

Tuesday, April 9, 2013

Spring 2013 Flex Day

Time	Location	Facilitator	Description
9:00 – 10:30	LRC 110	Keith Wurtz	Revisiting CHC's Mission, Vision, and Values The Educational Master Planning Committee is in the process of reviewing Crafton's Mission, Vision, and Values. As part of that process, the committee surveyed the Campus this spring. In this session we will review the results from the Mission, Vision, and Values survey, and start the process for developing a new Mission. The work developed from this session will be used to inform the work that we will engage in as a campus at the Fall In-Service next year.
10:30 – 12:00	LRC 107	Rick Hogrefe	Best Practices for Syllabus Development The course's syllabus is the first and often the most significant way faculty communicate with their students. This workshop will be an overview of some of the best practices for syllabus development as well as alternative syllabus formats and principles of universal design. The session will also provide an opportunity for faculty to share their syllabi and discuss what works for them as well as work with other faculty to collaborate on problems common to syllabi. You are asked to bring a copy of a recent syllabus with you to this workshop.
12:00 – 1:00	LRC 223	Andrew Clark	Guided Mindfulness Meditation Sessions Join Andrew Clark, from the NorthSouthEastWest Mindfulness Education Center in Redlands, for a free one-hour guided meditation session. Participants may sit or bring a yoga mat to lie down, and come for all or some of the session.
1:00 – 2:00	LRC 226	Judy Giacona	Stressed Students: How You Can Help Nationally, students are reporting increased levels of distress, putting them at risk for depression, substance abuse and a host of consequences. To address this concern, come and learn how you can identify students experiencing high levels of distress as well as approach and discuss your concerns with a student in distress and make an effective referral to support services. Also, learn how to access "Kognito" a free forty-five minute, online, interactive gatekeeper virtual training. This exercise is designed to prepare college faculty, staff and administrators to develop interpersonal skills needed when dealing with students in behavioral health crises. It is made possible through a student mental health grant from the state Chancellor's office.
2:30 – 4:00	CL 218	Karen Peterson	The Left Lane Project You've been hearing about the Left Lane Project for a year now. What is it? Who is it for? And what is it all about? Project Lead Karen Peterson will provide an overview of the program from start to finish, including: eligibility, participation requirements, and success rates from our very first semester.