



# SPRING 2011 FLEX

The Professional Development Committee and the Academic and Classified Senates proudly present Spring 2011 Flex Week, four days of activities designed and presented by faculty and staff. Join your colleagues and fulfill your flex hours while helping the college achieve its professional development strategic goals. This time, we are devoting nearly half of our workshops to the theme of diversity, thanks to the hard work of the Multicultural Subcommittee.

*Paula Haug, Professional Development Co-Chair  
 Karen Gilmer, Professional Development Co-Chair  
 Kim Harrell, Academic Senate President  
 Roger Morris, Classified Senate President*

## Tuesday, January 11th at the Folsom campus

**10:00-11:15am**

### **NMR workshop for the Chem 420/421 Instructor**

**Room: Cypress Hall room FL2-107**

Chemistry 420 and 421 instructors from the district are invited to participate in an NMR (Nuclear Magnetic Resonance) pedagogical discussion and instruction on how to use FLC's permanent magnet 90 MHz NMR instrument. We will show how to acquire a proton and carbon spectra. After that, we will share ideas of how to best incorporate NMR spectra within the curriculum for sophomore OChem. Any chemistry instructor may attend, but the discussion will be geared for those teaching 420/421. Other organic instructors from outside the district have also been invited. Presented by Shawn Reese.

## Wednesday, January 12th at the Folsom campus

**9:00am-5:00pm (All day)**

### **5-7-5's: FLC Student Haiku Exhibit**

**Room: Library**

Students in Juan Flores' HCD 310: College Success class have been writing Haiku based on their experiences as students at FLC. The traditional Haiku format of 3 lines, with 5 syllables in the first line, 7 in the second, and 5 in the third, provides students with exposure to a culturally specific writing format, and the challenge of condensing personal experience and feelings into a concise form of self-expression. The only parameters given to the assignment are the 5-7-5 format, and that the Haiku must cover an experience and/or feelings about being a college student. The Haiku illustrate the issues, challenges, struggles, and triumphs that our students encounter, both in and out of the classroom, and provide us with real snapshots of student life through raw, touching, dreary, and comedic writing. Presented by Juan Flores. **This exhibit will run Wednesday, Thursday, and Friday.**

**8:30-10:30am**

### **Chemical Hygiene/Safety Training**

**Room: Aspen Hall room FL1-7**

This activity is intended for ALL science faculty and staff, but others are welcome. The purpose of the session is to create a common platform for lab safety practices, including personal safety (PPE), safe classroom activities in the lab, handling of equipment and materials, etc. The emphasis will be on methods for developing an FLC safety plan which complies with CAL OSHA, fire department, and other regulations. Presented by Robin Flint, A.S.C.I.P.

**9:00–10:30am**

**Maintaining Physical Fitness Near Campus**

**Room: Meet at the “Castle Park” on Prewett Drive**

The city of Folsom is well-known for its fine system of trails, but they are not always conveniently near for our employees. This flex presentation will cover various trails in close proximity to the college as well as hiking/biking/running routes that faculty and staff may need to maintain fitness and good health on even a daily basis. Come dressed ready to participate. **Participants will meet at the “castle park” on Prewett Drive behind the college--directions will be provided. Please RSVP to Matt Torrez at [torrezm@flc.losrios.edu](mailto:torrezm@flc.losrios.edu) or ext. 6600.** Presented by Matt Torrez and Brian Robinson.

**10:45am–12:00noon**

**Academic Requirements 101 (aka Degree Audit)**

**Room: Aspen Hall room FL1-7**

Academic Requirements is a tool that a student can use, in conjunction with a counselor, to check their progress towards completing a degree or certificate. A “degree audit” report will allow students to see what GE and major requirements are “satisfied” by classes or competencies they’ve completed and will show what areas they have yet to satisfy. In this session, faculty will learn what is included in the report and what is not. Typical reports will be viewed and discussed. We will also explore how faculty might be able to dialogue with students about their report and where students can be directed to get additional assistance. Questions will be welcome! Presented by Aiden Ely, Rochelle Franco, and Christine Wurzer.

or

**WEXP/Internship Program**

**Room: Aspen Hall room FL1-203**

How can the WEXP/Internship program benefit your students? This workshop will present the general process of the WEXP/Internship program and the new LINCS (Los Rios Internship & Career Services) database. Presented by Kristi Church.

or

**How to Maximize Your STRS Pension**

**Room: Aspen Hall room FL1-104**

Considering when the best time to retire is to receive the largest STRS pension? Come learn the ins and outs of buying airtime from STRS. Learn if your STRS pension is safe so you can retire. Learn how to utilize the most powerful strategy to help achieve a comfortable retirement. This information is especially crucial if you are within 5 years of retiring. **If you want to attend this event, please RSVP to Tom Caramagno at [caramat@flc.losrios.edu](mailto:caramat@flc.losrios.edu).** Presented by William Corley, CFP®.

**1:00–2:15pm**

**The Folsom Lake College Planetarium**

**Room: Aspen Hall room FL1-20 (Community Room)**

Most people on campus do not know that Folsom Lake College has a portable planetarium. This presentation will showcase many of the features and abilities of the Planetarium as well as display some of the basic properties of astronomy (motion of the heavens, celestial objects etc.) in a fun and relaxed method. Space is limited to about 25 - 30 seats, so come early. Presented by Daniel Hale.

or

**Music Bridges All Gaps: West-Africa and Cuba United at Last**

**Room: Aspen Hall room FL1-104**

The workshop will present the unique musical collaboration planned in the mid-1990s between professional musicians from Mali and Cuba, to be filmed and turned into a major motion picture as well as an audio recording. When visa problems arose for the Malian musicians, the film director and crew turned their attentions instead to a famed senior center where outstanding musicians from a previous generation still played authentic Cuban music (resulting in the documentary *The Buena Vista Social Club*). Now, in 2010, the Malians and Cubans were united at last, producing the critically-acclaimed album *Afrocubism*. This workshop will explore the unique elements of West-African and Cuban music that come together in this extraordinary collaboration. Presented by Philip Angove.

or

**Student Stigma, an Experience in the First Person**

**Room: Aspen Hall room FL1-8**

Many of us understand academically what stigma is with regards to our students who suffer from psychological, psychiatric, or learning disabilities. Several of us have close relationships with those affected and possess great empathy for this population. How many of us have an opportunity to *experience* the stigma of having one of these disabilities as we interface with society around us? Come join us to get a first-person perspective of what it feels like to have a psychological, psychiatric, or learning disability and the associated stigma attached to these disorders. At the conclusion of the exercise, we will engage in a panel discussion with our own FLC students from the Healthy Minds Anonymous Club about their own personal experiences. Presented by Larry Fernandez, Mary Hansen, Tim McHargue, and FLC Students.

## Thursday, January 13th at the Folsom campus

**9:00-10:15am**

**Teaching and Learning in a Mobile Ecosystem**

**Room: Aspen Hall room FL1-35 (Library Classroom)**



According to a recent Pew Research Center study, 72% of all U.S. teens are now text message users, a finding that confirms what you have probably already observed: mobile technology is a reality for our students. In this workshop, we'll explore the impact of mobile technologies – including SMS/text, augmented reality, QR codes, and social networking - on teaching and learning. Presented by Zack Dowell.

or

## On Course: Student Responsibility and Innovative Learner-Centered Teaching

**Room: Cypress Hall room FL2-239 (Reading, Writing, & Math Center)**

Join us to learn the theory and application of student responsibility and learner-centered strategies that will motivate and energize both teachers and students. The future of California depends heavily on educating increasing numbers of diverse Californians with certificates, associate degrees, and bachelor's degrees. Educational attainment in California has been declining with each younger generation. This training will offer you a new approach in your teaching and, given our diverse student population at FLC, this approach may enhance student success in your classroom and beyond. In this workshop you will learn a variety of teaching techniques that will invigorate your classroom and can be adapted to any discipline. Presented by Marcia Albert and Tracy Rauschkolb.

or

## **“Do not go Beyond What is Written” (1 Cor 4:6): Did the original words of God really condemn homosexuality? Room: Aspen Hall room FL1-7**

Many people who denounce LGBTs with biblical passages are blissfully unaware of how difficult Hebraic philology is. The late John Boswell, a Professor of History at Yale University, and the Rev. Daniel Helminiak, a Roman Catholic theologian, examined ancient non-biblical texts and discovered other meanings for Old Testament words that subvert the homophobic translations made 3,000 years later in England. Even simple passages, like Leviticus 18:22 (“Thou shalt not lie with mankind, as with womankind: it is abomination”) used terms with multiple meanings, local connotations, and poetic metonyms that call into question the homophobic translations of the King James Bible. Further research is clearly needed, but so too is a principled restraint against using the Bible as a “clobber” weapon in today’s culture wars. Presented by Tom Caramagno.

**10:30–11:45am**

## **Is Inequality Making us Sick? An Exploration of How our Social Circumstances can Impact our Physiology**

**Room: Dogwood Hall room FL4-135 (ECE classroom)**

This workshop will view and discuss the first segment of the documentary series, “Unnatural Causes: is inequality making us sick?” “In Sickness and In Wealth” explores how the distribution of power, wealth, and resources shape opportunities for health. We will discuss what these things can mean for our students and how we might address these issues locally and globally. (Note: discussion may extend to 12:15pm) Presented by Marsha Peralta, Mary Hansen, and Diane Carlson.

or

## **FLC Online Educators**

**Room: Aspen Hall room FL1-8**



The FLC Online Educators group meets regularly throughout the semester to discuss educational technology and hosts an annual teaching with technology “unconference.” If you teach online, plan to in the future, or have an interest in using technology to enhance teaching and learning, please join in the conversation: <http://www.flcinnovation.org/flc-online-educators/>. Hosted by the FLC Online Educators group.

or

## **The Black Ram Topping the White Ewe: Why Shakespeare Never Knew Racism**

**Room: Aspen Hall room FL1-7**

Beginning with a definition of racism, Yvonne Price will examine Shakespeare’s *Merchant of Venice* and *Othello* in order to illustrate that racism did not always exist, contrasted with sexism and anti-Semitism, which relegated women and Jews, respectively, to second-class citizenship or lower. *Merchant* and *Othello* demonstrate an obvious difference between the concept of race in European society in 1564, versus approximately 200 years later, when English slave Equiano Oludah’s published narrative contains a vastly altered depiction of the African subject, demonstrating that prejudice and stereotyping had been transformed into racial ideology used in the service of race-based slavery, in an attempt to justify the unjustifiable: the ownership of one human being by another. Presented by Yvonne Price.

**12:00noon–1:00pm**

## **Lunch**

You’re on your own.

**1:00-2:15pm**

## **D2L Update**

**Room: Aspen Hall room FL1-35 (Library Computer Lab)**



Desire2Learn (D2L), the district’s official learning management system, will be getting an update in early January 2011. In this workshop, we’ll discuss the enhancements and improvements in the new system. Presented by Zack Dowell.

or

## **Teaching Tolerance: A Multi-voiced Dialogue on Class, Culture and Climate**

**Room: Aspen Hall room FL1-104**

This workshop will be an opportunity for staff to engage in an open discussion about the campus climate at Folsom Lake College. We will watch short video snippets of underrepresented students describing their experience at this college. Following each video portrait, a panel of staff and faculty (drawn from Student Services) will facilitate a discussion with those in attendance about the FLC campus climate and our combined efforts to make the college one that embraces diversity in and out of the classroom. Presented by Tim McHargue, Jeremy Greene, and Denise Noldon.

**1:00–3:00pm**

**Bod Pod Body Composition Analysis Training**

**Room: Physical Education building room PE-112**

Air displacement plethysmography is a technique for measuring total body volume, body density, and the ratio of lean body tissue to fat mass. Accurate assessment of body composition is key to determining progress in any weight management program and for assessing risk for cardiovascular disease. The Bod Pod is a state of the art whole body air displacement plethysmographer that is valid and reliable in tracking body composition changes following a diet and exercise intervention. The Kinesiology, Health, and Athletics Department invites you to join them for a training on how to utilize the Bod Pod and obtain an accurate assessment of your body composition. Interested volunteers should bring their swim suit caps, one piece bathing suits, and/or lycra bicycle shorts for an accurate assessment. **Participation is limited to the first 35 faculty who RSVP to Kim Harrell at harrelk@flc.losrios.edu to reserve your spot!** Presented by Kim Harrell.

**2:30–3:45pm**

**Diversity? Multiculturalism? What do these words mean?**

**Room: Aspen Hall room FL1-8**

FLC is fundamentally committed to diversity and multiculturalism, and our commitment is becoming increasingly manifest. Sadly, the Diversity Dialogue last October revealed that a vast number of the students attending didn't have the language to begin to discuss what these words mean, much less how these issues impact our campus and community. As staff and faculty, do we have the language? How can we help our students understand the significance and impact of these issues if we do not have some common ideas about them ourselves? Please come join the ongoing conversation about these issues and share your thoughts. Words like "equity," "inclusion," and "climate" will probably come up, too. Presented by Diane Carlson and the Multicultural Subcommittee.

or

**The Ins and Outs of the new Roth TSA/IRA**

**Room: Aspan Hall room FL1-104**

Did you know you can now do a Roth TSA/403b? Did you know there are ways to pay less income tax on your TSA/403B? Learn the differences between the regular TSA/403b and the Roth TSA/403b. Presented by William Corley, CFP®.

**5:00–7:00pm**

**Preview & Planning—an invitation to set the agenda for adjunct faculty workshops**

**Room: Aspen Hall room FL1-20 (Community Room)**

Every year adjunct faculty request professional development workshops on a variety of workplace issues. However, identifying those topics and scheduling the workshops on days and times most accessible to adjunct faculty has proven to be a challenge. Until now. Join LRCFT and your adjunct colleagues for a preview of coming attractions. In two hours, we will explore six topics ranging from workplace safety and dealing with disruptive students to the performance review process to creating course materials that support a safe learning environment to unemployment and disability insurance and preference in hiring. While each segment will include valuable information that faculty can apply immediately, participants will also be ranking the segments in order to determine future workshops designed specifically for adjunct faculty. Once again, dinner will be provided. **To help us plan this event, please RSVP by January 10, 2011, to KC Boylan at 916-608-6628 or kdboylan@lrcft.org.**

## Friday, January 14th at the Folsom campus

**8:30–11:00am**

**Continental Breakfast**

**Room: Aspen Hall room FL1-20 (Community Room)**

**9:00–11:00am**

**Serving the Diverse Needs of Folsom Lake College Students: Charting a Course for Future Success**

**Room: Aspen Hall room FL1-20 (Community Room)**

Given these tough economic times, it has been challenging to serve the diverse needs of Folsom Lake College students, local industries, and our surrounding communities. How does Folsom Lake College measure up? Where do we need to go? How can we get there? And most importantly, how can we ensure student-centered decision making? These are some of the important questions you will answer during this interactive session as you help chart the future course for instruction at Folsom Lake College! Presented by the Academic Senate, LRCFT, and the Office of Instruction.

**11:00am–12:00noon**

**Keynote address- Beyond Silence and the Graceful Liberal Gesture: Adolescents Exploring Race and Diversity Through Literature Study**

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

Presented by Steven Z. Athanases, School of Education, University of California, Davis. This presentation draws on several research projects set in northern California urban high schools serving culturally and linguistically diverse students, specifically 10th and 11th grade English and history classes. The presentation highlights how thoughtful teachers in these classes planned for, organized, and taught students to use literature as a prompt for discussions about themes related to issues of diversity and equity. Sources for students' engagements in reading, writing, and speaking about diversity included diverse texts, varied forms of classroom talk, and tasks that promoted links between students' out-of-school knowledge and the academic work of school.

**12:00–1:00pm**

**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.

**1:00-2:30pm**

**Convocation and Chancellor's Report**

Presented by FLC Administration and Chancellor Brice Harris.

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

**2:30-3:30pm**

**Area Meetings**

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

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

Math, Science, Library, IT Engineering, Business: Aspen Hall room FL1-104

Counseling & Student Life: Pictel (CS-212 or Innovation Center)

Visual & Performing Arts: Cypress Hall room FL2-154

**Rooms: see below**

**3:30-4:30pm**

**Departmental Meetings**

Anthropology: Aspen Hall room FL1-203

Art: Cypress Hall room FL2-154

Business: Aspen Hall room FL1-149 (break room)

Chemistry: Aspen Hall room FL1-8

Communication: Cypress Hall room FL2-153

Computer Information Science: TBA

Counseling: Aspen Hall room FL1-204

ECE/FCS/NUTR: Dogwood Hall room FL4-135

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

English as a Second Language: Cypress Hall room FL2-238

History: Lilac Hall room FL5-113

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

Kinesiology, Health and Athletics: Physical Education Building room PE-112

Library/Innovation Center: Aspen Hall room FL1-35 (Library Computer Lab)

Life Sciences: Cypress Hall room FL2-119

Math: Aspen Hall room FL1-104

Music: Dogwood Hall room FL4-239

Physical Sciences: Cypress Hall room FL2-208

Political Science: Dogwood Hall room FL4-136

Psychology: Dogwood Hall room FL4-121

Public Safety Education: Lilac Hall room FL5-211

Spanish: Cypress Hall room FL2-246

Theater Arts: Cypress Hall room FL2-148

**Rooms: see below**

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