



SPRING 2010 FLEX

The Professional Development Committee and the Academic and Classified Senates proudly present Spring 2010 Flex Week, five days of activities at both EDC and FLC campuses designed and presented by faculty and staff. Join your colleagues and fulfill five professional development strategic goals: 1) Teaching and Learning Competence, 2) Technological Competence, 3) Organizational Competence, Communication & Morale, 4) Health and Wellness, and 5) Cultural Proficiency, as well as exploring timely Sustainability issues.

*Paula Haug, Professional Development Chair
Kim Harrell, Academic Senate President
Scott Crow, Classified Senate President*

Monday, January 11th at the Folsom campus

10:00am

Sustainability is not simply a political buzzword

Room: Meet at the Folsom campus in the south parking lot facing Student Services

It encompasses an attitude about what resources we harvest, how we use resources and the rate at which we replace them. Sponsored by the SB 70 Sustainability Practices Committee here at FLC, Professor of Biology Mike Denega will lead a carpool field trip to an organic rice farm that successfully integrates profit with wildlife preservation and wetland management. We will then visit Staten Island, a 14,000 acre property owned by the Nature Conservancy that supports hundreds of thousands of wintering waterfowl, cranes and swans. We will finish with a picturesque sunset at the Wood Bridge Crane Preserve. This is the peak season for viewing wintering wildlife! Don't miss it! Participation is limited to 18 people, so RSVP to mdenega@comcast.net. He will then send you a detailed itinerary and equipment list. Presented by Mike Denega.

Tuesday, January 12th at the El Dorado Center

10:30-11:45am

New Faculty Orientation at EDC (*Organizational Competence, Communication & Morale*)

Room: Meet in C-102 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. We will meet in room C-102 and then do a grand tour and visit various departments at EDC. Presented by Dean Dale van Dam, Vonnie Shane, and EDC/FLC Staff.

or

Successful Testing and Assignment Strategies for instructors of Basic Skills English Students (*Teaching and Learning Competence*)

Room: English Center (C-213) at EDC

The English department BEST subcommittee (Basic English Skills Team) invites all interested parties to this workshop/discussion devoted to two key issues that often plague basic skills English instructors: students who don't understand what a writing prompt requires once they get home and start to write it, and students who demonstrate a good understanding of grammar/punctuation material in class activities or homework practices yet still do poorly on quizzes or a midterm. Kathy Leland will offer specific strategies and examples of how instructors can get better results from their basic skills students in both of these areas. We will discuss how to design writing assignments that fit specific parameters and learning goals while still remaining accessible to students, and we will explore the ways that testing and mastery learning in basic skills courses can be effectively incorporated into class planning. Chocolate available for all participants! Presented by Kathy Leland.

12:00noon-1:00pm

Faculty Meet 'n Greet Brown Bag Lunch (*Organizational Competence, Communication & Morale*)

Room: Community Room (C-102) 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

Learn about Outlook, Acrobat Pro, the PDF Printer, and Scan to Email (*Technological Competence*)

Room: C-202 at EDC

We will also clear up questions about Outlook, Personal Folders, and our "H" drives, and why size matters. Presented by Roger Morris.

2:30-3:45pm

How to create a Power Point Presentation (*Technological Competence*)

Room: C-202 at EDC

Are you handicapped by not knowing how to create effective presentations because you have a different version of PowerPoint than the one installed on campus computers? Is your PowerPoint not working on the classroom podiums as you planned at home? IT wizard Roger Morris will help you operate any version of Power Point, including Mac. Presented by Roger Morris.

Wednesday, January 13th at the Folsom campus

9:00-10:15am

How to Create Successful Applications for Sabbatical Leaves (*Organizational Competence, Communication & Morale*)

Room: Aspen Hall FL1-8

Presented by Linda Abraham, Sue Lorimer, and Zack Dowell.

or

Tai Chi for Wellness, Personal Performance and Stress Management (*Health and Wellness*)

Room: PE-203 (Dance Room)

The soft and graceful body movements of Tai Chi are used as a way to induce a Relaxation Response. Kinesic imagination technique is introduced as a method to maximize personal performance in all endeavors. This presentation is enjoyable, easy to follow and practical to do when wearing regular work day attire. Presented by Frank Gaviola.

10:30-11:45am

Content Management System 102 (Website Training) (*Technological Competence*)

Room: Lilac Hall FL5-9 (basement level)

CMS 102 is an advanced class in which you will create various links, page types and content all within our Ingeniux software. This class is hands-on and intended for those who have already taken CMS 101. Presented by Matthew Battershell.

or

Get Up and Dance! (*Health and Wellness*)

Room: PE-203 (Dance Room)

Got yourself a New Year's Resolution? Dance always fits the bill. Come to FLC's NEW dance studio (PE 203- in the new PE Building) and dance away your winter blues! Usher in the spring with a new spring in your step by learning a classical Ballet warm up! Then we'll transition to some super fun Jazz techniques across the floor, building on the ballet terms and positions. You will round out the hour with a Jazz dance choreography- Get up and Dance! Presented by Debi Davis-Worth.

11:45-2:15pm

Meet, Greet, and Eat Brown Bag Lunch (*Organizational Competence, Communication & Morale*)

Room: Falcon's Roost

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

or

"Food from the Heart": Quick and Easy Food that's Good for the Heart (*Health and Wellness*)

Room: Dogwood Hall FL4-135

This delicious and informative session is designed to help you stay young at heart. Learn about foods that are essential to good cardiovascular health and join us in the cooking (and EATING!) of heart-healthy recipes! Discover a wealth of essential nutritional, health and wellness resources to keep your heart moving to a healthy beat. Please RSVP for this exclusive event to Jessica Hodge, preferably via email, at hodgej@flc.losrios.edu, or call 608-6724. Cost is \$5 per person to cover food expenses. We can accommodate up to a maximum of 40 participants. Presented by Jessica Hodge, Becky Mendell, and Mary Hansen.

2:30-3:45pm

"Fire!! Devoted to the Younger Negro Artist" (*Cultural Proficiency*)

Room: Aspen Hall FL1-7

"Fire!! Devoted to the Younger Negro Artist" was a one-time publication meant to be a quarterly. Published mid-point in the Renaissance timeline and at the center of its debates, *Fire!!* marked a defining moment in Renaissance aesthetics, where the younger artists broke from the editorial pressures of Civil Rights' leaders, declared themselves the people's artists and embraced a populist aesthetic based on African-American cultural production, such as blues and jazz, and cultural and oral traditions such as "signifyin'" and "playing' the dozens." Throwing off the yoke of Harlem Renaissance hegemony, the Negro artist took root in the literary imagination and became a legitimate subject in the field of cultural nationalism. The first generation of professional Black writers was born. Presented by Yvonne Price.

or

DSPS Student Panel (*Cultural Proficiency*)

Room: Aspen Hall FL1-8

The DSPS program will host a panel of students with disabilities to speak of their experiences at Folsom Lake College. These students represent a variety of disabilities and perspectives. Topics to be covered will include the following: experience as a student with a disability at FLC, best learning experience, worst learning experience, goals and aspirations, and advice to teachers regarding teaching and learning from a disabilities perspective. Questions and answers to conclude the panel discussion. Presented by Tasneem Sah, Tim McHargue, and the DSPS Staff.

or

How to create a Power Point Presentation (*Technological Competence*)**Room: Lilac Hall FL5-109**

Are you handicapped by not knowing how to create effective presentations because you have a different version of PowerPoint than the one installed on campus computers? Is your PowerPoint not working on the classroom podiums as you planned at home? IT wizard Roger Morris will help you operate any version of Power Point, including Mac. Presented by Roger Morris.

Thursday, January 14th at the Folsom campus

9:00-12:00noon**Basic Skills Initiative Workshops****Room: Reading, Writing, & Math Center (Cypress Hall FL2-239)**

This special three hour block of presentations is divided into three parts: an introduction and then two breakout sessions which are repeated so you can choose a total of two sessions to attend.

9:00-9:30am: The BSI Taskforce will present BSI conference highlights, discuss FLC's basic skills population including the extent to which basic skills students are enrolled in all disciplines and practically all course levels across the college, and the performance of basic skills students in selected transfer level courses. Presented by Lisa Sapra, Camille Snow, and Chris Olson.

9:30-10:35am: Three workshops will be running simultaneously during this hour:

1. *The Art of Changing the Brain*- Inspired by James Zull's book, *The Art of Changing the Brain*, and a regional Basic Skills conference, Tina Royer combines research in neuroscience and learning theory to help all students acquire knowledge quickly and in more depth. This workshop focuses on two key components of learning: deep learning and self-regulated learning. It will briefly cover the science of learning and then concentrate on practical methods for helping students learn. Presented by Tina Royer.
2. *Basic Skills Best Practices*- Three basic skills teachers in English, ESL, and Math will present their approaches to teaching basic skills in their discipline or subject area. These presentations will be of two types: discipline and/or subject area focused (for example, teaching basic literacy) and learning activity focused (for example, the structured classroom, graphic organizers and collaborative teaching and learning). Presented by Yvonne Price, Spencer Eckman, and LeLe Trieu.
3. *Reading and Basic Skills Students*- Tracy Rauschkolb will demonstrate the Nelson Denny Reading Test. The RWC is offering to administer the test in your classes during the beginning of the semester so that you will know how many of your students are reading at grade level academically. Presented by Tracy Rauschkolb.

10:40-11:40am: The above three workshops will be repeated, so you can choose to attend a different one in this hour.

11:45am-12:00noon: Debriefing.

9:00-10:15am**Speed Demos** (*Technological Competence*)**Room: Aspen Hall FL1-35 (Library Classroom)**

Lots of short demonstrations of a variety of exciting technology tools and techniques...if you like that sort of thing. Presented by Zack Dowell.

or

Best Practices for a Green Faculty (*Technological Competence*)**Room: Lilac Hall FL5-109**

Steve Holzberg, Roger Morris, and friends will lead a discussion on how to refine and implement teaching practices at FLC as if your grandchildren were watching your carbon output! This is based on the "Best Sustainable Practices" documents now available on the S drive (in the sustainability folder), the adventures of the No Impact Professor, and input from faculty like you. Roger Morris will show you how to scan documents on the Canon copiers in the work rooms. You can learn how to e-mail, post, and scan items that would otherwise need to be photocopied. Presented by Steven Holzberg and Roger Morris.

10:30-11:45am**Info Supporting Instructional Planning Processes** (*Organizational Competence, Communication & Morale*)**Room: Aspen Hall FL1-8**

Given all of the resources that FLC has expended on developing high tech systems to support us and what we do (including planning processes and such), this session is aimed at showcasing what's available and how these systems can be used. As importantly, this session also provides an opportunity for faculty to articulate and discuss the kind of information, data, and research support they'd like the OIR to develop. Presented by Chris Olson.

or

Social Everything (*Technological Competence*)**Room: Aspen Hall FL1-35 (Library Classroom)**

Social networking and collaboration applications such as Google Wave, Facebook, and Twitter offer new ways to communicate with students and with each other. Come find out what all the fuss is about. Presented by Zack Dowell.

11:45am-1:00pm**Lunch break- You're on your own.****1:00-2:15pm****Intercultural Awareness** (*Cultural Proficiency*)**Room: Aspen Hall FL1-8**

How do you interact with students and staff who come from different cultural backgrounds and life experiences? We will play a game to simulate a

cross-cultural communication scenario that does not have a common language with which to work. This game, and our discussion, will help us consider what assumptions we make about students and how that impacts learning, as well how our cultural assumptions in general affect our relationships with others. Presented by Diane Carlson. Sponsored by the Multi-Cultural Subcommittee.

or

Mentoring Basics for Mentors and Mentees (*Organizational Competence, Communication & Morale*) **Room: Dogwood Hall FL4-121**
Come and discuss what works, what doesn't, what's expected and what to expect from your mentoring relationship. Highly recommended for new mentors and mentees. Presented by Sean Fannon.

or

Social Bookmarking (*Technological Competence*) **Room: Aspen Hall FL1-35 (Library Classroom)**
In this in-depth, hands-on workshop, you'll learn to use social bookmarking tools to organize and share research and resources. Presented by Zack Dowell.

2:30-3:45pm

Mind, Body and (Student) Spirit: Teaching as Transformative (*Health and Wellness*) **Room: Aspen Hall FL1-8**
A five member panel and participants will explore the concept of the classroom as a "sacred space," where students are thought of not only as bodies with minds, but also as spiritual beings. In this context, teachers can play a direct and powerful part in the personal transformative experience of their students, helping to birth their metamorphosis into whole, healthy, mature, responsible, and knowledgeable human beings. This is education as transformative – and it can happen when educators form an intention to honor the ever-changing holistic nature of their students – including their spirit. Presented by Mary Hansen, Marcia Albert, Tammy Montgomery, Tim McHargue, and Kim Harrell.

or

Learn about Outlook, Acrobat Pro, the PDF Printer, and Scan to Email (*Technological Competence*) **Room: Lilac Hall FL5-109**
We will also clear up questions about Outlook, Personal Folders, and our "H" drives, and why size matters. Presented by Roger Morris.

or

Online Teaching Roundtable (*Technological Competence*) **Room: Aspen Hall FL1-35 (Library Classroom)**
Discussion of trends and topics of interest to educators who teach online, or who are interested in incorporating online tools and techniques into their face-to-face teaching. Hosted by Zack Dowell and the FLC Online Educators group.

5:00-7:00pm

Adjunct Dinner, Information & Networking Session **Room: Community Room (Aspen Hall FL1-20)**
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. Understanding the union contract empowers all faculty to fully participate in college activities and to develop the resources needed to become better educators. Contact K.C. Boylan at boylank@flc.losrios.edu and 916-608-6628. Presented by LRCFT.

Friday, January 15th at the Folsom campus

8:30-11:30am

Continental Breakfast **Room: Community Room (Aspen Hall FL1-20)**

9:00-11:00am

Faculty Forum/Academic Senate **Room: Community Room (Aspen Hall FL1-20)**
Presented by Kim Harrell, Zack Dowell, Kevin Pipkin, Paula Haug, and Brian Robinson.

11:00am-12:30pm

Departmental Meetings and brown bag lunch **Rooms: See below**

Anthropology: Aspen Hall FL1-203

Art: Cypress Hall FL2-154

Business: Aspen Hall FL1-149 (break room)

Computer Information Science: TBA

Communication: Cypress Hall FL2-153

Counseling: Aspen Hall FL1-204

ECE/FCS/NUTR: Dogwood Hall FL4-135

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

English as a Second Language: Cypress Hall FL2-242 (conference room in Reading, Writing, & Math Center)

History: Lilac Hall FL5-113

Humanities, Philosophy, and Sociology: Lilac Hall FL5-112

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

Math: Aspen Hall FL1-104

Music: Dogwood Hall FL4-239

Physical Education: PE-112

Political Science: Dogwood Hall FL4-136

Psychology: Dogwood Hall FL4-121

Public Safety Education: Lilac Hall FL5-211

Sciences (Biology, Chemistry, Physics): Cypress Hall FL2-208

Spanish: Cypress Hall FL2-246

Theater Arts: Cypress Hall FL2-148

12:30-2:00pm

Convocation and Chancellor's Report

Presented by FLC Administration and Chancellor Brice Harris.

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

2:00-3:00pm

Division Meetings

Rooms: See below

Languages & Literature, Social & Behavioral Sciences, Humanities: Community Room (Aspen Hall FL1-20)

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

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

Visual & Performing Arts: Cypress Hall FL2-154

3:00-4:00pm

Sexual Harassment workshops*

Rooms: See below

Languages & Literature, Social & Behavioral Sciences, Humanities, Visual & Performing Arts: Community Room (Aspen Hall FL1-20)

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

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

**A separate Sexual Harassment workshop may be arranged later for counselors whose work schedules don't allow them to attend today's workshop.*

For questions or comments about the schedule, contact Tom Caramagno at: caramat@flc.losrios.edu or call 916-608-6671.