



# Fall 2022 FLEX Day



The Las Positas College Professional Development Committee would like to welcome you to our Fall 2022 FLEX Day, being held from 8:00 AM – 4:00 PM on Thursday, October 20.

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## **Keynote Session**

**9:00 AM – 9:50 AM**

**Room 4119 – Main Theater**

## Suicide Prevention in College Settings

Cristina Rita, MA

Community Education Department, Community Training Manager  
Crisis Support Services of Alameda County

In the *Suicide Prevention in College Settings* workshop attendees will increase their comfort in talking suicide. They will learn how to recognize when a college student maybe at risk for suicide.

Attendees will learn about current trends in suicide and suicide prevention and statistics in college age students. The workshop will introduce risk factors and warning signs that may indicate the presence of a suicidal crisis. The workshop will focus on intervention methods using the #BeThe1To framework.

There will be a variety of teaching methods used in the workshop including video, discussion, lecture, group work and Q & A. Attendees will have access to the slide deck and to handouts to help enhance their learning experience. This workshop is geared toward all members of the college community.

## Keynote Speaker Biography:



**Cristina Rita, MA** Community Education Department,  
Community Training Manager for Crisis Support Services of  
Alameda County

Cristina began working at Crisis Support Services of Alameda County in 2005 as a volunteer on the 24-hour crisis line. Cristina has held several different positions during her time at Crisis Support Services of Alameda County including crisis line volunteer, crisis line overnight supervisor, and crisis line trainer. She has taken over 11,000 calls on the crisis line. In 2015 Cristina joined the Community Education Department as a health educator in the Teens For Life program.

Currently Cristina is the Community Education Program Coordinator. Her responsibilities include curriculum development for community suicide prevention training workshops and providing workshops in the community.

Cristina has training in Psychology Autopsy, Recognizing and Responding to Suicide Risk for Clinicians, Collaborative Assessment & Management of Suicide (CAMS) and is a Mental Health First Aid adult and youth instructor. Currently she is completing her certification in Disaster Mental Health Counseling.

Cristina has presented workshops at the American Association of Suicidology Conference, the College of Nurses Conference, Alameda County Pride Conference, NAMI Annual Conference Tri-Valley Chapter and the Alameda County Communities of Faith Conference.

Cristina received her Masters in Psychology Counseling from University of San Francisco. She competed in Bachelors in Human Services at the University of Phoenix.

She lives in San Leandro with her son and their fur baby Biggie.



# Fall 2022 FLEX Day

## FLEX Day Program Table of Contents

**Morning Session Short Program.....4**



**Afternoon Session Short Program.....5**

**Breakfast and Lunch.....6**

**Full Description of the Morning Sessions.....7**

**Full Description of the Afternoon Sessions.....12**

## FLEX Day Survey Links

Workshop Evaluations	Reporting Hours	Global Survey
 <p data-bbox="266 1360 511 1394">Workshop Evaluation</p>	 <p data-bbox="682 1360 927 1394">Reporting Hours</p>	 <p data-bbox="1107 1360 1352 1394">Global Survey</p>
<p data-bbox="191 1455 583 1482"><a href="https://tinyurl.com/bdcvucrj">https://tinyurl.com/bdcvucrj</a></p>	<p data-bbox="618 1455 993 1482"><a href="https://tinyurl.com/3uz8t6t4">https://tinyurl.com/3uz8t6t4</a></p>	<p data-bbox="1027 1455 1432 1482"><a href="https://tinyurl.com/4bsmp782">https://tinyurl.com/4bsmp782</a></p>



# Fall 2022 FLEX Day

## Morning Session Short Program

Location	8:00– 8:50 AM	9:00– 9:50 AM	10:00 – 10:50 AM	11:00 – 11:50 AM
4119 Main Theater		<b>Keynote Session</b> <i>Cristina Rita</i>	<b>Keynote Follow-Up Session</b> <i>Cristina Rita</i>	
1001	<b>What is Middle College Student Panel</b> <i>Amy Brown</i>		<b>Gamifying Your Class for Fun and Equity</b> <i>Katie Berryhill</i>	<b>Voting Research Made Easy</b> <i>Joanna Tice Jen</i>
1002 Computer Lab	<b>Making your Canvas course site ADA-compliant</b> <i>Wanda Butterly</i>		<b>Let's Write That Program Review!</b> <i>Nadiyah Taylor</i>	<b>Social Tools for STEM</b> <i>Kai Blaisdell</i> <i>Michal Shuldman</i>
1003	<b>Faculty Evaluation Training</b> <i>Heike Gecox</i> <i>Thomas Orf</i>		<b>Solar Power, Equity, and You. Or, how to save money while helping save the World</b> <i>Christopher Dudzik</i>	<b>Wandering Through the Curriculum Process</b> <i>Liz McWhorter</i> <i>Erick Bell</i>
1004 Computer Lab			<b>How to Update Your Directory Profile</b> <i>Tim Druley</i> Sign-Up Link: <a href="https://tinyurl.com/mr2xmpu3">https://tinyurl.com/mr2xmpu3</a>	<b>Creating a Welcoming Directory Message to Community</b> <i>Kristy Woods</i> <i>Jean O'Neil-Opipari</i> <i>Shawn Taylor</i>
1006	<b>Defining &amp; Describing Adult Education at LPC</b> <i>Emerald Templeton</i>		<b>Caring Campus in Action</b> <i>Jean O'Neil-Opipari</i>	<b>Understanding Honors Contracts and Working with Honors Students</b> <i>Jeremiah Bodnar</i>
1007	<b>Fire Extinguisher Training</b> <i>Tim Adams</i> <i>George Freelen</i>		<b>Mental Health Awareness for our Classified Professionals &amp; Faculty</b> <i>Sheena Turner-August</i> <i>Robin Roy</i>	
1013 Computer Lab			<b>Livin in a Video World: Creating Video Ads (and Fliers) That Grab Students' Attention</b> <i>Kisha Quesada Turner</i> <i>Christine Davis (Hornbaker)</i>	
809			<b>Cross-Departmental Awareness: Winter Car Care Tips and Inspection</b> <i>James Weston</i> <i>Brian Hagopian</i> Sign-Up Link: <a href="https://tinyurl.com/3svbenz">https://tinyurl.com/3svbenz</a>	
Soccer Field	<b>Cross-Departmental Awareness: Archery 101</b> <i>Jason Craighead</i>			<b>Cross-Departmental Awareness: Archery 101</b> <i>Jason Craighead</i>

# Fall 2022 FLEX Day

## Afternoon Session Short Program

Location	1:00 – 1:50 PM	2:00 – 2:50 PM	3:00 – 3:50 PM
1001	<b>Screening/Interviewing Committee Training</b> <i>Jennifer Druley Joy Iwashimizu</i>	<b>Understanding Your Load Sheet</b> <i>Stuart McElderry Andrea Migliaccio</i>	
1002 Computer Lab	<b>Let's Write That Program Review!</b> <i>Nadiyah Taylor</i>		
1003	<b>Supporting Student Veterans through Credit for Prior Learning</b> <i>Meghan Swanson</i>	<b>Resources for EOPS, CARE and Veterans at LPC and Beyond</b> <i>Michael Peterson Evelyn Andrews Jill Oliveira</i>	<b>Combat to Community: Engaging with Student Veterans in the Classroom</b> <i>Evelyn Andrews Tyler Solorio</i>
1004 Computer Lab	<b>How to Update Your Directory Profile</b> <i>Tim Druley</i> <b>Sign-Up Link:</b> <a href="https://tinyurl.com/mr2xmpu3">https://tinyurl.com/mr2xmpu3</a>	<b>Level Up! Disaggregating Your SLO Data</b> <i>Liz McWhorter John Rosen Jennie Graham</i>	
1006	<b>Secure Messaging</b> <i>Paul Hrycewicz</i>	<b>Interaction in Your Online Courses</b> <i>Scott Vigallon, Bobby August Barbara Zingg, Amy Chovnick John Perez, Katie Eagan</i>	
1007	<b>AB 1705 and its Impact on English and Math</b> <i>Michael Peterson Katie Eagan Michael Sato</i>	<b>Support Your Writers!</b> <i>Karin Spirn Megan Garcia</i>	
1008		<b>How long does it take to finish an associate degree at LPC?</b> <i>Rajinder Samra</i>	
809		<b>Cross-Departmental Awareness: Winter Car Care Tips and Inspection</b> <i>James Weston Brian Hagopian</i> <b>Sign-Up Link:</b> <a href="https://tinyurl.com/3afvfjzk">https://tinyurl.com/3afvfjzk</a>	
4127	<b>Cross-Departmental Awareness: Steinway Model B Demo</b> <i>Dan Marschak Helena Cruz</i>		
2000 Library		<b>Cross-Departmental Awareness: Library 101 Tour</b> <i>Tina Inzerilla Frances Hui</i>	
PE 209			<b>Hands Only CPR</b> <i>Ame Blackshear</i>
PE 213	<b>Introduction to Filipino Martial Arts</b> <i>Craig Kutil</i>	<b>Self-Defense</b> <i>Craig Kutil</i>	<b>Qigong</b> <i>Craig Kutil</i>
Soccer Field		<b>Cross-Departmental Awareness: Drone Workshop: Know the rules and learn to fly!</b> <i>Dan Cearley</i> <b>Sign-Up Link:</b> <a href="https://tinyurl.com/yejn7zcb">https://tinyurl.com/yejn7zcb</a>	



# Fall 2022 FLEX Day



Today's meals are being provided courtesy of the President's Office, the Classified Senate, and the Professional Development Committee.

## Breakfast

7:00 AM – 9:00 AM

4000 Foyer

Whole Fruit - Bananas, Apples, Oranges

Assorted Pastries & Bagels with Cream Cheese

Coffee Service (House Blend, Decaf, Hot Water & Tea Bags)

Infused Water Dispenser(s)

## Lunch

12:00 PM – 12:50 PM

Cafeteria

Garden Salad (with Ranch & Balsamic Vinaigrette)

Cheese Pizza

Pepperoni Pizza

BBQ Chicken Pizza

All Meat Pizza

Veggie Combo Pizza

Fresh-Baked Cookies

Infused Water Dispenser(s)

Iced Tea Dispenser(s)

There will be a table for special diets. Tickets for these were issued from the survey sent ahead of Fall Flex Day.

The Caring Campus Committee will be meeting in room 1008 during lunch. Please grab your lunch and come down if you are interested in getting involved.



# Fall 2022 FLEX Day

## Full Description of the Morning Sessions

8:00 AM – 8:50 AM

### **What is Middle College Student Panel**

#### **Room 1001**

#### **Presenter/Facilitator: Amy Brown**

Description: With many new LPC Faculty and Staff, please join us for a Flex Day presentation on the California Association of School Board's Golden Bell awarded TVROP Middle College High School program here at Las Positas College. We will provide an overview of the program, current enrollment data, updates on graduates, and a description of a "typical Middle College student." Following the brief presentation, we will hold a student panel to give attendees the opportunity to hear directly from current and past students about their experiences at Middle College and Las Positas College.

### **Making your Canvas course site ADA-compliant**

#### **Room 1002**

#### **Presenter/Facilitator: Wanda Butterly**

Description: With so much instruction online these days, you need to know about the state and federal regulations to make your sites accessible to students with disabilities. This hands-on workshop will focus on ADA-compliance within Canvas. You will learn the basics of web accessibility, along with techniques to use in Canvas and techniques to make Word and PowerPoint files accessible. The workshop will follow the Online Education Initiative's Course Design Rubric section on web accessibility.

### **Faculty Evaluation Training**

#### **Room 1003**

#### **Presenters/Facilitators: Heike Gecox and Thomas Orf**

Description: Faculty Evaluation training for both full-time and part-time faculty, there have been substantial changes especially for DE evaluations.

### **Defining & Describing Adult Education at LPC**

#### **Room 1006**

#### **Presenter/Facilitator: Emerald Templeton**

Description: What is Adult Education? The California Community College Chancellor's Office defines Adult Learners as students who are 25 years or older and enrolled in credit, non-credit, and not-for-credit programs at community colleges or adult schools. These students make up more than 950,000 of California Community Colleges' population and this number is expected to grow as the number of high school graduates decline. As an affordable, accessible, public institution of higher education, our college has a tall order and responsibility to serving the growing needs of our community, especially as social and economic infrastructure changes. With over 30% of Adult Learners in our student body, it is imperative that we strategize about the comprehensive supports provided to them. In this presentation, you will hear about two Adult Education programs: The Emeritus Program at Santa Monica College and the PACE Program at Chabot College. This information will provide insight into how we can begin to define and describe Adult Education at Las Positas College.



# Fall 2022 FLEX Day



## **Fire Extinguisher Training Room 1007**

**Presenters/Facilitators: Tim Adams and George Freelen**

Description: We will be instructing staff on the correct usage of a fire extinguisher.

## **Cross-Departmental Awareness: Archery 101 Soccer Field**

**Presenter/Facilitator: Jason Craighead**

Description: Attend this session to learn more about the Archery class we offer on campus. Learn the basics of Archery, acquire knowledge in the safe use and proper care of equipment, along with range safety.

**10:00 AM – 10:50 AM**

## **Gamifying Your Class for Fun and Equity Room 1001**

**Presenter/Facilitator: Katie Berryhill**

Description: This presentation describes an innovative approach to course development using a gamified classroom that can operate in a flipped, hybrid, synchronous or asynchronous mode. I will describe how I redesigned my astronomy course, but it was inspired by a gamified English class, so this is not limited to particular disciplines. This course is designed for flexibility and equity to enable as many students as possible to succeed. This activity will also include time for group brainstorming on ways to implement this technique in attendees' courses.

## **Let's Write That Program Review!**

**Room 1002**

**Presenter/Facilitator: Nadiyah Taylor**

Description: Program reviews are due on November 1. Bring your team and work on the program review, with a chance to ask questions about the template. Check it off your list.

## **Solar Power, Equity, and You. Or, how to save money while helping save the World**

**Room 1003**

**Presenter/Facilitator: Christopher Dudzik**

Description: Evidence for the benefits of residential solar power and home energy storage units (batteries) to individual and communities will be discussed. Then, government programs, tax credits, and rebates available to those who purchase solar panels and batteries will be outlined to show how the switch from can be equitably affordable. Finally, we will break the attendees up into smaller groups to assist each individual with calculations as to how much it will cost to switch, how much it would cost if they continued as they are now, and how much money will be saved by switching to solar.





# Fall 2022 FLEX Day



## **How to Update Your Directory Profile**

**Room 1004**

**Presenter/Facilitator: Tim Druley**

Description: I am offering two flex day sessions on how to update directory profiles in modern campus (formally omniupdate). Pre-registration will be required for people who would like to follow along and update their own profiles during the session.

Sign-up link: <https://tinyurl.com/mr2xmpu3>

## **Caring Campus in Action**

**Room 1006**

**Presenter/Facilitator: Jean O'Neil-Opipari**

Description: Studies show that when students feel a sense of belonging, they achieve their academic goals in higher numbers. This is what Caring Campus is all about. We invite you to learn more about the Caring Campus initiative and to explore how behavior commitments can inspire student success.

## **Keynote Follow-Up Session**

**Room 4119 Theater**

**Presenter/Facilitator: Cristina Rita**

Description: This will be a debriefing session on the keynote talk. Participants will have a chance to discuss what they have heard, ask questions, and share their thoughts.

**10:00 AM – 11:50 AM**

## **Mental Health Awareness for our Classified Professionals & Faculty**

**Room 1007**

**Presenters/Facilitators: Sheena Turner-August and Robin Roy**

Description: We will discuss campus and community resources, trends related to mental health as well as provide a safe space for participants to share on their experiences.

This session will focus on validating each other's experiences, sharing common concerns and identifying strengths and resources to help navigate ongoing change. It is important that we not only work towards solutions, but also listening to each other's concerns in order to respond to the needs of our ever-changing workplace and society.

## **Living in a Video World: Creating Video Ads (and Fliers) That Grab Students' Attention**

**Room 1013**

**Presenters/Facilitators: Kisha Quesada Turner and Christine Davis (Hornbaker)**

Description: TikTok. The Gram. YouTube. FaceTime. Increasingly, students are responding to video messages over static images. This workshop offers what Kisha Quesada Turner and Christine Davis (Hornbaker) have learned about creating ads for students on the video wall and TVs throughout campus. This is intended for folks who want to get the word out about campus events, recruit for your program/initiative, etc. It's NOT intended for those making Canvas announcements.



# Fall 2022 FLEX Day



## **Cross-Departmental Awareness: Winter Car Care Tips and Inspection Room 809**

**Presenters/Facilitators: James Weston and Brian Hagopian**

Description: Participants in our activity will learn how to perform a basic vehicle safety inspection on their own vehicle with an eye towards the coming winter months.

Inspection points include but are not limited to tire inspection (tread depth, pressure and defects), fluid level checks (focus on proper antifreeze mix), drive belts, hoses and more. Don't forget to bring a set of new wiper blades and we will teach you how to install them! Sign up soon, we can only accommodate to 12 vehicles per session.

Sign-up link: <https://tinyurl.com/3svbenzi>

**11:00 AM – 11:50 AM**

## **Voting Research Made Easy Room 1001**

**Presenter/Facilitator: Joanna Tice Jen**

Description: Doing your civic duty doesn't need to be a chore! Plus, it's easy to share the knowledge with your students as many of them venture into the world of voting for the first time. I will guide faculty and staff through the ins and outs of voting in the 2022 Midterm Election and show them how to do their own research about the slate of candidates and propositions on the ballot November 8th. With bipartisan tools like [VotersEdge.org](https://www.votersedge.org), in-depth research about candidates and props and their revealing funding sources can be done quickly and easily. Slide deck and other materials will be provided for so you can share voter registration and voting research materials with your students.

## **Social Tools for STEM Room 1002**

**Presenters/Facilitators: Kai Blaisdell and Michal Shuldman**

Description: Do your STEM students work well together on collaborative class activities and assignments? Does each student contribute meaningfully in their group, and listen to their peers' ideas? Do your students readily tackle tricky concepts, and enjoy pushing the boundaries of their understanding? If your answer to these questions is less than a confident "Yes!" join us for this workshop. We will share and work through a scaffolded collaborative learning activity that supports students in working effectively together and digging into challenging course concepts. Students (you) will be invited to begin with an icebreaker, establish meaningful roles in your activity, review principles of a topic, explore and learn new concepts, reflect on your learning, and finally, share gratitude with your group to conclude the activity. For those of you who teach Biology, you will learn about a paid opportunity to join a faculty community of practice next semester that focuses on supporting your students to find their academic community, build collaborative skills, and succeed in their courses.



# Fall 2022 FLEX Day



## **Wandering Through the Curriculum Process**

### **Room 1003**

#### **Presenters/Facilitators: Liz McWhorter and Erick Bell**

Description: Come wander through the curriculum process with our Curriculum Team! We'll 'hike' into the curriculum process forest; 'grab our binoculars' and take a closer look at our new curriculum process diagrams and equity-in-the-COR exemplars; and we'll answer your questions along our journey.

## **Creating a Welcoming Directory Message to Community**

### **Room 1004**

#### **Presenters/Facilitators: Kristy Woods, Jean O'Neil-Opipari, and Shawn Taylor**

Description: "Decades of research supports that students who feel connected to their college are more likely to complete and succeed in their courses, persist from semester to semester, and achieve their educational goals." - Caring Campus

Join us for a creative working session to write a welcoming message for our provide our students and community on your Directory page! Support will be provided with time to create your message.

## **Understanding Honors Contracts and Working with Honors Students**

### **Room 1006**

#### **Presenter/Facilitator: Jeremiah Bodnar**

Description: More and more students are requesting honors contracts with their instructors. How does the honors process work? What are some best practices? How can we make the process better? We will be discussing these questions in this flex-day session. Join our session to learn something new or to offer suggestions to the program coordinator or to other faculty who can benefit from your experience!

## **Cross-Departmental Awareness: Archery 101**

### **Soccer Field**

#### **Presenter/Facilitator: Jason Craighead**

Description: Attend this session to learn more about the Archery class we offer on campus. Learn the basics of Archery, acquire knowledge in the safe use and proper care of equipment, along with range safety.



# Fall 2022 FLEX Day



## Full Description of the Afternoon Sessions

1:00 PM – 1:50 PM

### **Screening/Interviewing Committee Training**

#### **Room 1001**

#### **Presenters/Facilitators: Jennifer Druley and Joy Iwashimizu**

Description: Any organization or individual, whether or not an employee of the District, who is involved in the screening/selection of personnel shall receive appropriate training on the requirements of the Title 5 regulations on EEO (section 53000 et. seq.).

Individuals who have not received this training with the prior 24 months are required to do so in order to serve on the screening/selection committees. Training will cover the requirements of federal and state nondiscrimination laws, the requirements of the District's EEO Plan, the District's policies on nondiscrimination, recruitment, and hiring, principles of diversity, the value of a diverse workforce, and recognizing bias.

### **Let's Write That Program Review!**

#### **Room 1002**

#### **Presenter/Facilitator: Nadiyah Taylor**

Description: Program reviews are due on November 1. Bring your team and work on the program review, with a chance to ask questions about the template. Check it off your list.

### **Supporting Student Veterans through Credit for Prior Learning**

#### **Room 1003**

#### **Presenter/Facilitator: Meghan Swanson**

Description: This presentation will focus on sharing information on Credit for Prior Learning (CPL) to support Veteran students. In this presentation, I will share what Credit for Prior Learning is, why it is important to Veterans, how we are identifying courses for credit on Joint Service Transcripts (JSTs) using Military Articulation Program (MAP), and how faculty can get involved with approving courses for credit. There will also be time for questions.

### **How to Update Your Directory Profile**

#### **Room 1004**

#### **Presenter/Facilitator: Tim Druley**

Description: I am offering two flex day sessions on how to update directory profiles in modern campus (formally omniupdate). Pre-registration will be required for people who would like to follow along and update their own profiles during the session.

Sign-up link: <https://tinyurl.com/mr2xmpu3>

### **Secure Messaging**

#### **Room 1006**

#### **Presenter/Facilitator: Paul Hrycewicz**

Description: A summary of secure messaging, which is the sending of data between users with no chance of interception by an unwanted party. We'll be looking specifically at public-key encryption. A demonstration of a publicity-available secure messaging application (Kleopatra) will be given.



# Fall 2022 FLEX Day



## **AB 1705 and its Impact on English and Math**

### **Room 1007**

#### **Presenters/Facilitators: Michael Peterson, Katie Eagan, and Michael Sato**

Description: Since its implementation in Fall 2019, AB 705 has had a dramatic effect on course offerings, student preparation and success rates for both English and math. New directives from the state have caused even more changes this fall. Now AB1705 has become law, and it will require new changes to placement, curriculum and data collection to be phased in over the next three years. Please join us to learn about how students will be affected, not only in English and math, but in other disciplines as well. We will also discuss some of the background behind these directives and some of the tools to help us in the future.

## **Cross-Departmental Awareness: Steinway Model B Demo**

### **Room 4127**

#### **Presenters/Facilitators: Dan Marschak and Helena Cruz**

Description: With the addition of a new Steinway Model B Spirio Grand Piano, Las Positas College has joined an elite list of 111 schools worldwide with the All-Steinway School elite designation! During this presentation, you'll hear/see a demonstration and learn the technological features of this player piano and its educational importance for LPC students.

## **Introduction to Filipino Martial Arts**

### **Room PE 213**

#### **Presenter/Facilitator: Craig Kutil**

Description: Participants will learn about and practice techniques from various Filipino Martial Arts. No previous experience required.

**2:00 PM – 2:50 PM**

## **Understanding Your Load Sheet**

### **Room 1001**

#### **Presenters/Facilitators: Stuart McElderry and Andrea Migliaccio**

Description: Understanding the nuances and complexities of the load sheet can be a challenge for even the most senior of faculty. For some, the load sheet remains an enigmatic, even unsolvable puzzle. And then there are the no less arcane contractual stipulations regarding overload, prior carryover, current un-banked load, and banked load. In this session, attendees learn how to "read" their load sheet, to understand how load is computed, and how best to manage their load going forward.

## **Resources for EOPS, CARE and Veterans at LPC and Beyond**

### **Room 1003**

#### **Presenters/Facilitators: Michael Peterson, Evelyn Andrews and Jill Oliveira**

Description: At Las Positas College, there are a variety of resources to help many of our most vulnerable students, including Veterans and students registered with EOPS and CARE. Some sources of support have varied with the economy while others are based on short-term grants. Please join us to learn about many of the current needs and sources of support for our students. We will also share information about TRiO, a



# Fall 2022 FLEX Day



federally-funded program that serves similar student populations at other colleges across the country. Emphasis will be placed on encouraging retention and completion.

## **Interaction in Your Online Courses**

### **Room 1006**

**Presenters/Facilitators: Scott Vigallon, Bobby August, Barbara Zingg, Amy Chovnick, John Perez, and Katie Eagan**

Description: Join members of the LPC Distance Education Committee, as well as your faculty colleagues, as they give tips and examples of how you can meet the state and federal requirements for Regular and Substantive Interaction in your online classes. See how different instructors get creative when interacting with students and when designing for interaction among students. Examples will cover both synchronous and asynchronous instruction. Instructors new to online teaching are encouraged to attend.

## **Support Your Writers!**

### **Room 1007**

**Presenters/Facilitators: Karin Spirn and Megan Garcia**

Description: College writing doesn't just happen in English classes; it takes place in almost every class across the curriculum. If your students could use a writing tune-up, we can help! In this session, the coordinators of the LPC Reading and Writing (RAW) Center and Smart Shop program will discuss campus supports for student writers. Instructors will learn how to incorporate these supports into their classrooms to increase student learning and success.

## **Cross-Departmental Awareness: Library 101 Tour**

### **Room Library**

**Presenters/Facilitators: Tina Inzerilla and Frances Hui**

Description: The central focus of the LPC Library is to support our students' research and academic needs. Fortunately, LPC staff can benefit too from the library's numerous online collections and essential services for free. Come learn about some of our favorites and unlock those resources for yourselves. Light refreshments will be served.

## **Self-Defense**

### **Room PE 213**

**Presenter/Facilitator: Craig Kutil**

Description: We will discuss and practice self-defense options for muggings and other scenarios.

**2:00 PM – 3:50 PM**

## **Level Up! Disaggregating Your SLO Data**

### **Room 1004**

**Presenters/Facilitators: Liz McWhorter, John Rosen, and Jennie Graham**

Description: This is a hands-on interactive session. Join us as we work towards achieving meaningful and beneficial analysis of our SLO data. We will demonstrate how we can use eLumen to analyze SLOs in preparation for assessing our 3-Year Plans and writing our Program Reviews. Please bring your eLumen login credentials and your questions about SLO analysis/disaggregation.





# Fall 2022 FLEX Day



## **How long does it take to finish an associate degree at LPC?**

**Room 1008**

**Presenter/Facilitator: Rajinder Samra**

Description: How much time does it take our students to finish an associate degree at LPC? Is it taking longer for students to complete their degree during the Covid-19 pandemic? To hear answers to these questions and share ideas of how we can provide better support to students on their pathway to a degree, please join me for this informative and engaging conversation about a key indicator of student success. Data will be provided by program.

## **Cross-Departmental Awareness: Winter Car Care Tips and Inspection**

**Room 809**

**Presenters/Facilitators: James Weston and Brian Hagopian**

Description: Participants in our activity will learn how to perform a basic vehicle safety inspection on their own vehicle with an eye towards the coming winter months. Inspection points include but are not limited to tire inspection (tread depth, pressure and defects), fluid level checks (focus on proper antifreeze mix), drive belts, hoses and more. Don't forget to bring a set of new wiper blades and we will teach you how to install them! Sign up soon, we can only accommodate to 12 vehicles per session.

Sign-up link: <https://tinyurl.com/3afvjzk>

## **Cross-Departmental Awareness: Drone Workshop: Know the rules and learn to fly!**

**Soccer Field**

**Presenter/Facilitator: Dan Cearley**

Description: In this activity, we will learn about the current FAA rules and regulations for flying a drone on-campus and in your community. Each participant will actively practice flying a drone to better understand its capabilities and safety features. Our goal is that you will become a resource for others (students, public, and staff) when it comes to drones.

Sign-up link: <https://tinyurl.com/yeyn7zcb>

**3:00 PM – 3:50 PM**

## **Combat to Community: Engaging with Student Veterans in the Classroom**

**Room 1003**

**Presenters/Facilitators: Evelyn Andrews and Tyler Solorio (Swords to Plowshares)**

Description: Combat to Community (C2C) is a veteran's cultural awareness seminar where we discuss veterans, the uniqueness of the veteran community, challenges, and what changes we can make to better serve veterans. Presentation is in collaboration with Swords to Plowshares, a nonprofit veterans service organization.



# Fall 2022 FLEX Day



## **Hands Only CPR**

**Room PE 209**

**Presenter/Facilitator: Ame Blackshear**

Description: Our hands can do so many things, the most important of which may be saving someone's life. This flex opportunity is intended for anyone who wants to learn CPR in a group environment and does not need a course completion card for a job or other requirements. It is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life.

## **Qigong**

**Room PE 213**

**Presenter/Facilitator: Craig Kutil**

Description: Qigong is the Chinese method of using breathing coupled with motion to cultivate life energy and promote positive mental and physical health.