



JANUARY FLEX

January 12-14, 2021

- All sessions will be held via Zoom.
- Most sessions do not include pre-work unless indicated. You will earn Flex credit for both the independent learning and attending the session.
- Please note that each session is tailored to: All Campus, Faculty, or Classified/Management/Confidential

TUE, JANUARY 12, 2021

10:00–5:00PM (All Campus) **Pre-registration Required**
Mental Health First Aid Training (includes 30 mins break)

WED, JANUARY 13, 2021

9:00–10:00AM (All Campus)
Community Coffee Hour

10:00–10:15AM Break

10:15–11:30AM (Faculty)
Creating a Student-Centered Syllabus

11:30AM–12:00PM Lunch

12:00–1:15PM (All Campus)
HAL Student Panel: Meaningful Online Education from the Student Perspective

1:15–1:30PM Break

1:30–2:45PM (All Campus)
Trauma Informed Pedagogy and the Power of Relationships

2:45–3:00PM Break

3:00–4:15PM (Faculty)
Using OER and Library Resources to Foster Student Equity

3:00–4:30PM (All Campus) **Pre-registration Required by 1/6**
QPR Training: Question, Persuade, Respond- Mental Health Prevention

THUR, JANUARY 14, 2021

9:00–10:00AM (All Campus)
Community Coffee Hour

10:00–10:15AM Break

10:15–11:30AM (All Campus)
COVID-19 Student Survey Results Discussion

11:30AM–12:00PM Lunch

12:00PM–1:15PM (Faculty)
Promising Practices in Course Design

1:15–1:30PM Break

1:30–2:00PM (All Campus)
Book Club Kickoffs:

- ***No-No Boy*** by John Okada
- ***Wayward Lives*** by Saidiya Hartman
- ***Whistling Vivaldi: How Stereotypes Affects Us and What We Can Do*** by Claude M. Steele

2:00–2:15PM Break

2:15–3:30PM (Classified/Management/Confidential)
What's Happening in Your Tech World?

2:15–3:45PM (Faculty)

Data Coaching: How to Talk about Equity Data

3:45–4:00PM Break

4:00–5:00PM (All Campus)
Spring Community Social Hour

Tuesday, JAN 12, 2021

Mental Health First Aid

Annie Jankovitz

10:00AM–5:00PM ALL CAMPUS

[PRE-REGISTER HERE](#) | [Zoom link provided after registration](#)

Adult Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.

This training requires participants to register no later than December 28th at 5pm. The training includes a virtual workshop on January 12th from 10am-5pm and about 2 hours of self-paced “pre-work” to be completed no later than January 8th.

Student Health Services is offering a \$20 gift card to the first 10 employees who register and complete the pre-work before January 8th!

A registration link with details regarding the required “pre-work” will be emailed to all participants after December 28th.

Questions? Email ajankovitz@co.slo.ca.us

Wednesday, JAN 13, 2021

Community Coffee Hour

Hosts: Kristina Vastine and Mike Kinter

9:00–10:00AM ALL CAMPUS

No Registration Required | [Zoom](#)

Welcome back Cuesta! Join your fellow colleagues with your morning coffee to reconnect, say hello, and start Spring semester.

Creating a Student-Centered Syllabus

Lara Baxley and Greg Baxley

10:15–11:30AM FACULTY FOCUSED

[REGISTER HERE](#) | [Zoom](#)

In this workshop, we will provide suggestions for how to create a student-friendly syllabus while maintaining standards and class policies. For some faculty members, the syllabus is a guide that outlines what learners should expect in a course and clarifies what is expected of them. For students, the syllabus helps them figure out what they need to do to be successful in the course. In many ways, the syllabus conveys much more than rules and course expectations and as such, serves a larger purpose that can shape the students’ academic experiences and foster their success. This workshop will offer faculty with tools and concrete strategies to develop syllabi that support students. Examples will be provided. Participants are asked to have a copy of their syllabus available during the workshop to review and edit.

Wednesday, JAN 13, 2021

HAL Student Panel: Meaningful Online Education from the Student Perspective

Matt Fleming and Glenda Moscoso

12:00–1:15pm ALL CAMPUS

No registration required | [Zoom](#)

The HAL (Humans Articulating Learning) Sessions kicked off in the fall with the goal of creating a virtual place for faculty to support each other's pedagogy as we navigate the opportunities and challenges that come with online teaching and learning. So far, our conversations about community, course design, and equitable practices have been inspiring, instructive and exciting, and we will continue to offer these types of sessions in the future. However, in addition to talking amongst ourselves, we'd also like to hear from our students! For our first HAL session this spring, we have invited a panel of students to offer diverse perspectives about their online learning experiences: what works, what doesn't, and what they think is important for instructors to know. Please join us for this important HAL Session: Meaningful Online Education from the Student Perspective.

Trauma Informed Pedagogy and the Power of Relationships

Michele Gordon Johnson, Bailey Drechsler, and Dena Boggs

1:30–2:45pm All CAMPUS

[REGISTER HERE](#) | [Zoom](#)

Many of our college students arrive on campus with a history of exposure to traumatic events. This workshop will introduce participants to strategies that will support the sub-group of students experiencing the impacts of trauma, while also positively supporting all students with or without a history of adverse childhood experiences (ACEs).

Using OER and Library Resources to Foster Student Equity

Laurie Buchholz

3:00–4:15pm FACULTY

[REGISTER HERE](#) | [Zoom](#)

Are you concerned about rising textbook costs? Open Educational Resources (OER) are rapidly evolving to offer low-cost course materials that are superior to those offered by traditional academic publishers. This workshop is designed to introduce you to OER and library resources that support you and your classes. We'll discuss some common myths, including that OER are lower quality, provide fewer supporting materials, or are less accessible. You will see what's available in Cuesta's library collection and in open access, where to find more information, and how to collaborate with librarians. Interested faculty can also learn how to participate in Cuesta's current OER initiative, a mini-grant program that compensates you for adopting OERs that save students money.

QPR Training: Question, Persuade, Respond

Annie Jankovitz and Nicole Johnson

3:00–4:30pm ALL CAMPUS

[REGISTER BY JANUARY 6](#) | [Zoom link provided after registration](#)

QPR Gatekeeper Training stands for question, persuade, refer and was developed to teach participants how to recognize the warning signs of suicide, how to offer hope, and how to get help and save a life. Join the College Wellness Coordinator for the County of SLO Behavioral Health Department to discuss strategies for faculty and staff to respond to students. **This workshop requires employees register by January 6th at 5pm. Student Health Services will offer a \$10 gift card to the first 10 employees who register by January 6th!** Also, following the QPR training, Nicole Johnson, Director of Health Services, will address the challenges of working remotely with a student in crisis. She will provide strategies for working through a crisis situation with a student when they are not physically in your presence, including appropriate ways to address a student's safety.

Questions? Email ajankovitz@co.slo.ca.us

Thursday, JAN 14, 2021

Community Coffee Hour

Hosts: Dee Limon and Todd Frederick
9:00–10:00Am ALL CAMPUS
No Registration Required | [Zoom](#)

Welcome Back to Spring Semester! Join your fellow colleagues with your morning coffee to reconnect, say hello, and start Spring semester.

COVID-19 Student Survey Results Discussion

Donna Howard and Lisa DeFraga
10:15–11:30Am ALL CAMPUS
[REGISTER HERE](#) | [Zoom](#)

In June and November, Cuesta students were surveyed regarding how they are adjusting to classes and services being provided online as a result of the pandemic. Join us as we discuss how we can use the student feedback to make improvements for students.

Promising Practices in Course Design

Rosemary Wrenn and Brian Locher
12:00–1:15pm Faculty
[REGISTER HERE](#) | [Zoom](#)

Promising practices for designing and facilitating a constructive, meaningful, and successful learning environment for students.

Book Club Kickoffs

1:30–2:00PM ALL CAMPUS
Three separate meetups to introduce participants and kickoff the series

No No Boy by John Okada
Facilitated by Rachael Barnett
[REGISTER HERE](#) | [Zoom](#)

Join us for the Spring Book Club focused on John Okada's *No- No Boy*, a story about a young Japanese American man and the impact of internment on him and his family. Discussions will be designed to introduce participants to each author's work and discuss implications for equity at Cuesta College. There will be two 90 minutes gatherings for the novel and day/times will be decided at the kickoff.

Wayward Lives by Saidiya Hartman

Facilitated by Amelia Marini
[REGISTER HERE](#) | [Zoom](#)

Join us this spring for discussions of historian Saidiya Hartman's newest book, *Wayward Lives, Beautiful Experiments: Intimate Histories of Riotous Black Girls, Troublesome Women, and Queer Radicals*. In this text, Hartman reconstructs what the publisher calls "the revolution of Black intimate life that unfolded in Philadelphia and New York at the beginning of the twentieth century." Winner 2019 National Book Circle Award in Criticism, Hartman's text is particularly concerned with the lives of subjects who have been refused a spot in our mainstream historical narratives. To tell their stories, Hartman brings archival research and imagination together in this "radical, genre-defying examination of the lives of 'ordinary' young Black women." Gathering days/times will be decided at the kickoff.

Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do by Claude M. Steele

Facilitated by Rosemary Wrenn
[REGISTER HERE](#) | [Zoom](#)

Claude M. Steele discusses his exploration of stereotype threat and how it affects our behavior and performance. The title refers to the true story of a young Black man who finds he can settle the fears of white people by whistling the music of Vivaldi. From here, Steele moves on to discuss the impact of how the fear of perpetuating a negative stereotype of one's identity can inhibit academic and social success. This is an accessible read with practical applications for educators in facilitating student progress and well-being. There will be three 60 minutes gatherings for the book and days/times will be decided at the kickoff.

Thursday, JAN 14, 2021

Data Coaching: How to Talk about Equity Data

Hannah Lawler and Ryan Cartnal

2:15–3:45PM ALL CAMPUS

[REGISTER HERE](#) | [Zoom](#)

Looking at disaggregated data, this workshop will begin the discussion on how to help faculty develop the knowledge and skills necessary to compile, analyze, and interpret racial equity data and provide opportunities for participants to practice difficult conversations about race, racism, and racial equity through case study work.

What's Happening in your Tech World?

Carrie Buhl

2:15–3:30PM CLASSIFIED/MANAGEMENT/CONFIDENTIAL

No Registration Required | [Zoom](#)

This session is designed for your participation and will provide an opportunity for **YOU** to share **YOUR** tips and tricks for accomplishing tasks in the world of working remotely, as well as learn from others as they share! Our Tech Trainer, Carrie Buhl, will be available to answer questions and share what's new; and we'll even have some navigation tips on the New Employee Dashboard in your myCuesta portal to help you keep track of your leave time.

Spring Community Social Hour

Hosts: Beth Ann Dumas and Shannon Hill

4:00–5:00PM ALL CAMPUS

No registration necessary | [Zoom](#)

Join colleagues for the end of the day social hour to share your reflections from flex workshops, discuss next steps, and connect before the Spring Semester begins.

Upcoming Professional Development Opportunities

J.E.D.I. (Justice, Equity, Diversity, Inclusion) Academy on Curriculum and Teaching

In collaboration with Academic Senate, Curriculum Committee, Guided Pathways Implementation Team, Faculty Professional Development Committee, and Instruction/Equity, we are happy to announce our inaugural **J.E.D.I. (Justice, Equity, Diversity, Inclusion) Academy on Curriculum and Instruction**, a three-day collaborative review and training to be held on May 27, June 1, and June 3, 2021. A cohort of 30 faculty participants will choose one course they wish to (re)design from an equity perspective. Peer led sessions will focus on developing cultural responsiveness, equity-mindedness, anti-racism, and high impact practices. Please save the dates! More detailed information will be sent later in the semester.

Building a Beloved Community Dialogue Series

These sessions create opportunity for faculty and staff to engage in critical and reflexive conversations around racial equity by emphasizing the co-creation of a supportive space to deeply inquire into issues of race and racism, and the impact it has on us as educators, student advocates, and colleagues. Dialogues involve exploration of racial identity, understanding white privilege, and moving towards anti-racist practices in our classrooms, institutions, and within ourselves. Please email Bailey Drechsler at bdrechl@cuesta.edu for more information. Dialogues are **monthly on Zoom, 3:00–4:15pm, beginning on January 7, 2021.**

Please email que_dang@cuesta.edu or lbaxley@cuesta.edu for any questions.