



Spring 2021 FLEX Day – March 9



The Las Positas College Professional Development Committee would like to welcome you to our Spring 2021 FLEX Day, being held from 8:00 AM – 4:00 PM on Tuesday, March 9.

Please complete this [google form](#) by FRIDAY MARCH 12 AT 5 PM to document your hours on FLEX Day. Contact Rifka with any questions: rseveral@laspositascollege.edu.

Keynote Session

1:00 PM – 1:50 PM

<https://livestream.com/lpc/springflexday2021keynote>

Managing Students of Concern

Alex Baker

Case Management Coordinator, Diablo Valley College
CEO of Sheldon Consulting

This talk will cover the best practice for managing students that are displaying concerning behaviors. We will cover how we can best serve students that may be impacted by the pandemic, discussing how to access resources. I will offer tools and tips on how to identify signs that students are in crisis or on the verge of going through a triggering event. I will provide some actual examples of students and walk through the process of how to provide assistance. We will also cover self-care tips because providing support can have an effect on the support person.

Keynote Speaker Biography:



Alex Baker has over 10 years of experience in program management in community-based organizations, acute and sub-acute psychiatric hospitals, multi-service organizations within Alameda County, and higher education. Some of Alex's career highlights include developing and implementing basic needs programs within the California State University system. He has been featured in the East Bay Times, California State University East Bay Magazine, Mercury News, Kron 4, Channel 2 news, KMEL Morning Show, and various other media outlets for this work. Alex is a graduate of California State University Sacramento where he received a BA in Psychology with high aspirations to be a change

agent in the community. Alex also holds a Masters in Social Work with a focus on community mental health. Over the years he has provided services to help the severely mentally ill, dual diagnosed population, elderly population, and students in higher education with rebuilding their lives, assisting with reintegrating back into the community and navigating the various obstacles they face. Alex strives to be an advocate for all disenfranchised groups while supporting individuals to reach their goals and live the highest quality of life possible.



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Morning Session Short Program

8:00– 8:50 AM	9:00– 9:50 AM	10:00 – 10:50 AM	11:00 – 11:50 AM
<p><u>Expanding Dual Enrollment Partnerships</u> <i>Emerald Templeton</i> <i>Vicki Shipman</i> <i>Amy Mattern</i> <i>Humberto Lopez</i></p>	<p><u>Ditch the Points: Consider Contract or Standards Based Grading</u> <i>Meghan Swanson-Garoupa</i> <i>David Powers</i> Password: 029808</p>	<p><u>Faculty Chill & Chat</u> <i>Savanna Alliband-McGrew</i> Passcode: 990094</p>	<p><u>Video Editing in Canvas Studio</u> <i>Wanda Butterly</i> <i>Video to watch prior to attending this session</i></p>
<p><u>Faculty Evaluation Training</u> <i>Heike Gecox</i> <i>Tom Orf</i> Passcode: 206269</p>	<p><u>LPC Literacy Arts Festival Overview and Discussion</u> <i>Richard Dry</i> <i>Toby Bielawski</i> <i>Martin Nash</i></p>	<p><u>Canvas Test/Quiz Writing Support</u> <i>Paula Rose</i> <i>Jennie Graham</i> Password: 936632</p>	
<p><u>Designing More Interaction into your Online Course</u> <i>Scott Vigallon</i> <i>Bobby August</i> <i>Lyndale Garner</i> <i>Kali Rippel</i></p>		<p><u>Video Editing/Captioning Tips using Vrew</u> <i>Ashley McHale</i></p>	<p><u>Question-driven SLO/SAO Research</u> <i>Ann Hight</i> <i>Robin Rehaqan</i></p>
<p><u>Anxiety: How to Cope with Anxiety and Self-Care</u> <i>Amanda Castelli</i></p>	<p><u>Life Beyond the Screen - Strategies for Life and School Balance, Student Veterans Perspectives</u> <i>Todd Steffan</i> <i>Evelyn Andrews</i> <i>Dr. Miatta Snetter</i></p>	<p><u>Redesigning Orientation & Onboarding Activities: How students enter their path. Guided Pathways Pillar 2</u> <i>Angella VenJohn</i> <i>Miguel Alvarez</i> Password: 576632</p>	<p><u>Persistence Project Debrief and Updates</u> <i>Jared Howard</i> <i>Jeff Judd</i> <i>Jim Ott</i></p>
<p><u>A Peek Behind the Curtain: LPC's new ThankView video messaging tool!</u> <i>Liz McWhorter</i> <i>Ken Cooper</i> Password: 2021</p>	<p><u>Supporting our Systems-Impacted Students</u> <i>Emerald Templeton</i> <i>Liz McWhorter</i> <i>Amanda Ingold</i></p>	<p><u>Academic Honesty. Honestly</u> <i>Katie Eagan</i> <i>Catherine Suarez</i> <i>Erin DeBakcsy</i> <i>Alain Olavarrieta</i> Password: eagan</p>	<p><u>Care Through Linguistic Justice in the Classroom</u> <i>Michelle Gonzales</i> <i>Kisha Quesada Turner</i> Password: yo!</p>
<p><u>Leadership: Building Common Understanding</u> <i>David Rodriguez</i> <i>Dyrell Foster</i> Password: 202003</p>	<p><u>"You Good?" Black Mental Wellness on Campus</u> <i>Kisha Quesada Turner</i> <i>Nadiyah Taylor</i> Password: 629738</p>	<p><u>Equity-Minded Course Outlines</u> <i>Elizabeth Owens</i> <i>Craig Kutil</i> Password: 877506</p>	



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Afternoon Session Short Program

12:00 – 12:50 PM	1:00 – 1:50 PM	2:00 – 2:50 PM	3:00 – 3:50 PM
Lunch	Keynote Session <i>Alex Baker</i>	Keynote Follow-Up Session <i>Savanna Alliband-McGrew</i> Passcode: 955662	What are success teams? <i>Kristy Woods</i> <i>Angella VenJohn</i> Password: 247234
		Making your Canvas course site ADA-compliant <i>Wanda Butterly</i>	
		Question-driven SLO/SAO Research <i>Ann Hight</i> <i>Robin Rehaqan</i>	
		Using Studio within Canvas <i>John D. Perez</i> Password: 90210	
		Personal Financial Planning – Discovering your true purpose for money <i>Erick Bell</i> <i>Darrell Doi</i>	
		Advanced Work-Based Learning in the Curriculum <i>Vicki Shipman</i> <i>Carmen Perkins</i> <i>Ariel Kirshenbaum</i>	

Asynchronous Session Short Program

Introduction to Mindfulness Based Stress Reduction (50 minutes) <i>Michelle Zapata</i>



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Full Description of the Morning Sessions

8:00 AM – 8:50 AM

A Peek Behind the Curtain: LPC's new ThankView video messaging tool!

Presenters/Facilitators: Liz McWhorter and Ken Cooper

Description: In late 2020, LPC quietly rolled out a new tool for custom video-messaging to our students and supporters (foci: enrollment & fundraising) – ThankView. Liz McWhorter, Outreach Specialist in Academic Services, was selected to implement this [nationally used] tool at LPC, serving as an LPC ThankView administrator alongside Ken Cooper. As of January 31, Liz has successfully run LPC's first 3 ThankView campaigns, and is working on 3 more! Sneak preview: We are receiving good responses from ThankView custom video recipients, analyzing the metrics and doing targeted follow-ups, and hearing of increased enrollments from faculty we've worked with thus far. Please join us to learn more about this helpful tool / our campaigns, ask Q's & share ideas – the good, the better, and the future!

Anxiety: How to Cope with Anxiety and Self-Care

Presenter/Facilitator: Amanda Castelli

Description: Anxiety has increased exponentially this past year for many reasons and we can all benefit from learning new techniques and tools to reduce unwanted thoughts and feelings. In this workshop you will increase your understanding about anxiety, learn about thought-acceptance, challenging negative-thoughts, and coping skills. Hopefully, you will walk away with new strategies to free up your mind and focus on healthier and enjoyable experiences.

Expanding Dual Enrollment Partnerships

Presenters/Facilitators: Emerald Templeton, Vicki Shipman, Amy Mattern, and Humberto Lopez

Description: Dual Enrollment courses provide students with the opportunity to earn college credit while in middle and/or high school. Recent legislation (SB 554) has expanded the definition of special admit students to include adult school students who are pursuing a high school diploma and completing community college courses. These factors allow colleges to create seamless college and career pathways that serve underrepresented and first generation students. Dual Enrollment provides an introduction to higher education, offers a low or no cost way to earn credit and may help students complete an associate's degrees faster, and meets the goals of guided pathways. In this session, we will provide an overview of dual enrollment, explore curricular pathways, and discuss ways to expand partnership.

Faculty Evaluation Training

Presenters/Facilitators: Heike Gecox and Tom Orf

Description: Training to prepare faculty for both part-time and full-time online evaluation process.



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Leadership: Building Common Understanding

Presenters/Facilitators: David Rodriguez and Dyrell Foster

Description: Leadership occurs throughout the institution by many individuals, regardless of title. It requires both a set of skills that can be learned as well as certain attributes that can be nurtured. Engage in a conversation in which we will explore an understanding of what leadership is, why it's needed, and the values that inform our own approaches to leadership.

8:00 AM – 9:50 AM

Designing More Interaction into your Online Course

Presenters/Facilitators: Scott Vigallon, Bobby August, Lyndale Garner, and Kali Rippel

Description: Join members of the LPC Distance Education Committee as they give tips and examples of how you can meet the state's Title V requirement of Regular Effective Contact in your online classes. See how different instructors get creative when interacting with students and when designing for interaction among students. The second hour of the session will be dedicated to answering your questions. Along the way, we'll even try to have some fun! Instructors new to online teaching are encouraged to attend.

9:00 AM – 9:50 AM

Ditch the Points: Consider Contract or Standards Based Grading

Presenters/Facilitators: Meghan Swanson-Garoupa and David Powers

Description: In this session, we will share out how we have adopted contract and standards based grading practices into our classes in an effort to be more equitable, transparent, accurate, and adopt a growth mindset.

Life Beyond the Screen - Strategies for Life and School Balance, Student Veterans Perspectives

Presenters/Facilitators: Todd Steffan, Evelyn Andrews, and Dr. Miatta Snetter

Description: These are difficult times for everyone, especially student veterans who experience loneliness, anxiety, and isolation. Some of these challenges are not new to our student Veterans as they experienced these feelings before COVID-19 as they transition from military to college. In this workshop session, Dr. Snetter, psychiatrist, who has years of experience assisting student and Veterans will facilitate a student panel will share their perspective. The goal is you will leave this session with some tools and techniques in how to connect, engage, and support student Veterans on their pathway to student success remotely. This workshop will be hands on. Techniques taught for both supporting student Veterans on and off the campus, can also be utilized in serving other students in this virtual environment. Hear from our student Veterans about their challenges and techniques to be successful in a remote learning environment.

LPC Literary Arts Festival Overview and Discussion

Presenters/Facilitators: Richard Dry, Toby Bielawski, and Martin Nash

Description: This activity will provide an overview of the panels and workshops that will be available during the LPC Literacy Arts Festival on May 8, 2021. We will show videos from the authors, discuss the panel and workshop topics, and provide ideas for student activities. The festival itself will support the college's mission statement and values statement by celebrating life-long learning, enhancing students' transfer skills, incorporating and presenting diverse voices and perspectives and "Fostering a climate of discovery, creativity, personal development, and physical and mental health."

Supporting our Systems-Impacted Students

Presenters/Facilitators: Emerald Templeton, Liz McWhorter, and Amanda Ingold

Description: Who are systems-impacted students at LPC? How are we supporting them? Known statewide as Guardian Scholars and Rising Scholars, former foster youth and the currently/formerly incarcerated, respectively, face barriers to getting financial aid and completing college due to their statuses. With Congress' recent passage of legislation to simplify the financial aid application process, we have an opportunity to fulfill our equity mission in serving some of the most marginalized populations. The new legislation will help remove those barriers, making college more accessible and attainable. You may wonder, how can our LPC community best support?

In this session, we'd like to propose how we can prepare to support systems-impacted students through partnership by establishing:

- A Referral Network to connect students (and prospective students) to the services and resources that support their transition to LPC and persistence once enrolled;
- An Open House to provide exposure to available opportunities including college and career pathways (including viable internship and job opportunities); and
- Student Organizations to provide peer support, community, and a sense of belonging.

"You Good?" Black Mental Wellness on Campus

Presenters/Facilitators: Kisha Quesada Turner and Nadiyah Taylor

Description: The mental wellness of Black employees is important. At Las Positas College, Black employees cannot fully serve our student populations without examining how antiBlackness manifests in our various roles on campus. That is, since Black employees personally endure the impacts of systemic racism, imposter syndrome, and current social and political events in our Black skins, it may pose unique challenges (and opportunities) for us to do our jobs fully, without reservation. This session, therefore, is an opportunity for LPC's Black employees to self-examine, commune, and experience empathy from others who've had similar experiences. As such, we, the facilitators, hope to begin to create a healing space for LPC's Black employees.

10:00 AM – 10:50 AM

Academic Honesty, Honestly

Presenters/Facilitators: Katie Eagan, Catherine Suarez, Erin DeBakcsy, and Alain Olavarrieta

Description: After two years of work and an intervening pandemic, the Academic Senate's Academic Honesty subcommittee has put together a support document for faculty! Come ready for honest conversations about the challenges of enforcing academic integrity: our support document strives for a balance of holding students accountable for doing their own work and teaching them what their "own work" actually is in this technology-assisted age! Get a taste of the college resources available, sample syllabus language, prevention tips and lessons, and strategies for approaching students who you suspect have cheated or plagiarized! We will also facilitate a discussion of an academic dishonesty scenario from On Course that is used in the Academic Honesty Smart Shop.

Faculty Chill & Chat

Presenter/Facilitator: Savanna Alliband-McGrew

Description: In the spirit of a mental health focus for Spring Flex-Day 2021, this session is an opportunity for faculty to "Chill and Chat" together. We will provide a framework for the conversation, topics will include:

- What aspects of SIP/online teaching have been really hard?
- Are there aspects that you will keep, that have improved your teaching?
- Can you share some ideas for how you maintain your emotional well-being and work-life balance?
- What kind of support would you like and wish was available to faculty and staff continuing from here?
- As our teaching shifts back toward "normal", what complications do you for-see?

We will create a Google document during the session, to help maintain a record of the brainstorming ideas, which we will share afterwards.

Redesigning Orientation & Onboarding Activities: How students enter their path. Guided Pathways Pillar 2

Presenters/Facilitators: Angella VenJohn and Miguel Alvarez

Description: In this one-hour presentation, we will explore research and best practices for new student onboarding activities to help students enter college and identify their career earlier. We will discuss how we streamline and clarify the onboarding process from application to registration. Ensuring that students receive clear and accurate information regarding college requirements.

And we will engage in discussions on how we can create intentional experiences for our new students that build community and connection with Las Positas College. Come join us and share your ideas and be a part of this project.



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Video Editing/Captioning Tips using Vrew

Presenter/Facilitator: Ashley McHale

Description: With online classes, the demand for quality video recording and editing software has increased dramatically. Video editing and captioning can be the most time-consuming of this process, and it is one of the most important. I will demonstrate a FREE video editing and captioning software that I've been using since October called Vrew (<https://vrew.voyagerx.com/en/>). Use any other method for recording videos (Zoom, Screencast-O-Matic, your phone), and you can caption and edit them easily in Vrew. In this session, I'll show some of my favorite features of the software with my video, and then we can use the rest of the time as a workshop. If you just want to check it out before downloading, they have a great demo of one of Dr. King's speech to practice with on their website.

10:00 AM – 11:50 AM

Canvas Test/Quiz Writing Support

Presenters/Facilitators: Paula Rose and Jennie Graham

Description: Want more information on creating tests/quizzes in Canvas? Join us for a working session where we will introduce the question types, along with some strategies for their use, and then support you in your own question writing efforts for the rest of the time. Support will include strategies for how to use each question type effectively. Question Types include: Multiple choice, multiple answer, formula, multiple text entry, multiple drop-down, text entry and essay.

Equity-Minded Course Outlines

Presenters/Facilitators: Elizabeth Owens and Craig Kutil

Description: As we answer the call to action to address inequities that impede student success, we need to take a multifaceted approach. One of the five main areas outlined by the Presidential Task Force was that of "Instruction & Curriculum", and the Course Outline of Record provides the very backbone of instruction at our college. This session provides ideas, definitions, and individualized assistance for weaving equity deep into the structure of your course curriculum.

11:00 AM – 11:50 AM

Care Through Linguistic Justice in the Classroom

Presenters/Facilitators: Michelle Gonzales and Kisha Quesada Turner

Description: Following up on their Fall 2020 flex day session, "Culturally Responsive Feedback: Language So Rich, Why We Stiflin," Michelle and Kisha are proposing a session on how linguistic justice in the classroom is a form of care in teaching. We plan to define linguistic justice, discuss the invisibilizing and esteem inhibiting effects of classroom practices that adhere too strictly to the convention of American Edited English, the lost opportunities for cultural understanding. Additionally, we will provide specific practices/lessons, and brainstorm strategies for instituting linguistic justice in all disciplines.



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Persistence Project Debrief and Updates

Presenters/Facilitators: Jared Howard, Jeff Judd, and Jim Ott

Description: The Persistence Project began implementation in the Spring 2021 semester with over 40 instructional faculty members participating in the program. This flex day activity will be used to highlight intervention strategies, discuss best practices/current challenges/next steps, and to consider engagement for the Fall 2021 semester.

Question-driven SLO/SAO Research

Presenters/Facilitators: Ann Hight and Robin Rehagen

Description: Question-driven research, using assessment data to answer questions on student learning: Learn how SLO/SAO assessments can be used to answer questions posed by your department or area. It all starts with asking the right questions and ends with reporting results. Examples and activities will be given to reframe your approach to assessments. This session is appropriate for all faculty.

Video Editing in Canvas Studio

Presenter/Facilitator: Wanda Butterly

Description: Watch the recorded video to learn how to edit video in Canvas Studio. Among the techniques shown are cutting out segments of video; cutting out audio noises; adding arrows, circles, and highlights; adding blurs to areas on the screen; adding text; adding images; and adding fade-in and fade-out transitions. Then come to the Q&A follow-up Zoom session to get your questions answered.

Video: <https://clpccd.instructuremedia.com/embed/075079f2-abe1-4567-833f-e1695ddda9e6>



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Full Description of the Afternoon Sessions

2:00 PM – 2:50 PM

Keynote Follow-Up Session

Presenter/Facilitator: Savanna Alliband-McGrew

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

Question-driven SLO/SAO Research

Presenters/Facilitators: Ann Hight and Robin Rehagen

Description: Question-driven research, using assessment data to answer questions on student learning: Learn how SLO/SAO assessments can be used to answer questions posed by your department or area. It all starts with asking the right questions and ends with reporting results. Examples and activities will be given to reframe your approach to assessments. This session is appropriate for all faculty.

Using Studio within Canvas

Presenter/Facilitator: John D. Perez

Description: This session will demonstrate the inclusion of "Studio" within a Canvas shell. Utilizing Studio is a great way to avoid the commercials and privacy concerns created by YouTube. Videos recorded in Canvas using Studio offers an additional tool to help reinforce learning, provide an alternative to YouTube and maintains privacy. Studio also allows for easy captioning to provide accessibility for all students. This one hour overview will provide a demonstration of Studio within a Canvas shell, features include: organizing, captioning, creating content.

2:00 PM – 3:50 PM

Advanced Work-Based Learning in the Curriculum

Presenters/Facilitators: Vicki Shipman, Carmen Perkins, and Ariel Kirshenbaum

Description: High-quality Work-Based Learning provides opportunities for the acquisition of skills in three areas: academic, technical and workplace professional skills among students or other learners engaged in career-related programs or courses of study. Regardless of industry, employers consistently underscore that new workers must have experience and mastery in all three skill areas, with a growing priority on the development of core employability skills.

To support students or other learners in developing these skills, authentic workplace experiences are important when combined with academic study, classroom training and other college and career-readiness activities. Guest Speakers, Career Days, Career Mentoring, Workplace Tours, Informational Interviews, Job Shadowing, Mock Interviews, Workplace Challenges, Internships and Work Experiences all provide real-world context and the opportunity to learn about the workplace and prepare for the future. Providing authentic workplace experiences and bringing employers into the classroom as part of the career development process can create powerful learning experiences and deepen the educational experience.



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To advance Work-Based Learning at Las Positas College, the Career & Transfer Center Coordinator Outreach Team and has partnered with Earn & Learn©, a Strong Workforce Program Regional Joint Venture. Managed by the Contra Costa Community College District’s Educational Partnership, Earn & Learn© provides resources to support and deepen our career pathways for learners including contacts to industry, tools to organize work-based learning, and a collaborative community of peers. The Earn & Learn© interactive workshop will provide faculty knowledge and tools to effectively embed Work-Based Learning into our curriculum.

Who and What is Earn & Learn©? How to Leverage Earn & Learn’s Products and Services Work-Based Learning Annual Planning at LPC.

- Where are we now?
- Where do we want to go?
- How will we track and measure progress?
- What is ELENA and how can it support our work?

We hope you join us during Flex Day for this informative, interactive workshop!

Making your Canvas course site ADA-compliant

Presenter/Facilitator: Wanda Butterly

Description: With just about all 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.

Personal Financial Planning – Discovering your true purpose for money

Presenters/Facilitators: Erick Bell and Darrell Doi

Description: Money does not make us happy. We spend all of our lives earning it, spending it, investing it and thinking about it, but it does not make us happy. Why do we devote so much time and energy on it?

This workshop taught by Erick Bell and Darrell Doi from Invesdid, is designed to transform your relationship and mindset about money.

3:00 PM – 3:50 PM

What are success teams?

Presenters/Facilitators: Kristy Woods and Angella VenJohn

Description: What are success teams? Many colleges across the state and country are focusing on developing success teams to address the many diverse and equity needs of their students as part of their Guided Pathways and Equity work. Come and learn about what success teams can be and what they could look like at LPC. We welcome all members of the campus to come to this interactive session. The LPC California Demonstration Team will also be there.



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Full Description of Asynchronous Sessions

Introduction to Mindfulness Based Stress Reduction

Presenter/Facilitator: Michelle Zapata

Description: Feelings of negative stress can lead to barriers and reduce your effectiveness in achieving your goals. Too much constant stress can have negative effects on your long-term health. One strategy for managing life's stressors is to practice Mindfulness Based Stress Reduction (MBSR). This workshop is a one-hour introduction to MBSR. I will explain its origins, what it is (and is not), its benefits and how to get started. I hope you find this workshop beneficial to your journey of becoming more mindful in your day-to-day life. (50 minutes)