



Spring 2017 Flex-Cal Day Schedule

Thursday, January 12, 2017

Friday, January 13, 2017

Fairfield Campus
4000 Suisun Valley Road
Fairfield, CA 94534
(707) 864-7000
(Location for all events, unless otherwise noted)

What is Flex-Cal? Who Participates?

Full-time Faculty Participation

Faculty may use up to six hours on optional Flex-Cal days to work on curricular activities.

Adjunct Faculty Participation

Adjunct faculty may participate in on-and off-campus in-service activities with approval of immediate supervisor for the number of hours equal to their weekly assigned hours for the semester and will be reimbursed for their participation at their hourly rate of pay. Hours owed are based upon the hours taught in a full semester class.

Staff Participation

Classified and management staff are strongly encouraged to attend flex workshops and staff development activities. Participation should be arranged with the immediate supervisor.

Thursday, January 12, 2017

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| <p>9:00AM – 12:00 PM BOARDROOM</p> | <p><u>Academic Senate</u> Hosts: <i>Michael Wyly</i> Academic Senate meeting to review goals and set priorities for the Spring 2017 semester.</p> |
| <p>9:00AM – 12:00PM ROOM 135</p> | <p><u>English 360 and 310D Course Discussions</u> Presenters: <i>Tracy Schneider, Jose Cortes</i> During this session, English faculty will participate in the following activities and discussions: Q &A on what is "clear/fuzzy" regarding our new sequence What seems to be working well and what problems are we encountering in our new sequence? (This discussion will inform level meetings throughout the semester) TA introductions What is the TA's role in and out of the classroom? 360 Level Meeting: Best practices and concerns 310D Level Meeting: Best practices and concerns Lunch will be provided!</p> |
| <p>9:00AM – 9:50AM ROOM 1877</p> | <p><u>Active Shooter Preparedness for School Campuses</u> Presenters: <i>Lt. Brian Travis, FBI Special Agent Kevin Sherburne, Deputy Asish Chandra</i> The Campus Sheriff's Office will offer a presentation on Active Shooter/Killer preparedness for school campuses. The information presented will be from the ALICE Training Institute. ALICE (Alert, Lock-down, Inform, Counter, and Evacuate), developed after Columbine, teaches strategies to survive a life-threatening event. Supported by educators and law enforcement organizations nationwide, from the White House to state houses around our country, ALICE is becoming the new standard of care across the nation. Below are topics that will be presented during this presentation.</p> <ul style="list-style-type: none"> • Introduction to A.L.I.C.E. (Alert, Lockdown, Inform, Counter, Evacuate) • Past Lock Down Practices • Current Lock Down Procedures • Mass Notification System - Regroup • Current School Violence Trends by FBI Special Agent Kevin Sherburne • Questions and Comments |
| <p>9:00AM – 9:50AM ROOM 103</p> | <p><u>DE Office Mix</u> Presenters: <i>Carol Zadnich, Ferdinanda Florence</i> Office Mix, a free PowerPoint add-in, can be used to create dynamic mixed presentations. Voice record over your PowerPoint slides one at a time and insert pictures and videos.</p> |

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| <p>10:00AM-12:00PM ROOM 505</p> | <p><u>Assessment Support</u> Presenter: Amy Obegi Want guidance on how to write quality SLO or PLO assessments? Are you considering updating your learning outcomes and want support on how to write clear, measurable SLOs or PLOs? Are your faculty coming together to create success criteria rubrics for courses with multiple sections and you want assistance on how to develop these? Come to this session by yourself or with your colleagues for personalized support. There will be no formal presentation or PowerPoint, but one-on-one support customized to your questions. Bring any materials you think will help (for example old SLOs you want to revise, or the assessment measure/tool you want to make a rubric for).</p> |
| <p>10:00AM – 10:50AM ROOM 801</p> | <p><u>Canvas Commons</u> Presenter: Erica Beam What is Canvas Commons? How can I use it? How can my department/school use it? How can Solano use it? Demonstration of sharing your own resources as well as searching for publicly shared resources.</p> |
| <p>10:00AM – 10:50AM ROOM 1877</p> | <p><u>Active Shooter Preparedness for School Campuses</u> Presenters: Lt. Brian Travis, FBI Special Agent Kevin Sherburne, Deputy Asish Chandra The Campus Sheriff’s Office will offer a presentation on Active Shooter/Killer preparedness for school campuses. The information presented will be from the ALICE Training Institute. ALICE (Alert, Lock-down, Inform, Counter, and Evacuate), developed after Columbine, teaches strategies to survive a life-threatening event. Supported by educators and law enforcement organizations nationwide, from the White House to state houses around our country, ALICE is becoming the new standard of care across the nation. Below are topics that will be presented during this presentation.</p> <ul style="list-style-type: none"> • Introduction to A.L.I.C.E. (Alert, Lockdown, Inform, Counter, Evacuate) • Past Lock Down Practices • Current Lock Down Procedures • Mass Notification System - Regroup • Current School Violence Trends by FBI Special Agent Kevin Sherburne • Questions and Comments |
| <p>11:00AM – 11:50AM ROOM 1746</p> | <p><u>Challenges for Student Athletes: What Faculty Should Know</u> Presenters: Erik Visser, Nick Cittadino What is it like to be a student athlete? Come and learn about the challenges and rewards of being an athlete at Solano College. Participants will learn the basics about the different sports offered, the divisions and their eligibility requirements, new regional academic data, and how to minimize conflicts and best support our student athletes. This activity will be part presentation and part discussion.</p> |

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| <p>12:00PM – 1:30PM ROOM 801</p> | <p><u>Minority Coalition Not in Our Town</u> Presenter: <i>Kevin Anderson</i> The Minority Coalition will host a viewing of the PBS Documentary, “Not In Our Town: Class Actions” followed by a discussion. Please join us to begin important conversations on how faculty can create a safe learning environment which serves equitably all of our students regardless of gender identification, sexual orientation, nationality, immigration status, ethnicity and/or faith.</p> |
| <p>12:00PM – 12:50PM ROOM 1527</p> | <p><u>Math Embedded Tutor Program</u> Presenter: <i>Barbara Villatoro</i> For instructors and tutors participating in the Math Embedded tutor program. Training and discussion of the program will be provided. This meeting will also serve as an opportunity for the instructors and tutors to meet.</p> |
| <p>12:00PM – 12:50PM ROOM 811</p> | <p><u>School of Health Sciences</u> Presenter: <i>Terri Pearson-Bloom</i> Work meeting on assessment for the School of Health Sciences. Bring your assessments, rubrics, and other materials you might want help with. This is also an opportunity to work with colleagues to develop common assessments.</p> |
| <p>1:00PM – 4:00PM ROOM 1527</p> | <p><u>Math Department Curriculum Review</u> Presenters: <i>Joseph Conrad, Randy Robertson</i> The Math Department will meet to discuss curriculum review. We will focus on the basic skills courses at this meeting. How to use CurricUNET for inputting changes to courses will also be discussed.</p> |
| <p>1:30PM – 3:00PM BOARDROOM</p> | <p><u>Senate / Administrators – Making Student Learning Assessments Useful and Used</u> Presenters: <i>Michael Wyly, Amy Obegi</i></p> |
| <p>1:00PM – 3:00PM ROOM 1315</p> | <p><u>Foreign Language Faculty – Let’s Converse</u> Presenter: <i>Margaret Abel-Quintero</i> Join in collegial conversation with other foreign language faculty.</p> |
| <p>1:00PM – 3:00PM ROOM 1529</p> | <p><u>Physics</u> Presenter: <i>Tom MacMullen (Retiring Physics Professor)</i> In physics, we generally test students based on their ability to solve physics problems. However, teaching problem solving is generally not part of the instruction. For the past decade or so, I have focused on problem solving in Physics 2 and 4. I would like to share what I have learned about problem-solving focused instruction.</p> |
| <p>1:00PM – 2:30PM ROOM 812</p> | <p><u>Accreditation: This is How We Do It</u> Presenter: <i>Saki Cabrera</i> This session will provide everyone with an opportunity to provide information that may be used in the Accreditation report; the coordinator will upload the information into the standard forms used (Evidence Submission Forms) and upload them into Canvas. Come share your successes!</p> |

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| <p>1:00PM – 2:30PM ROOM 503</p> | <p><u>Program Review --Overview, Updates, and Q&A</u> Presenter: <i>Ferdinanda Florence</i> Is your program overdue for its Program Review? Are you bogged down in the process, or not sure how to start? Come to the Program Review session for an overview, updates, and an opportunity to get your questions answered!</p> <p>If you are part of a CTE program, then it's time for program review once again! You will hear a customized overview during your School's meeting on Friday, the required Flexcal day, but you are welcome to attend this session as well.</p> |
| <p>1:00PM – 1:50PM ROOM 446</p> | <p><u>Clickers In The Sciences</u> Presenters: <i>Michelle Smith, Kathleen Conrad</i> "Clickers" are a great way to keep students interested and engaged in lecture while quickly assessing their understanding of concepts presented during class. An overview of how to setup and use clickers, sample clicker questions, and examples of data will be provided.</p> |
| <p>1:00PM – 1:50PM ROOM 443</p> | <p><u>Recruitment, Hiring, and Committees – What You Should Know About Participating On A Hiring Committee</u> Presenter: <i>Mary Jones</i> This workshop will focus on practices and procedures to ensure effective screening and interviewing for all positions. Topics of discussion will included: Screening for a diverse and qualified applicant pool; developing effective interview questions; responsibilities of the committee chair and co-chair, and how to ensure equity throughout the hiring process.</p> |
| <p>1:00PM – 1:50PM ROOM 444</p> | <p><u>Time Management – Minimizing Stress Through the 3 P's</u> Presenters: <i>Tina Abbate, Sal Abbate</i> Time is the one thing you don't get back and it is also the one thing you don't seem to get enough of. This workshop provides examples and tools to help you plan, prepare, and prioritize your day all while giving you balance and minimizing stress.</p> |
| <p>1:30PM – 3:00PM ROOM 445</p> | <p><u>Minority Coalition Meeting</u> Presenter: <i>Kevin Anderson</i> A history of the Solano College Minority Coalition will be given along with a summary of its accomplishments. A copy of the Coalition's by-laws will be provided. The group will discuss how the Coalition can be more effective and what needs to be done to make the Coalition more effective.</p> |

Friday, January 13, 2017

8:30AM – 9:30AM

Gymnasium

8:30am – 8:50am Breakfast in the gym foyer
9:00am – 9:15am Superintendent-President Welcome
9:15am – 9:30am Academic Senate President's Welcome

9:30AM – 11:00AM

Gymnasium

Keynote Speaker: Jeff Duncan-Andrade, Ph.D.



Biography: Jeff Duncan-Andrade, Ph.D., is Associate Professor of Raza Studies and Education at San Francisco State University. He is also the founder of the Roses in Concrete Community School, a community responsive lab school in East Oakland (www.rosesinconcrete.org), and the Community Responsive Education Group (CRE) working with schools and districts around the world to develop and support effective classroom and school cultures. As a classroom teacher and school leader in East Oakland for the past 23 years, his pedagogy has been widely studied and acclaimed for producing uncommon levels of social and academic success for students. Duncan-Andrade lectures around the world and has authored two books and numerous journal articles and book chapters on effective practices in schools.

Note to Educators: Hope Required When Growing Roses in Concrete

What are the material conditions that affect urban youth before they even step foot in our classrooms? What does it mean to develop educational environments that are relevant and responsive to these conditions? How should these educational spaces define success for students and teachers? This session focuses on developing educators that are better equipped to create educational environments that understand and respond to the social toxins that emerge from racism and poverty. The session closely examines the types of social toxins that young people face in the broader society and discusses the impact of these conditions on student identities. Inside of this framing, Duncan-Andrade draws from his 20 years as an urban educator to explore the concept of hope, as essential for nurturing urban youth. He first identifies three forms of “false hope”—

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| | hokey hope, mythical hope, and hope deferred—pervasive in and peddled by many urban schools. Discussion of these false hopes then gives way to Duncan-Andrade’s conception of “critical hope,” explained through the description of three necessary elements of educational practice that produce and sustain true hope. Through the voices of young people and their teachers, and the invocation of powerful metaphor and imagery, Duncan-Andrade proclaims critical hope’s significance for an education that relieves undeserved suffering in communities. |
| 11:00AM – 11:10AM | Break |
| 11:10AM – 11:55AM Gymnasium | <u>Q&A With Dr. Jeff Duncan-Andrade</u> |
| 12:00PM – 1:00PM | Lunch in the Cafeteria |
| 1:00PM – 2:00PM ROOM 1645 | <u>A Common Experience: Building Mobiles</u> Presenters: Michelle Smith, Ingeborg Bourdon A shared activity to guide conversation regarding issues in education with strategies to promote student success. |
| 1:00PM – 2:00PM ROOM 308 | <u>Not On Our Campus</u> Presenters: Joel Powell, Lauren Taylor-Hill Please join us for a viewing of the PBS Documentary, “Not On Our Campus” followed by a discussion led by Joel Powell (Political Science) and Lauren Taylor-Hill (Anthropology) |
| 2:00PM – 4:00PM | School Meetings: Career Technical Education & Business – ROOM 505 Counseling/DSP/Special Services – ROOM 445 Liberal Arts – ROOM 1301 Math/Science – ROOM 308 Social & Behavioral Sciences – ROOM 703 Health Sciences – ROOM 807B |
| 4:00PM – 5:30PM | <u>SCFA Flex Event (Optional)</u> Rockville Corner Restaurant & Meeting Room |
| 4:30PM – 7:30PM Library Rotunda | <u>Solano Adjunct Forum (Optional)</u> |



Spring 2017
Optional Flex-Cal Days
Schedule
Tuesday, March 14, 2017
Wednesday, March 15, 2017

FAIRFIELD CAMPUS
4000 Suisun Valley Road
Fairfield, CA 94534
707.864.7000
(Location for all events, unless otherwise noted)

What is Flex-Cal? Who Participates?

Full-Time Faculty Participation

Faculty may use up to six hours on Optional Flex-Cal Days to work on curricular activities.

Adjunct Faculty Participation

Adjunct Faculty may participate in on- and off-campus, in-service activities with approval of immediate supervisor for the number of hours equal to their weekly assigned hours for the semester and will be reimbursed for their participation at their hourly rate of pay. Hours owed are based upon the hours taught in a full-semester class.

Staff Participation

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TUESDAY, MARCH 14, 2017

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| <p>9:00-10:20 A.M. ROOM 801</p> | <p><u>PERKINS 2017-2018 PLANNING PROCESS</u></p> <p style="text-align: center;">PRESENTER: MAIRE MORINEC</p> <p>Presentation will cover the requirements for submitting a Perkins Proposal for 2017-18 funding requests. Attendance at one of the sessions being held this spring is required for CTE Programs seeking funding next year. (Additional sessions will be held at a later date.)</p> |
| <p>9:00-10:20 A.M. ROOM 503</p> | <p><u>PREPARE YOUR ONLINE COURSE SHELL FOR THE ACCREDITATION EVALUATION TEAM VISIT</u></p> <p style="text-align: center;">PRESENTERS: ERICA BEAM, SARAH NORDIN, GLENN KEYSER, LAURA MAGHONEY, WINIFRED HUNTON-CHAN, LAUREN TAYLOR-HILL, AND CAROL ZADNIK</p> <p>In preparation for our Accreditation Evaluation Team Visit in October, the DE Committee welcomes all faculty to prepare. Come hear what the Team will be looking for, meet your DE Committee, and receive one-to-one help in making your course the best version possible!</p> |
| <p>9:00-10:20 A.M. ROOM 506</p> | <p><u>RECRUITMENT, HIRING, AND COMMITTEES: WHAT YOU SHOULD KNOW ABOUT PARTICIPATING ON A HIRING COMMITTEE</u></p> <p style="text-align: center;">PRESENTER: MARY JONES</p> <p>This workshop will focus on practices and procedures to ensure effective screening and interviewing for all positions. Topics of discussion will include: screening for a diverse and qualified applicant pool, developing effective interview questions, responsibilities of the committee chair and co-chair, and how to ensure equity throughout the hiring process.</p> |
| <p>10:30 A.M.-12:00 P.M. ROOM 806</p> | <p><u>LESSONS FROM THE 2016 ONLINE TEACHING CONFERENCE</u></p> <p style="text-align: center;">PRESENTER: LAUREN TAYLOR-HILL</p> <p>Join Lauren Taylor-Hill (Anthropology) as she presents some of the information she learned at the June 2016 Online Teaching Conference in San Diego. Topics discussed will include: humanized online learning, Proctorio (online test proctoring), and self-assessment/self-reflection. If time permits, there will also be a discussion of Best Online Teaching Practices. So please bring your ideas to share and questions to ask.</p> |
| <p>10:30 A.M.-12:00 P.M.</p> | <p><u>SCHOOL MEETINGS</u></p> <ul style="list-style-type: none"> ▪ Applied Technology and Business_Room 503 ▪ Liberal Arts_Room 1301 ▪ Math and Science_Room 1530 |

TUESDAY, MARCH 14, 2017 (continued)

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| <p>12:00-3:00 P.M. ROOM 1526</p> | <p><u>DON'T BE IRRATIONAL — CELEBRATE "PI" DAY AND LEARN ABOUT CULTIVATING COMPASSION IN YOUR TEACHING</u></p> <p>PRESENTERS: <i>BSI COMMITTEE</i></p> <p>Through a TED talk, activities, and a student panel, this session aims to help instructors and staff learn more about how compassion can strengthen your role as an educator. Lunch will be provided, and in honor of “Pi” Day, 03.14, pie will be served! RSVP when you receive the Outlook Calendar invite. And if you’d like to help by bringing a pie, please email Corrine Kirkbride, corrine.kirkbride@solano.edu.</p> |
| <p>1:00-2:30 P.M. ROOM 501</p> | <p><u>LET'S GET THEM DONE! TIME TO COMPLETE ANY OUTSTANDING SLO ASSESSMENTS</u></p> <p>PRESENTER: <i>AMY OBEGI</i></p> <p>In this open session, you will have time to work on any outstanding SLO assessments you haven't yet had time to complete. The Assessment Coordinator will be available if you have any questions, and samples of completed assessments will be available. Be sure to bring the data you are reporting on!</p> |

WEDNESDAY, MARCH 15, 2017

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| <p>9:00-10:20 A.M. ROOM 506</p> | <p><u>GETTING READY FOR THE CURRICUNET ASSESSMENT MODULE — SLOS</u></p> <p>PRESENTER: <i>AMY OBEGI</i></p> <p>As we get ready to go live with the CurricUNET Assessment Module, we want to make sure the SLOs in CurricUNET are accurate for your program. Come to this workshop to review the SLOs in CurricUNET and the SLO database to make sure they match. This is also a great time to consider SLO revisions if desired. We will provide guidance for writing quality SLOs and considerations for embedding SLOs meaningfully into your teaching, your program, and into institutional outcomes.</p> |
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WEDNESDAY, MARCH 15, 2017 (continued)

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| <p>9:00-11:00 A.M. ROOM 1877</p> | <p><u>ACTIVE SHOOTER PREPAREDNESS FOR SCHOOL CAMPUSES</u></p> <p>PRESENTERS: <i>LT. BRIAN TRAVIS AND FTO ADRIAN GARCIA</i></p> <p>The Campus Sheriff's Office will offer a presentation on Active Shooter/Killer preparedness for school campuses. The information presented will be from the ALICE Training Institute. ALICE (Alert, Lock Down, Inform, Counter, and Evacuate), developed after Columbine, teaches strategies to survive a life-threatening event. Supported by educators and law enforcement organizations nationwide, from the White House to state houses around our country, ALICE is becoming the new standard of care across the nation. Below are topics that will be presented during this presentation.</p> <ul style="list-style-type: none">▪ Introduction to A.L.I.C.E. (Alert, Lock Down, Inform, Counter, Evacuate)▪ Past Lock-Down Practices▪ Current Lock-Down Procedures▪ Mass Notification System — Regroup▪ Current School Violence Trends by FBI Special Agent Kevin Sherburne▪ Questions and Comments |
| <p>10:00-11:00 A.M. ROOM 444</p> | <p><u>CUSTOMER SERVICE WITH A SMILE</u></p> <p>PRESENTERS: <i>TINA AND SAL ABBATE</i></p> <p>Building on what Jeff Duncan-Andrade, Ph.D. stated: How we treat each other will determine the climate of our campus and how students view us. Please join us as we discuss internal and external customer service — how incorporating smiles and humanity paired with examples from leading companies can change the culture you work in and the students we serve.</p> |
| <p>10:00 A.M.-12:00 P.M. ROOM 1526</p> | <p><u>MATH DEPARTMENT MATH 112 (INTERMEDIATE ALGEBRA FOR LIBERAL ARTS)</u></p> <p>PRESENTERS: <i>BARBARA VILLATORO, GENELE RHOADS AND CARLOS ESTEVE</i></p> <p>The Math Department will meet to discuss the Math 112 Course. The course was recently modified with the changes taking effect this semester. We will discuss the course content and the goals of the course. We will also look over some of the material used in the course. We are seeking input from the math faculty as we plan for the future of this course.</p> |

WEDNESDAY, MARCH 15, 2017 (continued)

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| <p>10:00 A.M.-2:00 P.M. LIBRARY 103</p> | <p><u>POLARIS TRAINING AND LIBRARIAN/LIBRARY STAFF MEETING</u></p> <p style="text-align: center;">PRESENTERS: <i>RUTH FULLER, RASHMI BAINS, ERIN DUANE, AND CARLA MAGUIRE</i></p> <p>Two hours training librarians on back-end use of new catalog. Two hours discussing collection management, SLOs, and information competency instruction.</p> |
| <p>10:30 A.M.-12:00 P.M. ROOM 713</p> | <p><u>SLO SUCCESS CRITERIA RUBRICS — THE HOW AND WHY</u></p> <p style="text-align: center;">PRESENTER: <i>AMY OBEGI</i></p> <p>Come learn more about the development of success criteria rubrics. Why is the college asking you to create them? What benefit do they have to faculty and students? Bring your colleagues to think about what the "success bar" looks like and spend some time working on the creation of rubrics.</p> |
| <p>12:00-12:50 P.M. ROOM 445</p> | <p><u>FERPA (FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT)</u></p> <p style="text-align: center;">PRESENTER: <i>SHANNON BECKHAM</i></p> <p>Learn about “The Family Educational Rights and Privacy Act”! FERPA is the Federal Law that protects the privacy of student education records.</p> |
| <p>1:00-1:50 P.M. ROOM 804</p> | <p><u>ACCREDITATION</u></p> <p style="text-align: center;">PRESENTERS: <i>SAKI CABRERA AND MELISSA REEVE</i></p> <p>An update on the current process, progress, and timeline of our Self- Study will be provided.</p> |
| <p>1:00-2:00 P.M. ROOM 305</p> | <p><u>A COMMON EXPERIENCE: BUILDING MOBILES</u></p> <p style="text-align: center;">PRESENTERS: <i>MICHELLE SMITH AND CRISTINA YOUNG</i></p> <p>This will be a shared activity to guide conversations regarding issues in education and will include strategies to promote student success.</p> |
| <p>2:00-4:00 P.M. ROOM 308</p> | <p><u>CONTINUED CONVERSATION REGARDING EQUITY AND INCLUSION</u></p> <p style="text-align: center;">PRESENTERS: <i>JOEL POWELL AND LAUREN TAYLOR-HILL</i></p> <p>Please join us for a viewing of the PBS Documentary, “<i>Not on Our Campus</i>,” followed by a discussion led by Joel Powell (Political Science) and Lauren Taylor-Hill (Anthropology).</p> |

PDFC SPONSORS NUTSHELLS

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| APRIL 19 12:00-1:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>ART AND POLITICS IN A NUTSHELL</u> PRESENTER: <i>MARC LANCET</i> |
| APRIL 28 12:00-1:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>TROPICAL RAINFOREST IN VERACRUZ: EXPERIENCES WITH MEXICO'S BIOCULTURAL DIVERSITY IN A NUTSHELL</u> PRESENTER: <i>PAM MUICK</i> |
| MAY 12 12:00-1:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>SCC BIOTECHNOLOGY BACCALAUREATE IN A NUTSHELL</u> PRESENTER: <i>JAMES DEKLOE</i> |

SENATE BROWN BAG

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| APRIL 21 12:00-1:00 P.M. THE BOARDROOM | <u>THE HUMAN QUILT</u> PRESENTER: <i>PATRICIA ITAYA</i> |
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PDFC SPECIAL EVENT — THE SCIENCE OF BURNOUT

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| APRIL 29 9:00 A.M.-4:30 P.M. FACULTY / STAFF LOUNGE ROOM 1401A CAPACITY 20 | <p>HOST: <i>PDFC COMMITTEE</i></p> <p>Please join us for a live screening of the webinar, "The Science of Burnout: What is it, why it happens, and how to avoid it" by the Greater Good Science Center:</p> <p>At this day-long seminar, led by GGSC Science Director Emiliana Simon-Thomas, Ph.D. — with special guests celebrated compassion teacher Joan Halifax, Ph.D., burnout expert Christina Maslach, Ph.D., and UCLA psychiatrist Elizabeth Bromley, M.D., Ph.D. — you'll explore the characteristics of burnout, its negative consequences, and the individual and organizational factors that make it more or less likely. Attendees will learn about the biological and psychological consequences of burnout — and differentiate it from related concepts like chronic stress, depression, and so-called "compassion fatigue."</p> <p>Light lunch and snacks provided. RSVP to the Professional Development / Flex Committee (pdfc@solano.edu) by Friday, March 31, to save your spot!</p> |
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UPCOMING CSEA BROWN BAGS

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| APRIL 28 12:00-1:00 P.M. ROOM 443 | <u>INCLUSION AND ACCEPTANCE</u> PRESENTER: <i>GEORGE OLGIN</i> |
| JUNE 23 12:00-1:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>MANAGING WORKPLACE RELATIONSHIPS</u> PRESENTER: <i>CSEA REPRESENTATIVE</i> |
| JULY 28 12:00-2:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>KNOW YOUR NEW CONTRACT</u> PRESENTER: <i>CSEA REPRESENTATIVE</i> |
| SEPTEMBER 22 12:00-1:00 P.M. FACULTY / STAFF LOUNGE ROOM 1401A | <u>RETIREMENT PLANNING</u> PRESENTER: <i>CSEA REPRESENTATIVE</i> |