



AUGUST FLEX

- 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.

WED, AUGUST 9, 2023 | ZOOM

9:00–9:20 AM	Session 1: The Human Library® is coming soon to Cuesta College (All Campus)
9:30–10:30 AM	Session 2: Evaluating and Updating Learning Outcomes (Faculty)
10:45–11:45 AM	Session 3: Wellness Workshop (All Campus)
11:45 AM–12:45 PM	Lunch
12:45–1:45 PM	Session 4: First Impressions: Support and Engage with Students in the First 10 Minutes (Faculty)
2:00–3:00 PM	Session 5: Keeping Yourself Safe Keeps Cuesta Safe (All Campus)
3:15–4:45 PM	Session 6: Academic Integrity in Online Courses (Faculty)
5:00–5:30 PM	Session 7: Book Club: On Earth We're Briefly Gorgeous by Ocean Vuong (All Campus)
5:00–5:30 PM	Session 8: Book Club: Reading Our Poet Laureates (All Campus)

THU, AUGUST 10, 2023 | IN-PERSON: ROOM 2609

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

9:00–10:00 AM	Session 9: Threat on Campus, Natural Disaster, Evacuation, Lockdowns and Shelter in Place (All Campus)
10:15–11:45 AM	Session 10: Relational Teaching (Faculty)
11:45 AM–12:45 PM	Lunch
12:45–1:45 PM	Session 11: Connecting Students to Great Services III: DSPS and the Student Success Center (All Campus)
2:00–2:45 PM	Session 12: Faculty Professional Development FLEX Open House (All Campus)
3:00–5:00 PM	Division Meetings
5:00–5:30 PM	Session 13: Book Club: Toxic Emotions at Work by Peter J. Frost (All Campus)
5:00–5:30 PM	Session 14: Book Club: Michael Ondaatje's The English Patient (All Campus)

DAY 1: Wednesday, August 9, 2023 | Zoom**SESSION 1:****The Human Library® is coming soon to Cuesta College!**

Andrea Echeverri Betancur, Laurie Buchholz, Denise Fouriea
(All Campus)

9:00–9:20 AM | [Zoom](#)

In this short Zoom session, learn about The Human Library® concept <https://humanlibrary.org/> and how it can impact you and your students, as well as how you can participate in the event. It will be held on the SLO Campus, mid-October (Date TBC), in collaboration with the Student Health Center and the Cuesta Library.

By engaging in dialogues with “human books” this unique event challenges attendees to shed stereotypes and rethink judgements.

SESSION 2:**Evaluating and Updating Learning Outcomes**

Kelli Gottlieb (Faculty)

9:30–10:30 AM | [Zoom](#)

Could the SLOs for a course you teach or the PLOs for a program in your department use an update? If the course or program has been around for a few years and the learning outcomes have never been updated, it's something to consider! This session will discuss the current best practices for learning outcome development for ease of assessment and collection of useful learning outcome data. As part of the session, participants will have the chance to review learning outcomes for a course and suggest new improvements for those outcomes.

SESSION 3:**Wellness Workshop**

Elisabeth DeSwart (All Campus)

10:45–11:45 AM | [Zoom](#)

Join our Wellness Program for ALL employees! Learn how to win gift cards and baskets by earning points for fitness activities, self care, attending our parties, and enjoying healthful foods.

This new academic year, we are continuing to move forward with our wellness program to include ALL employees. Participants in our wellness program are reporting improved wellness (in the areas of fitness, food and self expression) and quality of life. This can, in turn, help us to better support our students and give us the energy to better promote equity in

our work. Our wellness parties/events are open to both employees and students, creating spaces/activities where all can enjoy each other's company, simultaneously caring for themselves and each other. These interactions can help bridge perceived and actual divides between class/status/socio-economics, and foster connection and community.

**SESSION 4:****First Impressions: Support and Engage with Students in the First 10 Minutes**

Cynthia Wilshusen (Faculty)

12:45–1:45 PM | [Zoom](#)

First impressions really do matter, and the first ten minutes a student is in your course can make or break their experience. Designing your course with the needs of diverse students in mind allows you to hit just the right note for that crucial first “introduction” and build intuitive elements that support each student's success. You'll leave the workshop with strategies to authentically welcome students, and develop a supportive orientation unit with policies, links to student services, and meaningful student-to-student interaction that help your students form a meaningful learning community from the beginning.

While intended as a stand-alone session, interested participants (and even those who are unable to attend this introductory session) will have the option of also signing up for a (4) module workshop called “10-10-10 Communication that matters” adopted from @ONE. In the workshop you will discover the power of three important “tens” in your students' interaction in the course--the first 10 minutes, the first 10 hours, and the first 10 days. Workshop will include enrollment in a Canvas course with 4 zoom sessions (8/18/23, 8/25/23, 9/1/23, 9/8/23) and earning a badge for completion.

REGISTRATION LINK:

<https://cuesta-edu.zoom.us/meeting/register/tZckc-6rrD4jG9xXx6sz3oSq9ggMuhGAikxR>

SESSION 5:**Keeping Yourself Safe Keeps Cuesta Safe**

Carrie Buhl and Ronald Patrick (All Campus)

2:00–3:00 PM | [Zoom](#)

Presentation will provide a brief overview of the current potential security risks community colleges are facing and offer tips, tricks, and things to lookout for to keep your digital Cuesta presence secure. Session will end with the opportunity for Q&A.

SESSION 6:

Academic Integrity in Online Courses

David Becker, Ronald Clark, Matt Fleming, Catherine Hillman, Amelia Marini, Michael Mogull, Amy Stapp (Faculty)

3:15–4:45 PM | [Zoom](#)

A roundtable discussion with the Online Education Committee along with faculty from several divisions talking about academic integrity in Online Education Courses. We will engage in an open discussion on how to maintain authenticity/academic integrity of student work in our courses in regards to artificial intelligence (AI, e.g. ChatGPT), active learning, assessments, proctoring, and more.

BOOK CLUBS

At the first meeting of each of our book clubs facilitators will work together with interested participants to create a reading and meeting schedule for the remainder of the semester; if there is more than one book club meeting you would like to participate in and the inaugural meetings overlap, please feel free to contact the facilitators to indicate your interest in participating during the semester.

Note that all the inaugural meetings for the book clubs will occur via Zoom – there will be no in-person option.



SESSION 7:

Book Club: *On Earth We're Briefly Gorgeous* by Ocean Vuong

Facilitated By: Bailey Drechsler (All Campus)

5:00–5:30 PM | [Zoom](#)

This Flex activity approaches the reading of Ocean's Vuong's *On Earth We're Briefly Gorgeous* with an Embodied/Somatic Anti-racism lens. Participants are first introduced to this anti-racism approach before exploring such themes as intergenerational trauma, the complexities of American identity, dislocation, grief, and beauty as a wellspring for resilience.

SESSION 8:

Book Club: Reading Our Poet Laureates

Facilitated By: Amelia Marini and Sarah Miller (All Campus)

5:00–5:30 PM | [Zoom](#)

Please join us this semester for a book group reading the work of the three most recent poet laureates of the United States: Ada Limón, Joy Harjo, and Tracy K. Smith. Notably, each of these poets is a woman of color whose work navigates identity, culture, and community. As readers of their work, we

hope to learn from each writer as we consider their words and what it means to be either a reader or writer of poetry in the United States today.

Over the course of our talks, we'll discuss ways these poets and their work encourage a broad spectrum of engagement with poetry. In that spirit, we want to invite anyone with an interest in poetry to join us! Whether you read poetry frequently, you find the genre intriguing but intimidating, or you're somewhere in between, this group is meant for you.

DAY 2: Thursday, August 10, 2023**In-Person: Room 2609**

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

SESSION 9:

Threat on Campus, Natural Disaster, Evacuation, Lockdowns and Shelter in Place

Rich Randolph and Cuesta PD (All Campus)

9:00–10:00 AM

This course will assist Cuesta College staff in the responsibilities when and if a critical incident occurs on campus, what is expected of staff, the students and what the Campus police and first responders will be doing. All scenarios will be covered, all services CCPD is now doing will be covered and resources available to staff will be highlighted from their Cuesta College Police Department. All notification systems will also be highlighted.



SESSION 10:

Relational Teaching

Michele Gordon-Johnson (Faculty)

10:15–11:45 AM

Relational teaching explores our role as instructors in creating traditional and online learning environments that decrease a student's stress response and increase affiliation. Trauma aware and resilience promoting strategies, that support student persistence and success, will be introduced.



SESSION 11:

Connecting Students to Great Services III: DSPS and the Student Success Center

Jamie Bettencourt and Mia Ruiz
(All Campus)

12:45–1:45 PM

Enhance knowledge of DSPS and Tutoring Services in order to facilitate more frequent and effective hand-off and referral. 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 12:

Faculty Professional Development FLEX Open House

The Faculty Professional Development Committee (All Campus)

2:00–2:45 PM

The Faculty Professional Development Committee is pleased to host an “Open House” to hear from Cuesta Faculty and Staff your suggestions for strengthening and improving professional development opportunities on campus; we’ll also be happy to answer your questions about how to propose sessions, what it means to have your training meet the requirements of AP-7120, and our processes for approving sessions and funding requests. Refreshments provided.

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Note that all the inaugural meetings for the book clubs will occur via Zoom – there will be no in-person option.

SESSION 13:

Book Club: *Toxic Emotions at Work* by Peter J. Frost

Facilitated By: Jacqui Contreras and Donna Howard
Co-Presented with Classified Staff Professional Development Committee (All Campus)

5:00–5:30 PM | [Zoom](#)

Since organizations are comprised of people, all organizations generate emotional pain as part of the process of doing business: producing new products on tight deadlines, setting benchmarks for performance, creating budgets, crafting company policies, and so on. Getting the job done is rarely painless. But when emotional pain goes unmanaged or is poorly handled, it can negatively affect both employees and the bottom line—in essence, it becomes toxic. In *Toxic Emotions at Work* and *What to Do About Them*, Peter J. Frost argues that the way an organization responds to pain determines whether it remains toxic or becomes generative, whether it endures as a debilitating poison or is transformed into a force for healthy organizations.” Join the discussion of how “Frost describes the key skills necessary to cope with emotional pain and to manage it effectively and offers concrete courses of action for organizations to institutionalize compassion in the face of emotional pain.



SESSION 14:

Book Club: Michael Ondaatje’s *The English Patient*

Facilitated By: Rachael Barnett (All Campus)

5:00–5:30 PM | [Zoom](#)

Join us this Fall as we discuss the 1993 novel *The English Patient* by Michael Ondaatje and the 1996 film adaptation. In addition to the WWII-set plot, we will focus on the examination of colonization and the shift in narrative focus from the novel (which foregrounds Kip the Sikh sapper) to the film (which foregrounds the Hungarian cartographer). Our discussions allow our members to grow their knowledge about the multiple and lasting impacts of colonization and narratives of privilege to bring to their interactions at every level of the college -- with students, with colleagues, and with college policies and practices.