

COLLEGE OF
MARIN

Fall 2018 Flex Descriptions
August 13-17, 2018
Creating a COMMunity of Belonging

Flex activities are open to all faculty and staff. All faculty have a Flex professional development requirement based on teaching load. Flex guidelines and the Flex Verification Form can be found on the PD webpage at <http://www1.marin.edu/professional-development> .

Monday, August 13

<p>Facilitator: Jon Eldridge</p> <p>9 a.m. – 4 p.m. AC 255</p> <p>*PD Themes: IE, EE, EQ</p>	<p style="text-align: center;">Department Chairs’ and Coordinators’ Meeting <i>All chairs/coordinators, deans, and directors should attend.</i></p> <p>This meeting will offer a concentrated, dedicated time for chairs and coordinators to discuss topics including:</p> <ul style="list-style-type: none"> • Equity in hiring/screening committee training • Program Review and using eLumen • Collective Bargaining Agreement changes relating to chair/coordinator duties • Student issue referrals/classroom management • Guided Pathways <p>The information and discussion will be applicable to share at department meetings. Coffee, snacks, and lunch will be provided.</p>
<p>Presenter: Officer Paul Stewart</p> <p>9 a.m. – 3 p.m. FH 120</p> <p>*PD Themes: TL, EE</p>	<p style="text-align: center;">American Heart Association CPR and First Aid</p> <p>Are you ready to help in a medical emergency? In this five-hour session, Officer Stewart will teach you basic CPR and First Aid. There will be a one-hour break for lunch.</p> <p><i>Space is limited. To ensure your spot, RSVP to Paul at pwstewart@marin.edu .</i></p>
<p>Presenter: Tonya Reese, CalPERS Representative</p> <p>9 – 11 a.m. AC 240</p> <p>*PD Theme: EE</p>	<p style="text-align: center;">Your CalPERS and You</p> <p>The California Public Employees’ Retirement System (CalPERS) provides retirement benefits to classified employees and administrators. This session is for new to mid-career CalPERS members who want to learn more about their CalPERS benefits and available programs.</p> <p><i>RSVP to Ron at rowen@marin.edu and he will send you information about how to enroll in the class online at CalPERS.</i></p>
<p>Presenter: Dianne O’Donnelley</p> <p>11:10 a.m. – 1 p.m.</p>	<p style="text-align: center;">*Kindness Rocks: Building COMMunity One Rock at a Time</p> <p>Tap into your creativity, build COMMunity with your colleagues, and learn firsthand how “one message at just the right moment can change someone’s entire day,</p>

<p>FA 312</p> <p>*PD Theme: TL, EE</p>	<p>outlook, life.” Dianne O’Donnelley will share information about the Kindness Rocks Project and offer painting ideas and tips, and then you can experience the peacefulness of creating painted rocks with simple designs, mandalas, or positive words. Afterwards, you can release the rocks around campus or other locations to surprise, delight, and even uplift the finders while you look for others. All skill levels welcome! Check out #MarinRocks on Facebook.</p> <p>RSVP to Dianne at dodonnaelley@marin.edu .</p>
<p>Presenter: Stacey Lince</p> <p>1-2:30 p.m. AC 114</p> <p>*PD Themes: TL, SS, TT, EE</p>	<p style="text-align: center;">Canvas:</p> <p style="text-align: center;">Your Semester Checklist for Student Success</p> <p>In this session, you will learn about course design strategies and tips to help students easily access your course materials from day one. Topics will include:</p> <ul style="list-style-type: none"> • Hiding navigational links • Module organization • Content publishing • Accessibility <p>This workshop is recommended for faculty who have experience using Canvas. This session will also be available via online web conferencing.</p> <p>Space is limited. To ensure your spot, RSVP to Stacey at slince@marin.edu and put “Canvas Checklist” in the subject line. If you wish to attend via Zoom, please RSVP with "Canvas Checklist – Zoom" in the subject line.</p>
<p>Presenter: Lana Panfilova, Anthem EAP Representative</p> <p>1-2 p.m. AC 240</p> <p>*PD Themes: TL, EE</p>	<p style="text-align: center;">Stress Management</p> <p>Reconciling the demands of work and home life can be a source of constant tension. As a result, you may experience sleep disturbances, appetite changes, headaches, poor concentration and irritability. Learn how to identify emotional and physical symptoms of stress, assess your own situation and discover hands-on techniques to bring balance to your work and personal life.</p>
<p>Presenter: Lana Panfilova, Anthem EAP Representative</p> <p>2:10-3 p.m. AC 240</p> <p>*PD Themes: TL, EE,</p>	<p style="text-align: center;">Creating a Positive Work Environment</p> <p>The key to a positive work environment is mutual respect. Learn various ways to convey respect, as well as how to address negative thinking and behaviors that can have an impact on morale and teamwork. This has implications for classified staff and faculty as they interact with students and colleagues.</p>
<p>Presenter: Boyd Jarrell</p> <p>3:10 – 5 p.m. PA 72</p> <p>*PD Themes: TL, EE,</p>	<p style="text-align: center;">Your Voice: Your Greatest Teaching Tool</p> <p>Never mind PowerPoint and SLOs! Your most effective tool for communication is your voice. Come and learn helpful tips from Maestro Boyd Jarrell about vocal production, vocal health, and vocal communication. This session will include exercises and demonstrations of techniques to improve breathing, diction, resonance, communication, and vocal health. Noises will be made!</p>

<p>Presenter: Greg Milton & Beth Warner, Sonoma State University</p> <p>4:10 – 5 p.m. AC 249</p> <p>*PD Themes: TL, SS, IE, EQ</p>	<p>Sonoma State University Business Degree Completion Program at COM</p> <p>COM and Sonoma State University have partnered to offer a new bachelor’s degree program that will allow students working towards a bachelor’s degree the ability to take upper division SSU classes on COM campuses. Come and learn about this program and how it will provide a more accessible transfer pathway for students.</p>
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Tuesday, August 14

<p>Facilitator: Nancy Willet</p> <p>9-11 a.m. AC 114</p> <p>*PD Themes: EE, SLO</p>	<p>SLOAC Retreat</p> <p>During this session, SLOAC members will gather to plan activities for the year ahead.</p>
<p>Presenters: David King & Meg Pasquel</p> <p>9-11 a.m. AC 238</p> <p>*PD Themes: TL, SS, IE, EQ</p>	<p>English/COSK Effective Practices</p> <p>This effective practices session will focus on state-level updates on AB 705, their implications on the English sequence at COM, and the next steps. Faculty and staff working in English and College Skills are encouraged to participate</p>
<p>Presenters: Stacey Lince & Kathleen Smyth</p> <p>10-11 a.m. AC 229</p> <p>*PD Themes: TL, SS, TT</p>	<p>Distance Education Faculty Meeting</p> <p>During this mandatory meeting, DE faculty will receive important updates about Canvas, survey data, joining the OEI, OEI rubric peer review, and accreditation standards.</p> <p><i>RSVP to Cari at ctorresbenavides@marin.edu and put “DE Meeting” in the subject line.</i></p>
<p>Presenter: Lisa Tostenson, Health Center Nurse</p> <p>1 hr. 9 a.m. - 12 noon AC 255</p> <p>*PD Themes: TL, EE</p>	<p>Your Role in Seizure First Aid on Campus</p> <p>One in 100 people will have a seizure, and 1 in 26 people in the United States will develop epilepsy at some point in their lifetime. Epilepsy is one of the nation’s most common neurological conditions. One-third of people with epilepsy live with uncontrollable seizures because no available treatment works for them. Although epilepsy is widely recognized by the public, it is poorly understood, even among people who know someone with the disorder. People with epilepsy may be stigmatized and isolated due to public misunderstanding, bystander fear of seizures, lack of knowledge about seizure first aid, or are uncomfortable providing it. This activity will provide an overview of seizures, review standards of care, and provide training for your role as a first responder to seizures and provider of seizure first aid on campus.</p>

<p>Facilitators: Meg Pasquel & Beth Patel</p> <p>11:10 a.m. - 12 noon AC 240</p> <p>*PD Themes: TL, SS, EQ</p>	<p style="text-align: center;">Equity-Minded Teaching: Your Syllabus & Classroom Best Practices</p> <p>During this session, faculty will have a chance to look at syllabi design and instructional practices through an equity mindset and share strategies which support and engage diverse learners. Bring a copy of your syllabus to review and some teaching tips and ideas to share.</p>
<p>Presenters: Katheryn Horton, Elizabeth Pratt, & Jim Cordeiro</p> <p>12:10-1:30 p.m. Deedy Lounge</p> <p>*PD Themes: TL, SS, IE</p>	<p style="text-align: center;">*Creating a Makerspace: Discussion & Lunch</p> <p>COM's CTE and Workforce Development Department is interested in using funding from Strong Workforce to create a Makerspace for students, faculty and the community. Don't know what a Makerspace is? Join this meeting and lunch to discover what other community colleges are doing with the Makerspace Movement and give us your thoughts and ideas. How do we engage students? How do we engage faculty? How do we braid Makerspace projects into curriculum? Ultimately, how do we move a Makerspace vision into reality? This will include information about a faculty call to recruit five enthusiastic faculty who will help us create!</p> <p>Lunch will be provided. RSVP to Tammi at tjohnson@marin.edu</p>
<p>Presenter: Tonya Hersch</p> <p>12:30-1:30 AC 229</p> <p>*PD Themes: TL, SS</p>	<p style="text-align: center;">English/COSK Instructional Specialist Meeting</p> <p>All English and English Skills Instructional Specialists should attend this important operational meeting for all the information you will need to be ready for the semester.</p> <p>Lunch will be provided. RSVP to Tonya at thersch@marin.edu .</p>
<p>Presenters: COM Faculty & Staff</p> <p>1-4 p.m. AC 238</p> <p>*PD Themes: TL, SS, EE</p>	<p style="text-align: center;">New Faculty Orientation</p> <p>Are you new to teaching at COM? If so, welcome! We're glad to have you as part of our faculty. We want to give you the support and information you need to be successful, so please join us for this orientation session. You will meet other new faculty and learn important information about COM policies and procedures to help ensure that you are ready for the first day of classes and beyond.</p>
<p>Presenters: SLOAC Committee</p> <p>1-2 p.m. AC 114</p> <p>*PD Themes: TL, SS, IE, SLO</p>	<p style="text-align: center;">SLO Nuts and Bolts</p> <p>Got questions about assessing SLOs? This is your chance to meet members of the Student Learning Outcomes Assessment Committee, learn how effective SLOs can strengthen your curriculum and support student success, and get updates on the rollout of eLUMEN.</p>

<p>Presenters: Nikki Harris & Mia Robertshaw</p> <p>2:10-4 p.m. AC 240</p> <p>*PD Themes: TL, IE, EE, EQ</p>	<p style="text-align: center;">Screening Committee 101: Hiring the Best Legal Requirements & Best Practices for Screening Committees</p> <p>Serving on a search committee is a major responsibility and can have a huge impact on the future of the College. The State Chancellor’s Office has issued training requirements that affect employees who want to serve on screening and/or selection committees. This interactive workshop meets the State Chancellor’s Office requirement and includes a review and discussion of state and federal discrimination laws and Title V requirements, along with tips and techniques to document search committee activities.</p> <p>After you complete this two-hour workshop, you will receive a certificate of completion that satisfies the training requirement to serve on a search committee.</p>
<p>Presenter: Logan Wood</p> <p>2:10-3 p.m. AC 114</p> <p>*PD Themes: TT, IE, EE, SLO</p>	<p style="text-align: center;">eLUMEN Basics for SLOs</p> <p>This session will cover basic navigate of eLUMEN such as how to log on, find or create an assessment, and how to save an assessment to the assessment library. We will also cover how to score SLO assessment results. Logan will review the new SLOAC website, which houses faculty guides for all the information on eLUMEN covered in this workshop.</p>
<p>Presenters: Sofie Totapudi & Norma Peniche, UC Irvine Transfer Admissions Officer</p> <p>3:30-5 p.m. AC 239</p> <p>*PD Themes: TL, SS, EQ</p>	<p style="text-align: center;">What College Admission Offices are REALLY Looking for: Helping Students with UC’s Personal Insight Questions and Common App Essay</p> <p>Many students turn to their professors and mentors for support on their transfer applications; this application season be even more prepared to give them the best and most up-to-date advice!</p> <p>Sofie Totapudi, our Transfer and Career Center Coordinator, will begin with a training about the Common App essay. Then Norma Peniche, a UC Irvine Transfer Admissions Officer, will address the UC personal insight questions. They will discuss how the writing style, prompts, and expectations are vastly different from research papers, creative writing samples, and even from each other. The UCs are not looking for poetic language, thesis statements, or many over-used topics. To find out what universities ARE looking for and how you can best guide your students through topic selection and the editing/revision process, join us at this workshop.</p>
<p>Presenter: Tony Comella,</p> <p>5-7 p.m. Fitness Center, Diamond PE Building</p> <p>*PD Themes: TL, SS, EQ</p>	<p style="text-align: center;">Functional Range Conditioning: Basic Principles and Simplified Applications</p> <p>Dr. Tony Comella is a licensed physical therapist and a strength and conditioning specialist. His strength and conditioning practice focuses on improving mobility and developing strength while reducing pain and improving overall quality of life. During this workshop, he will discuss the three main goals of Functional Range Conditioning (FRC): mobility development, joint strength and body control. Wear comfortable clothing that will allow you to move.</p> <p>This presentation is designed for the Kinesiology faculty, but all are welcome.</p> <p>To RSVP or for more information, email Kathleen at ksmyth@marin.edu.</p>

Wednesday, August 15

Mandatory Flex Day for Full-time Faculty

8 - 8:45 a.m. Performing Arts Lobby	Continental Breakfast Coffee, tea, and light refreshments will be served.
9 - 11 a.m. James Dunn Theatre	Convocation Join your friends and colleagues as we celebrate the start of the new academic year and hear important updates and information.
Facilitators: Christina Leimer & Cara Kreit 11 a.m. – 12 noon FH 120	Post-Convocation Session COM Mission and Values Discussion This session will be part of developing COM’s new six-year Educational Master Plan (EMP). All faculty, staff, and managers are invited to discuss the areas in which the College is strong and where we need to improve. We will use our Mission and Values statement as the framework for discussion.
11 a.m. – 12 noon Performing Arts Courtyard	Health Fair Carrier representatives, Susan Vogt from Keenan & Associates, and Ron Owen will be available to discuss our benefits programs
12 – 1:30 p.m. Cafeteria	United Professors of Marin (UPM) Meeting
12-1 p.m. AC 255	CSEA Overview During this session, CSEA President Keli Gaffney will provide information about accessing member benefits, important CALPers notes, and state issues.
1:30 - 3:30 p.m.	Department Meetings Check with your department for meeting location.
3:30 – 5 p.m. AC Courtyard	President’s Welcome Reception All faculty and staff are invited to join Dr. Coon for an informal time of refreshments and conversation.
Presenters: Ron Owen & Carrier Representatives 2-3 p.m. IVC, Bldg. 27, Rm. 116	Open Enrollment Information @ IVC Let’s Talk Benefits: 2018-19 Open Enrollment/Employee Benefits Overview This session will provide an overview of the health and welfare benefits offered to benefit-eligible employees, including any open enrollment changes, short-term and long-term disability, voluntary benefits and other benefits programs. Ron Owen, Sr. Benefits Analyst, and representatives from: Self-Insured Schools of California (SISC), Tax Deferred Solutions (TDS), Kaiser, Blue Shield, Delta Dental, VSP and Keenan & Associates will be present. A Q&A session will be included. <i>Repeated on Thursday from 10-11:30 in KTD AC 240.</i>
Presenter: Susan Vogt, Keenan & Associates 3 – 5 p.m. IVC, Bldg. 27, Rm. 116	Open Enrollment One-On-One Assistance During this session, you will be able to get individual assistance with questions about your benefits. Contact Ron at rowen@marin.edu to schedule an appointment time. <i>Repeated on Thursday from 12-4 in KTD AC 236.</i>

Thursday, August 16

<p>Facilitator: Cheo Massion</p> <p>9:30-12 a.m. AC 249</p> <p>*PD Themes: TL, SS, IE</p>	<p style="text-align: center;">ESLN Faculty Workshop</p> <p>ESLN Faculty will meet and discuss important changes to the recently approved UPM contract. Also brainstormed and discussed will be our ideas and decisions on improving our ESLN program's retention of students, persistence through the sequence, and other key aspects of providing the best possible ESL sequence from beginning to intermediate levels.</p>
<p>Presenters: Ron Own & Carrier Representatives</p> <p>10-11:30 a.m. AC 240</p> <p>*PD Theme: EE</p>	<p style="text-align: center;">Let's Talk Benefits: 2018-19 Open Enrollment/Employee Benefits Overview</p> <p>This session will provide an overview of the health and welfare benefits offered to benefit-eligible employees, including any open enrollment changes, short-term and long-term disability, voluntary benefits and other benefits programs. Ron Owen, Sr. Benefits Analyst, and representatives from: Self-Insured Schools of California (SISC), Tax Deferred Solutions (TDS), Kaiser, Blue Shield, Delta Dental, VSP and Keenan & Associates will be present. A Q&A session will be included.</p>
<p>Presenter: Stacey Lince</p> <p>10-11:30 a.m. AC 239</p> <p>*PD Theme: TL, SS, TT, EE</p>	<p style="text-align: center;">Strategies and Tools for Dynamic Online and Web-enhanced Teaching</p> <p>In this session, you will learn about course design strategies and tips to help engage students using digital tools such as VoiceThread, 3C Media Solutions, and Zoom. Additionally, Stacey will address Canvas updates. Workshop will also be available via online web-conferencing in Zoom.</p> <p><i>To ensure your spot, RSVP to Stacey at slince@marin.edu and put "Strategies and Tools" in the subject line. If you wish to attend via Zoom, RSVP with "Strategies and Tools- Zoom" in the subject line.</i></p>
<p>Presenters: Shawn Purcell & Yolanda Belissimo</p> <p>11:30-12:30, AC 255</p> <p>*PD Themes: IE</p>	<p style="text-align: center;">Participatory Governance System Kickoff Workshop</p> <p style="text-align: center;">Strongly Recommended for all PGS committee members</p> <p>During this workshop, PGS committee chairs and members will discuss strategies for enhancing committee effectiveness. Committees will meet to discuss goals for the coming academic year.</p> <p>Lunch will be provided. RSVP to Yolanda at ybellisimo@marin.edu.</p>
<p>Presenter: Susan Vogt, Keenan & Associates</p> <p>12-4 p.m. AC 236</p> <p>*PD Themes: EE</p>	<p style="text-align: center;">Open Enrollment One-On-One Assistance</p> <p>During this session, you will be able to get individual assistance with questions about your benefits.</p> <p>Contact Ron at rowen@marin.edu to schedule an appointment time.</p>

<p>Presenters: Stormy Miller & Danila Musante</p> <p>12:30-2 p.m. AC 241</p> <p>*PD Themes: SS</p>	<p style="text-align: center;">Supporting Students with Mental Health Disabilities</p> <p>This presentation will provide an overview about the prevalence of students with mental health challenges in postsecondary education, benefits of providing mental health services and supports to students, and ways in which COM currently addresses needs through Psychological and Student accommodations, and how to identify and support students with mental health disabilities. Resources through Kognito Simulations and the California Community Colleges Students Mental Health Program will also be explored.</p>
<p>Presenter: Vickie Holden</p> <p>1-3 p.m. AC 240</p> <p>*PD Themes: EE</p>	<p style="text-align: center;">CalSTRS: My Retirement System</p> <p style="text-align: center;">Learn How to Make the Most of Your CalSTRS Membership</p> <p>Looking for a quick way to learn how to make the most of your CalSTRS membership? Then the “My Retirement System” workshop is for you.</p> <p>In this interactive workshop, you’ll learn:</p> <ul style="list-style-type: none"> • About your retirement, survivor, and disability benefits • How to calculate your retirement benefit • Why it pays to start a 403(b) or 457(b) supplemental savings plan sooner rather than later • The steps you can take now to increase your retirement benefit.
<p>Presenter: Lana Panfilova</p> <p>1-2 p.m. AC 238</p> <p>*PD Themes: EE</p>	<p style="text-align: center;">Overcoming Burnout</p> <p>Feeling overwhelmed by the pressures of everyday work and home life? This seminar focuses on the issue of burnout and ways you can bring your life back into balance. Learn to identify the symptoms of burnout and explore ideas for coping with and avoiding it.</p>
<p>Presenters: Umoja faculty & students</p> <p>1-2 p.m. Umoja Village, LC 136</p> <p>*PD Themes: SS, EQ</p>	<p style="text-align: center;">Umoja Open House</p> <p>Umoja is a community of educators and learners committed to the academic success, personal growth, and self-actualization of African-American and other students. Please come by the Umoja Village and learn about the Umoja program and ways we can work together to support our students.</p>
<p>Presenters: Leo Ray-Lynch & Wendell Vaughn, WLC Architects</p> <p>1-4 p.m. Deedy Lounge</p> <p>*PD Themes: IE</p>	<p style="text-align: center;">Building for the Future</p> <p style="text-align: center;">LRC & SS Discussion and Information Session</p> <p>This is an exciting time at COM as we dream about our programs and services and plan for the new LRC/SS project. Please drop by as architects from WLC Architects discuss initial plans and program specifications, meet with groups and individuals, and answer questions. Your input is vital.</p>

<p>Presenters: Matthew Kent & Sadika Sulaiman Hara</p> <p>2:10-3:30 p.m. AC 239</p> <p>*PD Themes: TL, SS, EE</p>	<p style="text-align: center;">Responding to Student Concerns and Crises</p> <p>As instructors, our goal is to support our students and to help them be successful, but sometimes this can be a challenge. In this session, Matthew Kent, Student Conduct Officer, and Sadika Sulaiman Hara, Director of Activities and Advocacy, will explore ways instructors can proactively intervene with their students to provide support, manage students who are of concern, and discuss best practices in supporting students in crisis. They will discuss the COM Care program, share case studies, and have a Q&A time so that instructors can feel prepared to support their students.</p>
<p>Presenters: Susan Rahman, elle dimopoulos, Dawn Lucier, & ZTC Taskforce Members</p> <p>2:10-3:30 p.m. AC 237</p> <p>*PD Themes: TL, SS, TT</p>	<p style="text-align: center;">Zero Textbook Cost Information and Collaboration Session</p> <p>Are you worried about the high cost of textbooks? Would you like to find ways to make your classes more accessible for students? If so, join this session and you will get an overview of Zero Textbook Cost classes as well as a chance to collaborate with colleagues. Experienced instructors, together with Open Educational Resources (OER) and other high-quality, no-fee materials, are the foundation of the Zero Textbook Cost initiative at COM. Faculty who are teaching or preparing to teach ZTC classes will share success stories and strategies. In addition, support staff will be on hand to provide guidance to faculty who are interested in this option for their classes.</p>
<p>Presenter: Anna Pilloton, Sadika Sulaiman Hara; Heather Bettini - SparkPoint Marin, CalFresh Outreach Associate, Center for Domestic Peace, & student leader</p> <p>3:40-5 p.m. AC 240</p> <p>*PD Themes: SS, IE, EE, EQ</p>	<p style="text-align: center;">Fostering Student Success: Helping Students Overcome Financial and Personal Challenges</p> <p>Have you ever wondered how you can support students with personal financial challenges that impede their success and reaching their educational goals? Have you ever come across a student who is hungry, homeless, dealing with difficult home circumstances, or in jeopardy of dropping out of school for these or other reasons? Come to this interactive workshop to learn about free community services and resources that are available to help your students succeed. Find out what you can do to connect your students with financial coaching, food assistance, and health resources on campus that will help them succeed in college and beyond. COM Cupboard and Food Pantries, SparkPoint Marin's financial coaching, CalFresh (free food debit card), and the Center for Domestic Peace offer direct support to students on campus as part of COM's Student Services Department. Discover your role in furthering the College's goal of supporting students in reaching their full potential academically, professionally, and personally while pursuing their education.</p>
<p>Presenter: Susan Vogt, Keenan & Associates</p> <p>4-5 p.m. AC 236</p> <p>*PD Themes: EE</p>	<p style="text-align: center;">Understanding and Managing Your Kaiser and Blue Shield Deductible Plans</p> <p>Part of getting the most out of your deductible plan is knowing how much and when you can expect to pay for services. When you have an idea of what you'll pay before and after your visit, you'll feel more confident about getting the care you need to stay healthy. It is important to understand your annual deductible, copayments, coinsurance and annual out-of-pocket maximum. If you pay an employee share of the premium, that does not count toward your annual out-of-pocket maximum. Part of having a deductible plan is being educated on how it works, so there are no surprises when you receive the evidence of benefits from your carrier.</p>

Friday, August 17

<p>Presenters: UPM Executive Council</p> <p>9:30-11 a.m. AC 255</p> <p>*PD Themes: IE, EE</p>	<p style="text-align: center;">United Professors of Marin (UPM) Labor Updates</p> <p>Come join the UPM Executive Council for UPM, CFT and general labor updates. An open forum for Q & A will follow.</p>
<p>Presenter: Carol Lefkowitz</p> <p>10 a.m.-1 p.m. FA 214</p> <p>*PD Themes: TL, EE</p>	<p style="text-align: center;">Learning to See Drawing Exercise</p> <p>This workshop is a hands-on activity encouraging participants to trust the relationship between looking and drawing. This process reveals the universal relationship between learning visual skills and the application to other subjects. No prior experience with drawing or charcoal is necessary. Some mess will be created, so don't wear clothes that shouldn't get dirty! A donation of \$5 is requested to help cover the cost of materials.</p> <p><i>To help with planning, RSVP to Carol at clefkowitz@marin.edu .</i></p>
<p>Presenters: Nancy Jodaitis & Madeleine Villanueva, Immigrants Rising</p> <p>11:10 a.m.-12:30 p.m. AC 249</p> <p>*PD Themes: IE, EE, EQ</p>	<p style="text-align: center;">UndocuAlly Training</p> <p>In this presentation, Nancy & Madeleine of Immigrants Rising (formerly known as E4FC) will offer information, resources, and best practices to help undocumented students achieve their academic goals. Immigrants Rising is a non-profit organization with a goal to “empower undocumented young people to achieve educational and career goals through personal, institutional and policy transformation.” Nancy will give an overview of In-State Tuition (AB540/SB 68), the CA Dream Act, updates on DACA and career options for undocumented students. By the end of the presentation, you will have a basic understanding of the challenges undocumented students face in their pursuit of a college education and the resources that can help them succeed.</p>
<p>Presenters: Dave Creech, District Manager & Jeff Isley, Financial Advisor, VALIC Financial Advisors, Inc.</p> <p>11:10 a.m. – 12:30 p.m. AC 238</p> <p>*PD Themes: EE</p>	<p style="text-align: center;">Your Retirement Plan at Work</p> <p>In this workshop, you will learn about your CalSTRS or CalPERS pension, Social Security Benefits and how individual retirement savings helps to complement employer pensions and maintain your lifestyle well into retirement. In addition, the presenters will discuss the reasons people delay saving for retirement, how much you should save for retirement, the benefits of participating in your employer-sponsored retirement plan, and planning for your retirement early or mid-career.</p>
<p>Presenter: Bob McCoy</p> <p>11:10 a.m. - 12 noon AC 240</p> <p>*PD Themes: TL, EE</p>	<p style="text-align: center;">Sleep! How it Improves Learning, Memory, & Mood</p> <p>When was the last time you got a good night’s sleep? Do you often trade sleep time for extra work time, study time, reading time, email time, or TV time? If so, you are setting yourself up for failure and ill health. Current research reveals the many amazing ways that sleep keeps us smart, healthy, happy, and young. In this presentation, you will discover the great things that sleep can do for you, and why getting enough sleep should be one of your top priorities.</p>

<p>Presenter: Officer John Adams & Roosevelt Brown</p> <p>1-4 p.m. AC 249</p> <p>*PD Themes: TL, IE, EE</p>	<p style="text-align: center;">Self Defense and Pepper Spray Safety Class</p> <p>During this session, you will learn and practice useful tips and techniques for self-defense including using pepper spray, a very effective, non-lethal weapon that temporarily disables attackers. It's made from cayenne peppers, and when it gets into the eyes, nostrils and skin, it causes an intense burning sensation that lasts up to thirty minutes, giving a victim time to escape. After the introduction, participants will go outside and practice using an inert canister against an attacker. All will receive a canister of pepper spray to take with them.</p> <p><i>Space is limited. RSVP to John at jadams@marin.edu.</i></p>
<p>Presenters: A Joe Ritchie, Cari Torres-Benavides, Gina Cullen, & Tom Hudgens</p> <p>1-3 p.m. AC 114</p> <p>*PD Themes: IE, EE</p>	<p style="text-align: center;">eLumen Basics for Course Outlines</p> <p style="text-align: center;">Drop-in help</p> <p>Curriculum Committee members will be available to help faculty complete and submit course outlines using the new eLumen system.</p>
<p>Presenters: Dave Patterson & elle dimopoulos</p> <p>1-2 p.m. KTD Library Classroom</p> <p>*PD Themes: SS, EE, EQ</p>	<p style="text-align: center;">Allyship/Safe Space: Starter Kit Supporting LGBT+ Identified Students</p> <p>Stand and be counted at this allyship training and discussion Flex workshop, which will provide a forum for discussing in a collegial and supportive space how to address some of the current challenges facing LGBT+ students. This Starter Kit, geared towards faculty and staff who are interested in exploring how to connect and support LGBTIQA identified students, will focus on foundational ideas like impact, intent, and basic terminology. As a follow-up, Active Allyship, from 2:30-4, will address community and institutional supports. Ally placards will be available.</p>
<p>Presenters: Danielle Robinson & Mark Stemen</p> <p>1-2:30 p.m. AC 238</p> <p>*PD Themes: TL</p>	<p style="text-align: center;">Incorporating Sustainability into Curriculum</p> <p>During this interactive session, you will:</p> <ul style="list-style-type: none"> • Hear from faculty about a sustainable course currently offered • Imagine ways to integrate issues of sustainability/climate changes into a sample course • View a climate justice showcase and sustainability video • Review sustainability SLOs from Chico State • Generate ideas for COM Green Leaf and sustainability pathway. • Suggest ways to integrate sustainability
<p>Presenters: Dave Patterson & elle dimopoulos</p> <p>2:30-4 p.m. KTD Library Classroom</p> <p>*PD Themes: SS, EE, EQ</p>	<p style="text-align: center;">Allyship/Safe Space: Active Allyship Supporting LGBT+ Identified Students @ COM</p> <p>This workshop is a follow-up to the earlier Starter Kit session, but you don't need to attend the first session to attend this one. We will discuss community supports and resources as well as best practices for active allyship on campus. This workshop will provide a forum for discussing in a collegial and supportive space how to address some of the current challenges facing LGBT+ students. Ally placards will be available.</p>