rooms 1822, 1824, 1826, 1828, and 1831 (1800 Building, 2nd Floor)

Presenter/Facilitator: Travis White, Amanda Brown, Eric Harpell, William Kossow, Dani MacArthur, Kelly Martin, Marisa Pascal, Robin Rehagen, and Jennifer Siders

Description: Created by teachers and technicians in LPC's Geology, Engineering, and Physics & Astronomy Departments, the Science and Engineering Carnival offers a fun, hands-on experience. Would you like to see sun spots? Hold electricity in your hand? Make waves? Play Advanced Minecraft – with real rocks? Warp space-time? Fingerprint a star? Learn how musical instruments work? The you have just what it takes to enjoy this activity: curiosity. Come on over to building 1800 and enjoy the fun. Do you have cool science demonstrations of your own? Then you have just what it takes to help us improve STEM teaching at LPC. Come over to building 1800 and share your ideas. There will be feats of skill, contests, live discussions, and exhibits for everyone. The main goal is to improve our ability to serve students effectively by improving our understanding and sharing ideas. What better way to do it than through an event with a small-county-fair feel (except for an absence of deep-fried ice cream, corn dogs, and funnel cakes). A Science and Engineering Carnival!

AI for Classified Professionals: The Five Levels of Thought Partnership

Room 21206 (Computer Center 2nd Floor)

Presenters/Facilitators: Sam Keller and Adnan Iftexhar

Description: AI isn't just a tool – it is a strategic thought partner that helps professionals stress-test decisions, uncover blind spots, and identify opportunities they might otherwise miss. In this fast-paced, interactive 2-hour workshop, classified professionals will experience firsthand how to:

- Pressure-Test Key Decisions with AI – Leverage AI to challenge assumptions, evaluate risks, and refine decisions in real time.

- Optimize AI for More Valuable Outputs – Provide the right context and instructions so AI delivers higher-quality insights, recommendations, and solutions.
- Build Your AI Dream Team – Harness a team of specialized AI assistants that professionals can rely on 24/7 for expertise, thought partnership, and execution support.
- Leverage AI Agents for Automation & Execution – Move beyond insights, exploring how AI can streamline workflows, conduct deep research, and take action on your behalf.
- Apply AI to High-Stakes Operational Scenarios – From planning and coordination to complex problem-solving, see how AI can elevate professional judgment and effectiveness.

Participants won't just leave with new knowledge – they'll gain practical skills, customized AI tools, and the foundation for powerful new AI-driven work habits.

2:00 PM – 2:50 PM

Training Session: Become a Certified Honors Instructor 1002

Presenters/Facilitators: Irena Keller and Jennifer Siders

Description: In this session you will learn all about the Honors Transfer Program: the meaning and the goals of the Program, as well as where the requirements for Honors courses come from. But most importantly you will learn how becoming a Certified Honors Instructor will make it easier for you to mentor students, because it comes with pre-made generic Honors Canvas/Assignments to provide an organized structure and a schedule for your Honors students, without the need to create any Honors contracts. If you have already signed up to become a Certified Honors Instructor but haven't completed the orientation/training part yet - this is your chance to do the training in-person, this session will count as your orientation for certification purposes. If you haven't signed up yet, this is your chance to learn what the certification means, to sign up and to complete the orientation part of the certification process on the spot.

Community Education Presents: Sleep Your Stress Away: A Guide to Sleep Hygiene 1003

Presenter/Facilitator: Megan Garcia

Description: Between early mornings, late nights, and constant mental demands, those working in education often sacrifice sleep just to keep up. Dr. Cathia Walters invites you to a sneak peek of one of her new Community Education classes, "Sleep Your Stress Away: A Guide to Sleep Hygiene." This engaging session explores how quality sleep is a cornerstone of stress recovery, emotional regulation, and overall wellness—offering practical strategies to help faculty and staff restore rest, resilience, and energy.

Faculty Evaluation Training 1006

Presenters/Facilitators: Christina Lee and Heike Gecox

Description: This session provides training for all faculty evaluation processes. It is important that faculty understand how to properly and fairly evaluate their peers.



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Global Engagement Part I: Study Abroad and Global Internships Room 1007

Presenters/Facilitators: Katie Eagan, Lyndale Garner, Catherine Suarez, and Elizabeth Wing Brooks

Description: A number of our community college neighbors have study abroad and internship programs, and the Global Engagement Task Force has been exploring working with providers to facilitate these learning experiences. If you've ever considered leading an international trip with students, whether you are faculty, classified staff, or an administrator, or if you'd simply like to support students in pursuing these opportunities on their own, please come to our session! We will hear from Máximo Nivel and AIFS (American Institute for Foreign Study) and share our experiences so far. We will leave plenty of time for questions and answers so that you can better imagine opportunities for study abroad, global internships, and even volunteering abroad.

Beyond Discussion Boards: Improving Regular + Substantive Interaction in Online Courses

Room 1013

Presenters/Facilitators: Kat King and Wanda Butterly

Description: Teaching online? Join us for a refresher on Regular and Substantive Interaction (RSI) requirements. We'll review what's needed to be in compliance while exploring strategies that make interaction more meaningful. You'll leave with practical ideas to build stronger connections between you and your students – and to foster a greater sense of community among students themselves.

Invertebrate Animal Dissection: Teaching Process, Anatomy, Physiology

Room 1851

Presenter/Facilitator: Segal Boaz

Description: Animal dissections are an excellent learning tool to examine the anatomy and physiology of animals, to examine the diversity of life, and to better understand our own human bodies by comparison. In this event I plan to lead a dissection in order to obtain those goals, using a crayfish as a representative of invertebrate animals. Additionally, we will discuss the set-up and strategies of teaching dissections in order to increase student success in the classroom. This flex event may be useful for biology instructors who plan to teach a dissection in the future due to changing curriculum, for experienced dissectors to share their knowledge, and also for any individuals who want to learn about animal anatomy and physiology who haven't had any recent chances to do so.

Note: Please wear closed-toe, closed-heel shoes, and if you have your own lab coat please bring it.

3:00 PM – 3:50 PM

Mentoring Honors Program Student: Strategies and Models

1002

Presenters/Facilitators: Irena Keller, Jennifer Siders, Jeremiah Bodnar, Elizabeth Wing Brooks, and Amanda Brown

Description: In this session experienced Honors instructors will show examples of different models of mentoring Honors students in different disciplines and subjects, such as group versus individual honor work, or one project versus a series of honors assignments. You will learn how an Honors Canvas shell can help you mentor. You will also have a chance to talk to other Honors Instructors in your discipline, share your experiences, tips and feedback.

Global Engagement Part II: Fulfilling our Vision

Room 1007

Presenters/Facilitators: Katie Eagan, Lyndale Garner, and Catherine Suarez

Description: The current political climate is posing challenges to the field of international education, but colleges, universities, and professional organizations are still committed to what is called campus internationalization. Our LPC vision statement says that we want our students to be “engaged participants and leaders in their local and global communities,” but how do we plan to achieve this goal? Come do a little dreaming about your ideal world of internationalization at LPC. Would you like to revise a course outline so that it has more of a global orientation? Do you want to know about various options for study abroad at the community college level? Virtual exchange to promote equity in global learning experiences? Do you like the idea of forming partnerships with foreign universities for in-person and online exchange of faculty, students, and resources? Our goal will be to hear about how you think LPC already prepares our students to be global leaders and what more you would like to do.

Using CurriQunet for Student Outcomes Assessment

Room 1013

Presenters/Facilitators: John Rosen, Alaina Osuka, and Julia McGurk

Description: This workshop will show faculty how to create assessments, input data, and view disaggregated data at the section, course, and program level using the "Assessment" feature in CurriQunet Meta. After a brief presentation, faculty will have time for "planning"/"pushing out" their assessments for Spring 2026.

GenAI Academy Debriefing

Room 21206 (Computer Center 2nd Floor)

Presenters/Facilitators: Sam Keller and Adnan Iftekhar

Description: This will be a debriefing session of the five levels of thought partnership sessions. Participants will have a chance to discuss what they have learned and share their thoughts.



Spring 2026 FLEX Day



Introduction to Safety and Self-Defense

PE 213

Presenters/Facilitators: Karin Spirn and Michelle Gonzales

Description: Being attacked is never our fault, but we can learn basic principles of safety and self-defense to keep up safer. This workshop will cover basics of awareness, distance management, and keeping our balance when confronted. Open to all genders and ability levels! The training will be performed on wrestling mats, barefoot or in socks; Participants should wear comfortable clothes.