



OCTOBER FLEX

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- Zoom links are embedded in titles as well as provided with workshop descriptions.
- Please note that each session is tailored to: All Campus, Faculty, or Faculty/Classified Staff



Approved by the [Faculty Professional Development Committee](#) as student equity focused and qualifies as training required by AP7120.

FRI, OCTOBER 6, 2023 | ROOM 5401

8:30 AM – 5:00 PM Session 1: Adult First Aid | CPR AED
Pre-Registration Required by
September 29, 2023; [Register Here](#)
(All Campus)

MON, OCTOBER 9, 2023 IN-PERSON MORNING | ROOM 5144:

9:00 – 10:30 AM Session 2: Instructional Videos 101
[Pre-registration Required](#) (Faculty)

10:45 – 11:45 AM Session 3: LSAMP at Cuesta and Becoming
a Student Research Advisor (Faculty)
[Live Zoom Component](#)

11:45 AM – 1:00 PM Lunch

ZOOM AFTERNOON

1:00 – 2:00 PM Session 4: [Newly Updated!](#)
[Instructional Faculty Peer Evaluation
Form Overview](#) (Faculty)

2:15 – 3:15 PM Session 5: [Connecting Students to
Great Services IV: The Student Success
and Learning Resource Centers](#)
(All Campus)

3:30 – 4:30 PM Session 6: [Longevity Living Workshop](#)
(All Campus)

TUE, OCTOBER 10, 2023 | IN-PERSON ROOM 3609 WITH LIVE ZOOM STREAM:

[Link for Sessions Including a Live Zoom Component](#)

9:00 – 10:30 AM Session 7: Classroom Management and
Crisis Intervention Workshop (Faculty)

10:45 – 11:45 AM Session 8: Healthy Minds Study Survey,
Part 2: Using Data and Evidence to
Support Campus Mental Health
(All Campus)

11:45 AM – 1:00 PM Lunch

1:00 – 2:00 PM Session 9: The Opioid Crisis and
Narcan Training (All Campus)

2:15 – 3:15 PM Session 10: Thinking About a Sabbatical?
(Faculty)

3:30 – 4:30 PM Post-Flex Fun: Kickball with Colleagues!
(All Campus)

DAY 1: Friday, October 6, 2023**In-Person: Room 5401****SESSION 1:****Adult First Aid | CPR AED**

Pre-Registration Required by September 29, 2023; [Register Here](#)
(All Campus)

8:30 AM–5:00 PM (Lunch Provided by the Office of Instruction)

The purpose of the HSI First Aid | CPR AED training program is for participants to gain or improve knowledge and skill proficiency in First Aid, CPR, and AED skills. The class is a combination of lecture and hands-on skills practice and assessment for both CPR/AED and First Aid.

The intended audience is individuals who are not healthcare providers or professional rescuers who desire, or are occupationally required, to be trained and certified in adult first aid and/or CPR AED for the adult, child, or infant.

Certification period: 2 years from month of issue

- All students must perform required skills competently without assistance.

Class Topics:

- Sudden Cardiac Arrest (SCA)
- CPR and Defibrillation
- Chain of Survival
- Assessment & Chest Compressions
- Rescue Breathing & Using a CPR Mask
- Using an AED
- Relief of Choking
- First Aid Assessment
- Taking Precautions
- Activating EMS and/or EAP
- Responding to External and Internal Bleeding
- Direct Manual Pressure & Bandaging
- Using a Tourniquet (Improvised and Commercial)
- Shock
- Minor Wounds
- Tooth and Eye Injuries
- Amputated Body Parts
- Open Wounds
- Head, Neck, or Spinal Injury
- Concussion
- Bone, Joint, and Muscle Injuries
- Splinting
- Burns

- Altered Mental States
- Poisoning
- Opioid-Associated Emergency
- Difficulty Breathing and Asthma
- Severe Allergic Reaction (Anaphylaxis)
- Using an Epinephrine Autoinjector (such as EpiPen®)
- Heart Attack
- Stroke
- Seizure
- Diabetes and Hypoglycemia
- Presyncope and Syncope
- Heat and Cold Emergencies
- Bites and Stings

DAY 2: Monday, October 9, 2023**In-Person Morning | Room 3144****SESSION 2:****Instructional Videos 101 | [Pre-registration Required](#)**

Cynthia Wilshusen (Faculty)

9:00–10:30 AM

Explore Cuesta College's media recording services (Kaltura, and Studio). This session will introduce you to recording with camera, screen capture, uploading existing videos, linking to YouTube, captioning, embedding your media in Canvas.

SESSION 3:**LSAMP at Cuesta and Becoming a Student Research Advisor | [Live Zoom Stream](#):**

Gabriel Cuarenta-Gallegos (Faculty)

10:45–11:45 AM

During our presentation, we will explore how we support our underserved students in STEM via Cuesta's LSAMP (Louis Stokes Alliance for Minority Participation in STEM) program and how you can become involved as a faculty student research advisor.

DAY 2: Monday, October 9, 2023
Zoom Afternoon

SESSION 4:

Newly Updated! Instructional Faculty Peer Evaluation Form Overview

Jennifer Shellhorn (Faculty)

1:00–2:00 PM | [Zoom](#)

Just in this summer, the newly updated Instructional Faculty Peer Evaluation Form! Join this walkthrough presentation for an overview of the highly requested changes to the evaluation form. The walkthrough will commence with hands-on practice using the consolidated form in its improved fillable electronic document format, including adding supplemental materials to an electronic evaluation packet once signed.



SESSION 5:

Connecting Students to Great Services IV: The Student Success and Learning Resource Centers

Wes Martin and Gladis Villalpando (All Campus)

2:15–3:15 PM | [Zoom](#)

Enhance knowledge of student support services offered through the Student Success and Learning Resource Centers (such as drop-in and embedded tutoring, success coaches, workshops, and technology check-out). This training promotes equity by fostering access to student support resources and reducing barriers for students who may not utilize traditional resources on their own.

SESSION 6:

Longevity Living Workshop

Elisabeth DeSwart and Carrie Buhl (All Campus)

3:30–4:30 PM | [Zoom](#)

Our Longevity Living Workshop explores the daily practices of the longest living communities on earth, and throughout time. We will learn how these practices can contribute to our own vitality, happiness, longevity and sustainability, and how we might bring them into our own lives.

Free Cuesta College resources supporting longevity living are included in this workshop.

DAY 3: Tuesday, October 10, 2023
In-Person 3609 | [Live Zoom Stream:](#)

SESSION 7:

Classroom Management and Crisis Intervention Workshop

Katy Dittmer and Mozell Person (Faculty)

9:00–10:30 AM

The Classroom Management and Crisis Intervention Workshop is a vital resource tailored to empower Cuesta College faculty with the skills and knowledge necessary to create a safe and effective learning environment. This comprehensive workshop combines pedagogical strategies with practical crisis intervention techniques, equipping educators to handle diverse classroom dynamics. Participants will delve into classroom management best practices, exploring innovative approaches to foster engagement and civility while maintaining a supportive atmosphere. This workshop will also provide an overview of campus resources, enabling faculty to respond effectively to unexpected challenges, such as disruptive behaviors, emergencies, and/or academic concerns. With this workshop, faculty will be better equipped to create an inclusive and secure space for their students' academic growth and well-being.



SESSION 8:

Healthy Minds Study Survey, Part 2: Using Data and Evidence to Support Campus Mental Health

Nicole Johnson and Ashley Johnston (All Campus)

10:45–11:45 AM

Join us as we take a closer look at data from the consortium of California Community Colleges, including Cuesta College, who participated in the Healthy Minds Study, Spring of 2022. We will focus on how indicators of academic success, such as persistence in college, relate to mental health. The data highlights how greater investments in mental health programs and services are likely to create a more supportive environment and increase academic success for students. The data elevates the need for additional mental health services and support among California Community College students. Hear how these findings can be used to make an economic case for greater investment in student mental health and discuss what is known about effective and equitable strategies to support student mental health at a population level.

Ashley Johnston is a Research Data Analyst in the Health Policy and Management Department at the Fielding School of Public Health at UCLA.

SESSION 9:

The Opioid Crisis and Narcan Training

Nicole Johnson and Jenn Rhoads (All Campus)

1:00–2:00 PM

Opioid overdoses including Fentanyl have quickly and quietly become the leading cause of death among adults ages 18-45. This presentation will focus on: Understanding the local opioid crisis and community response, knowledge of naloxone and how it works to reverse opioid overdose, recognizing the signs and symptoms of opioid overdose, steps to effectively respond to an overdose, and ways to access narcan locally.

Jenn Rhoads is the SLO Opioid Safety Coalition Coordinator for the County of SLO.

SESSION 10:

Thinking About a Sabbatical?

Beth-Ann Dumas, Sarah Miller, George Stone, and Jason Curtis (Faculty)

2:15–3:15 PM

Learn how a sabbatical can help you explore new ideas, master new techniques, and develop new collaborations that will ultimately benefit Cuesta and our students. Sabbatical committee members will help you understand the college's newly updated sabbatical leave process, offer tips for creating a strong proposal, and share their experiences evaluating sabbatical proposals. Explore the exciting opportunities a sabbatical offers!

POST-FLEX FUN: KICKBALL WITH COLLEAGUES!

Erin Naegle and Jenel Guadagno (All Campus)

3:30–4:30 PM at the Softball Field

Join us for a playful game of kickball. Get some exercise, relieve some stress, and build community. We will be playing kickball at the softball field; all kickball skill levels welcome!

Sponsored by the Wellness Committee.

