



F O L S O M L A K E C O L L E G E
EL DORADO CENTER | RANCHO CORDOVA CENTER

FALL 2009 FLEX

The Professional Development Committee and the Academic and Classified Senates proudly present Fall 2009 Flex, four days of workshops at both EDC and FLC campuses designed by faculty and staff. Join your colleagues as we explore a variety of topics, from teaching methods and technology to health and fitness workshops.

Tom Caramagno, Karen Gilmer, Paula Haug, Marsha Peralta, Professional Development Chairs
Kim Harrell, Academic Senate President
Scott Crow, Classified Senate President

Tuesday, August 18th

8:00am-4:00pm

Benefits Conference - District-wide event

Room: Meet in Aspen Hall FL1-20 (Community Room), Folsom campus

The Los Rios College Federation of Teachers (LRCFT) and the Faculty Association of California Community Colleges (FACCC) are hosting a full-day Benefits Conference on Tuesday, August 18th at the Folsom campus. This conference will provide workshops on financial planning, retirements, health benefits, family leave options, and more for faculty, both full-time and adjunct. Experts from around the region--CalSTRS/PERS, AFT, FACCC, CFT, and others--will be presenting at this comprehensive benefits conference. Enrollment for the individual workshops is limited, so pre-registration is strongly encouraged. Conference materials will be mailed separately to the homes of all Los Rios faculty, or you can find more information at www.lrcft.org or www.faccc.org, or contact your LRCFT campus representative.

or

9:00am-1:00pm

Sustainability Walk

Room: Meet near the stairs in front of Building B, EDC

Join your colleagues for a leisurely walk through the Sierra Nevada and an open discussion session of the sustainability movement at Folsom Lake College and LRCCD. The discussion will serve to elucidate the recent sustainability efforts such as curriculum development at FLC and CRC and to provide a forum to share sustainability ideas from across disciplines. The hike will be non-strenuous but wear comfortable clothing and carry enough food and water for a half day in the field. Presented by Jason Pittman. Please RSVP to Vonnie Shane at 530-642-5682.

Wednesday, August 19th at El Dorado Center

9:00-10:15am

Scientific Learning

Room: C-101 at EDC

For the very first time, we know what works to help students learn based upon brain science and research studies in neuroscience and learning theory. Combining information from a score of fields, educators are coming to better understand the mysteries of the learning process in order to help ALL students acquire knowledge quickly and in more depth. The information presented in this workshop, gleaned from the Basic Skills Initiative effort, will help teachers make easy changes in their teaching to help students with two key components of learning: deep learning and self-regulated learning. Presented by Tracy Rauschkolb and Tina Royer.

10:30am-12:00noon

Visual Learning

Room: C-105 at EDC

How to bring visual learning, brain breaks, deep relaxation, personal expression and color into your class where EVERYONE can PLAY and LEARN with a little drawing and a little painting. All disciplines accepted. You will leave with a lesson plan and a short supply list for a small portable art kit that you and your students can take and use anywhere and at anytime. This is your stress reliever! Presented by Margaret Welty.

12:00noon-1:00pm

Faculty Meet 'n Greet Brown Bag Lunch

Room: A-105 at EDC

Bring your lunch and join us as we talk shop about the coming semester. Adjunct faculty are especially encouraged to come.

1:00-2:15pm

Crisis Identification and Resources

Room: C-217 at EDC

Dr. Andrew Mendonsa (UC Davis Department of Psychiatry and Behavioral Science and SCMHTC Crisis/MERT unit) will talk about warning signs that students/staff can look for to determine if early interventions are needed in to prevent worsening mental health and/or violent behavior.

2:30-3:45pm

A Spiritual Philosophy: The Role of the Angel in Synchronicity

Room: C-101 at EDC

I propose a correlation between the biblical concept of annunciation and C. G. Jung's theory of synchronicity and examine the role of the angel in both. My assertion is that the universe uses the energy/entity called "angel" to convey meaning in synchronicity as such entities were used in biblical days to convey meaning in annunciation. This presentation focuses on how synchronistic events today could be interpreted as instances of psychic annunciation orchestrated by angels to impel healing, initiate growth, and/or facilitate individuation or personal transformation. I will aim to achieve the following outcomes: 1) establish a correlation between annunciation and synchronicity; 2) support the possibility that the numinous entity, and messenger of annunciation, called "angel" in the Judeo-Christian tradition may be present in some synchronicities; and 3) establish common ground between psychology and religion as it relates to the presence of the angel in some synchronistic events. Presented by Tammy Montgomery.

or

New Faculty Orientation at EDC

Room: C-202 at EDC

The purpose of this orientation is to introduce new (or newer) EDC faculty (part-time and full-time) to representatives of college services, provide information about the nuts and bolts of instruction specific to EDC and offer direction to the resources that will help prepare faculty for a successful semester. The dean and EDC staff will speak about procedures and expectations and will be open to questions. Presented by Dale van Dam and EDC/FLC Staff.

4:00-6:00pm

Sierra Foothill Viticulture and Enology

Room: Meet at B-243 at EDC

Tour a local winery to enhance your understanding of the technology required for this growing career area. Presented by Dale Van Dam.

Thursday, August 20th at Folsom campus

9:00-10:15am

Tai Chi for Wellness, Stress Management, and Maximizing of Performance

Room: PE-203 (Dance Room)

The soft and graceful body movements of Tai Chi will be used as a method to induce relaxation response. Kinetic imagination technique shall be introduced as a method to maximize personal and professional performance. The presentation will be enjoyable, easy to follow, and practical to do when wearing regular work day attire. Presented by Frank Gaviola.

or

The Learning Type Measure: Application in the Classroom

Room: Aspen Hall FL1-8

The Learning Type Measure (LTM) is designed to help people understand and identify the differences in the ways people learn. The LTM can provide guidance in situations where learner differences play a role in communication and human interaction, such as in the classroom. This workshop is designed to review the Learning Type Descriptions of the LTM and how they can be applied in the classroom. Participants will be asked to complete the LTM prior to attendance. The LTM will be sent to you one week in advance of the workshop. *Space is limited to 30 participants. Please contact Monica Pactol at x6620 to RSVP.*

or

ENGWR 101 Norming and Assignment Design**Room: Aspen Hall FL1-7**

As a result of Student Learning Outcomes Assessment, the English Department has revised its grading rubric. This flex session will highlight the changes to the grading criteria and allow instructors to see sample essays at all levels of the grading scale. In addition, discussion of writing assignment design will be discussed. This session will be useful not only to those teaching English Writing 101 but also to those instructors for whom completion of 101 is a prerequisite to their general education classes. Presented by Brian Robinson.

10:30 -11:45am**FLC Intro to Dance****Room: PE-203 (Dance Room)**

Wake up and get ready to “shake your groove thang” at a Physical Flex Workshop. The workshop will provide a sampling of several dance styles offered at FLC, including Ballet, Jazz, Modern and Hip-Hop. Learn how to shake off stress, embrace body-based expressivity and bask in enhanced self-esteem. Wear comfortable clothing and a smile. Bring a water bottle. And let’s dance! Presented by Debi Davis-Worth.

or**The Great Professors Session****Room: Aspen Hall FL1-8**

Who are great professors? Which attitudes and actions constitute them? Through a consortium of the participants present, this session will answer the former question and identify many examples in answering the latter. Inspiration is plentiful in our calling of Teacher, and it is from this paradigm that many approaches will be provided to be used immediately in the classroom! Topics include: improvement of student attention, interaction, and the relational climate. Also included is the building of community along with other mastered topics brought forward from the consortium. You are invited as part of this vital bank of information. The workshop is effective for all disciplines. Presented by Elvia Macias-Perez.

or**The Flight of the Mind: Virginia Woolf’s Art and Manic Depression****Room: Aspen Hall FL1-7**

Integrating psychiatry and literary theory, this lecture challenges critics’ disparaging evaluations of Woolf’s life and art, reducing both to unresolved fixations. Using biochemical discoveries about bipolar disorder, I argue against the arbitrary and subjective practice of reading all symptoms or texts as disguises for authors’ unconscious conflicts. Psychoanalytic criticism too often infantilizes artists, blaming them or their family for all disorders and equating creativity with neurosis. Presented by Tom Caramagno.

11:45am-1:00pm**Meet, Greet and Eat Brown Bag Lunch****Room: Falcon’s Roost**

Bring your lunch bags and join us. Make connections. Adjunct faculty are especially welcome.

or**Food for Thought: Quick and Easy Food that makes your Brain Happy!****Room: Dogwood Hall FL4-135**

This incredibly delicious and brain stimulating event will kick your semester into high gear. You will participate in the cooking (and EATING) of brain-healthy recipes with ingredients that will enhance your cognitive abilities! Use your new and improved brain power to learn how to navigate through vital and essential nutritional, health and wellness resources. *There will be a \$5 fee for the cost of the food. Please RSVP for this exclusive event to Jessica Hodge (preferably by email) at hodgej@flc.losrios.edu or call 916-608-6724.* Presented by Jessica Hodge, Becky Mendell, and Mary Hansen.

1:00-2:15pm**Content Management System 101 (Website Training)****Room: Lilac Hall FL5-9 (basement level)**

Matthew Battershell will be teaching the ins and outs of the new FLC website. Participants will gain the skills they need to be able to create and edit pages on the website. The CMS 101 class is a prerequisite to CMS 102, which must be completed in order to access the live website. *Please RSVP with Karen Gilmer. Capped at 30 on a “first come first served” (with faculty priority) basis.* Presented by Matthew Battershell.

or**Crisis Identification and Resources****Room: Aspen Hall FL1-7**

Dr. Andrew Mendonsa (UC Davis Department of Psychiatry and Behavioral Science and SCMHTC Crisis/MERT unit) will talk about warning signs that students/staff can look for to determine if early interventions are needed in to prevent worsening mental health and/ or violent behavior.

2:15-5:15pm

Blood Bourne/Hazardous Materials Training

Room: Cypress Hall FL2-211

Required by law for some faculty members (ECE, Studio Art, Biology, Chemistry, etc.). Presented by Linda Abraham, Mary Hansen, and Marjorie Samples.

2:30-3:45 p.m.

Reaching 21st Century Students with a Universal Design for Learning

Room: Aspen Hall FL1-8

Presented by Rick Plescia, Tim McHargue, and Aaron Mello.

or

From Combat to College: Veterans Returning to School

Room: Aspen Hall FL1-7

What are the issues career pursuits/challenges, skill set needs, and counseling/support services (tutoring/psychological/emotional/social) for veterans returning to school? What do FLC faculty/staff see as the most pressing needs professional development training for faculty/staff, varied yet specialized support services for vets, etc.)? Presented by Alice Textor, Chistine Wurzer, Dave Cooper, and Bernard Gibson.

or

Faculty Mentoring at FLC

Room: Aspen Hall FL1-108

An overview of FLC's faculty mentoring program for both mentors and mentees. Learn about expectations, best practices, and what can be gained from a good mentoring relationship. Presented by Sean Fannon.

5:15 -7:15pm

Adjunct Dinner, Information & Networking Session Community

Room: Aspen Hall FL1-20 (Community Room)

Adjunct faculty are invited to dinner and conversation with the Los Rios College Federation of Teachers—FLC representatives. This meal and mixer provides a casual environment for faculty to ask questions and receive answers about workplace issues, including scheduling, hiring preference, performance review, benefits, professional development, and much more. Understanding the union contract empowers all faculty to fully participate in college activities and to develop the resources needed to become better educators. *RSVP to help us in planning the amount of food, but all are welcome even as drop ins. Contact K.C. Boylan at boylank@fl.c.losrios.edu and 916-608-6628.* Presented by LRCFT.

Friday, August 21st at Folsom campus

8:30–11:30am

Continental Breakfast

Room: Falcon's Roost

9:00-10:00am

Faculty Forum

Room: Buckeye Hall FL3-173 (Large Lecture Hall)

An overview and history of participatory governance since AB 1725. Presented by Kim Harrell.

10:00-11:00am

Departmental Meetings

Rooms: See below

Anthropology: Aspen Hall FL1-203

Art: Cypress Hall FL2-154

Business: Aspen Hall FL1-149 (break room)

Chemistry: Cypress Hall FL2-207

Communication: Cypress Hall FL2-153

Computer Information Science: Aspen Hall FL1-13

Counseling: Aspen Hall FL1-204

Early Childhood Education: Dogwood Hall FL4-135

English: Cypress Hall FL2-239 (Reading, Writing, & Math Center)

English as a Second Language: Cypress Hall FL2-232

History: Lilac Hall FL5-113

Humanities and Philosophy: Lilac Hall FL5-112

Library/IT: Aspen Hall FL1-35 (Library Computer Lab)

Life Sciences: Cypress Hall FL2-119

Math: Aspen Hall FL1-104

Music: Cypress Hall FL2-154

Physical Education: Aspen Hall FL1-207

Physics: Cypress Hall FL2-211

Political Science: Dogwood Hall FL4-136

Psychology: Dogwood Hall FL4-121

Public Safety Education: Lilac Hall FL5-211

Spanish: Cypress Hall FL2-246

Theater Arts: Cypress Hall FL2-148

11:00am-12:00noon

Area meetings and lunch

Rooms: See below

To conserve time on this busy Friday, we will combine lunch with Area meetings.

Languages & Literature, Social & Behavioral Sciences, Humanities: Dogwood Hall FL4-121

Physical Education/Career & Technical Education: Lilac Hall FL5-211

Math, Science, Library, IT Engineering, Business: Aspen Hall FL1-8

Counseling & Student Life: Innovation Center Pictel in Aspen Hall FL1-130

Visual & Performing Arts: Cypress Hall FL2-154

12:00-1:30pm

Convocation

Room: Buckeye Hall FL3-173 (Large Lecture Hall)

Accreditation primer, VPI & VPSS – new faculty and staff, Budget issues & ramifications for FLC, Chancellor's District Update.

1:30-2:00pm

Student Presentation: A Vision of FLC Students Today!

Room: Buckeye Hall FL3-173 (Large Lecture Hall)

Is there a mismatch between students' use advanced technologies today and professors' use of primarily lecture and the old-fashioned chalkboard? Hear the results of a survey of FLC students and see a visually exciting and musically-enhanced PowerPoint and video presentations produced by those students. Presented by Janis Jones.

2:00-4:00pm

Emergency Preparedness Workshop (NIMS/SEMS)

Room: Buckeye Hall FL3-173 (Large Lecture Hall)

This presentation will cover everything from disruptive students to lockdown to evacuation procedures. Presented by Cheryl Sears and Kathleen Kirklín.

Los Rios Community College District Board of Trustees

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