

| Pre-Flex Week Benefits & Wellness Sessions | Flex Week – January 19-22 | | | |
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| | Tuesday Jan. 19 | Wednesday Jan. 20 | Thursday Jan. 21 | Friday Jan. 22 |
| <p>Monday, Jan. 11 Your Retirement Plan at Work J. David Creech Jeff Isley VALIC Financial Advisors 10-11</p> <p>Tuesday, Jan. 12 CalSTRS – My Retirement Benefits Marcus Hoey CalSTRS Representative 10-11:30</p> <p>Wednesday, Jan. 13 Start Saving Now with CalSTRS Pension2 Marcus Hoey CalSTRS Representative 10-11:30</p> <p>Thursday, Jan. 14 Home Ergonomics Made Easy Frank Cardoza Keenan Consultant 2-3</p> <p>Friday, Jan. 15 It's Time to Zoomba! Zumba over Zoom Susan Wagner Fitness Instructor 1-2</p> | <p>The Equity Syllabus Workshop Colleen Mihal Patricia France Yashica Crawford 2-part presentation. Attend one or both. 9-10</p> <p>Department Chairs' & Coordinators' Meeting Jon Eldridge 10-12</p> <p>Using Trauma Transformative Principles to Understand & Change Your Workplace Stormy Miller Larry Woodland 10:30-12</p> <p>Fostering Student Engagement & Inclusivity with Interactive Tools Stacey Lince Kathleen Smyth 12:30-1:30</p> <p>Virtual Cooking Demo: Mediterranean Skillet Chicken & Rice Chef Alisha 1-2</p> <p>Embedded Tutors Faculty Meeting Tonya Hersch Oksana Pensabene 1:30-2:30</p> <p>New Faculty Orientation Cari Torres-Benavides Beth Patel 2-4</p> <p>Reading Apprenticeship: Offering Student-Centered Reading Strategies Karen Koenig 2-3:30</p> <p>UndocuAlly Training: Supporting Undocumented Students Hugo Guillen 4-5</p> | <p>COM CARE: Supporting Students during a Pandemic Matthew Kent Sadika Sulaiman Hara 10:30-12</p> <p>Raise the Room: Creative Tips to Connect, Engage, & Inspire in Zoom Faculty Panel 11-12</p> <p>Becoming an Access-Centered Educator: Disability Justice in Practice Stormy Miller Juliette Blank Elle Dimopoulos Luna Finlayson 12-1:30</p> <p>Canvas Term Start Checklist & New Features Stacey Lince 12:30-1:30</p> <p>IDEA Community in Practice: A Panel on Engaging in Anti-Racism Tea Perales Colleen Mihal Patty France 1:30—3</p> <p>Practical Mindfulness: Finding Peace & Balance Monica Applegate 2-3</p> <p>Library in the Time of Corona David Patterson Sarah Frye 3-4</p> <p>Embracing Online Teaching & Learning: A Student & Faculty Panel Discussion Allyson Martinez Kathleen Smyth Stacey Lince 3-4</p> <p>New Integrated LRC Planning Meeting: Updates & Q&A 4-5</p> | <p>Mandatory Flex Day for Full-time Faculty</p> <p>Convocation 9-11 College Updates & Information</p> <p>Keynote Presentation: <i>Our Call to Action: Systems Change and Racial Equity in Marin County</i></p> <p>A panel discussion with members of Trap the Vote, a social justice organization</p> <p>Post-Convocation Breakout Sessions 11-12 Choose one of these sessions with members from Trap the Vote:</p> <ul style="list-style-type: none"> • Community Organizing & Activism • Future Visions of Marin County • Your Seat of Influence <p>UPM Meeting 12:15-1:45</p> <p>Department Meetings 2-4</p> | <p>The Equity Syllabus Workshop Colleen Mihal Patricia France Yashica Crawford 2-part presentation. Attend one or both. 9-10</p> <p>Caring for Ourselves While We Care for Others Becky Reetz Lourdes Billingsley 10-12</p> <p>Action Planning: Racial Equity at COM Umoja Students & Faculty 12-1</p> <p>Beginning Yoga Michele Vaughan 1-2</p> <p>Embedding Kanopy's Streaming Movies in Canvas David Patterson Colleen Mihal Sarah Frye 1-2</p> <p>Promoting a STEM Mindset Paul Daubenmire Hien Nguyen 1-2</p> <p>Brave Spaces: Supporting LGBTQ+ Students Teresa Perales 2-3:30</p> <p>From the Boardroom to the Classroom: Applying Business Strategies to Teaching Philip Tran 2-3</p> <p>Promoting Diversity, Equity, and Inclusion with NameCoach Stacey Lince 3-4</p> |



To register for Flex sessions, log into [MyCOM](#), and choose **ProLearning** from the list of applications.

From this site, you can:

- View a workshop calendar and get Zoom links
- Register for (REQUEST) sessions
- Find online training
- View your professional learning transcript
- Check you Flex credit dashboard and more.

Faculty Flex Obligation

All faculty have a Flex obligation. Check the [professional learning webpage](#) for details.

FT faculty who do not attend Convocation or department meeting must complete an absence report.