



Professional Development Day

Spring 2020



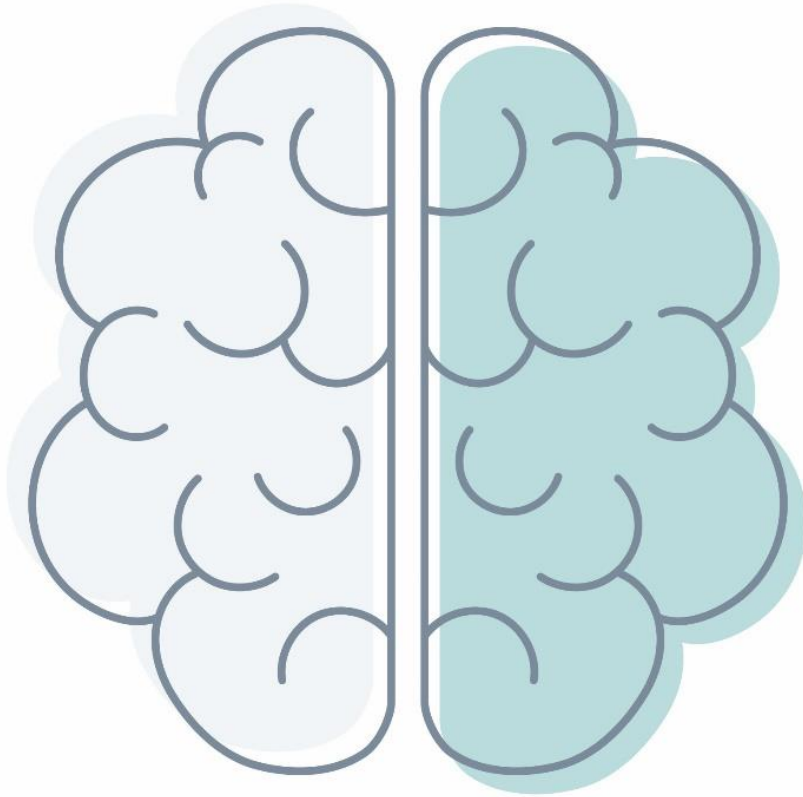
Harnessing the Pillars of Wellness for Personal and Student Success



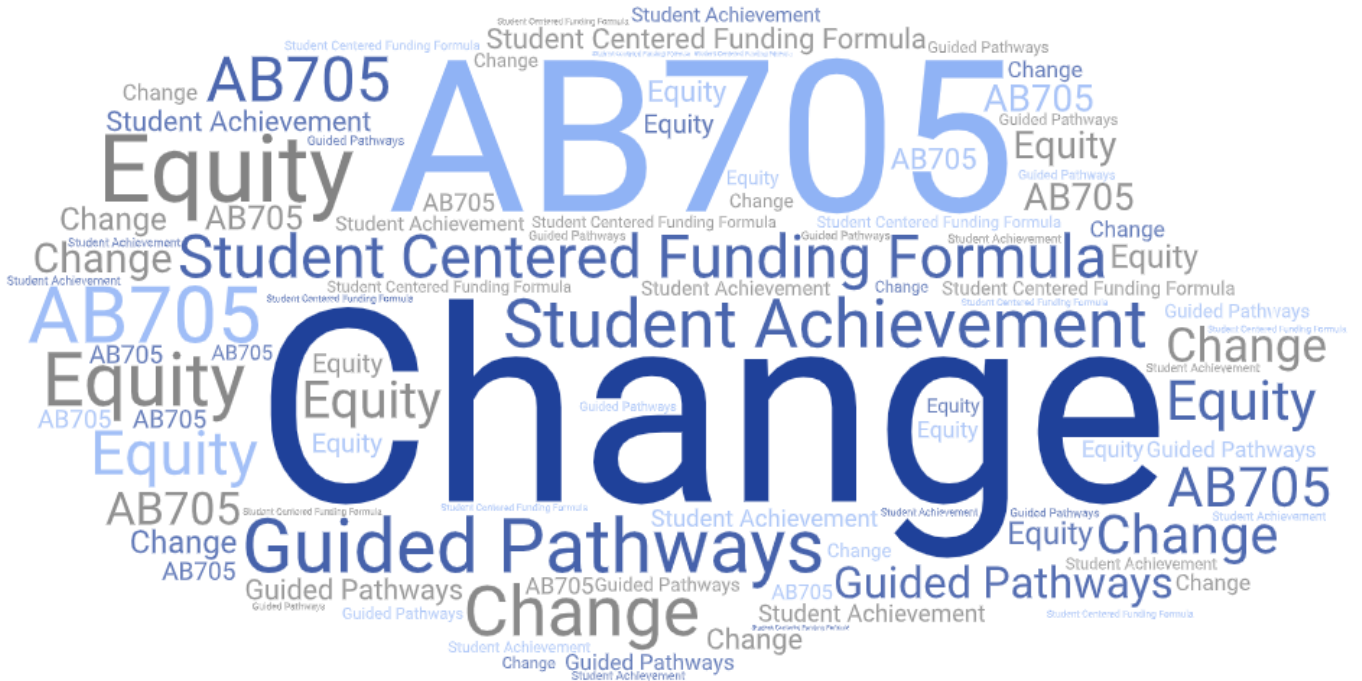












TOWN HALL MEETING

March 12, 2020

1 p.m.

Governor's Budget Proposal

 **0.5%**

\$31.9M

PROPOSITION 98
Funding for Enrollment Growth

2.29%
COLA

 **\$167.2M**
APPORTIONMENTS

11th Year of Economic Expansion





2019 Tenure Reception





4TH ANNUAL

Tenure Reception



Thursday, February 13, 2020

East Dining Room • 12:15-1:15 p.m.

Open Office Hours

| | | |
|-----------|-------------|----------------|
| Thursday | February 20 | 8:30 – 10 a.m. |
| Thursday | March 5 | 1 – 2:30 p.m. |
| Tuesday | March 17 | 5 – 6:30 p.m. |
| Thursday | April 23 | 1 – 2:30 p.m. |
| Wednesday | April 29 | 5 – 6:30 p.m. |
| Thursday | May 14 | 3 – 4:30 p.m. |
| Tuesday | May 26 | 8:30 – 10 a.m. |

Professional Development Day

Spring 2020



Harnessing the Pillars of Wellness for Personal and Student Success





Purpose



Social



Financial



Community



Physical

Creating Health & Happiness: The

Pillars of *Well-being*

Karen E. Lyons, MPH, Director, Workforce
Health Consulting

 KAISER PERMANENTE®

WELL-BEING Defined...



Well-being is about the combination of our love for **what we do each day**, the quality of our **relationships**, the security of our **finances**, the vibrancy of our **physical health**, and the pride we take in what we have contributed to our **communities**. Most importantly, **it's about how these five elements interact.**

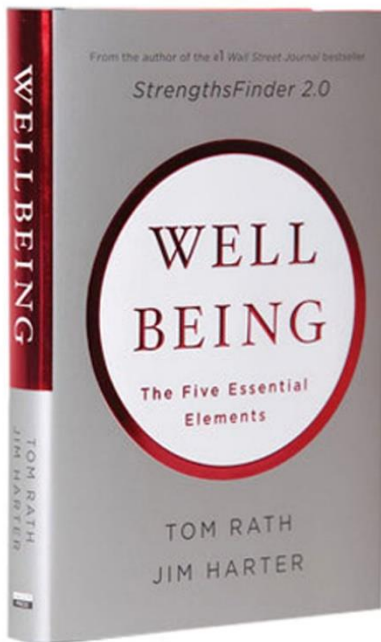
- Gallup

GALLUP'S DEFINITION OF WELL-BEING

Well-being is comprised of five elements – and all five are **interrelated** and **interdependent**.



- **Purpose:** Liking what you do each day and being motivated to achieve goals
- **Social:** Having supportive relationships and love in your life
- **Financial:** Managing your economic life to reduce stress and increase security
- **Community:** Liking where you live, feeling safe, and having pride in your community
- **Physical:** Having good health and enough energy to get things done daily



DID YOU KNOW...



“While 66% of people are doing well in at least one of these areas, just 7% are thriving in all five. But we're not getting the most out of our lives unless we're living effectively in all five.”

FIND YOUR PURPOSE



Purpose



Social



Financial

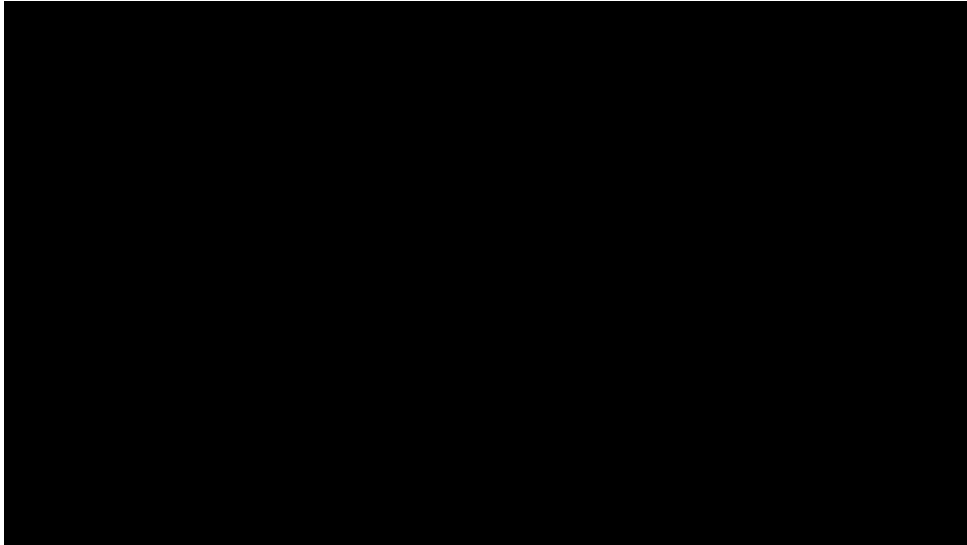


Community



Physical

FINDING YOUR PURPOSE



<https://youtu.be/mK66az43EOI>

KAISER PERMANENTE
A COMMITMENT TO WELLNESS

WAYS TO BOOST YOUR PURPOSE WELL-BEING

- Every day, **use your strengths**.
- **Identify someone with a shared mission** who encourages your growth and spend more time with this person.
- **Opt into more social time** with the people and teams you enjoy being around.



STRENGTHEN YOUR NETWORKS



Purpose



Social



Financial



Community



Physical

HOW'S YOUR SOCIAL CONNECTION?



WAYS TO BOOST YOUR SOCIAL WELL-BEING

- Spend 6 hours a day **socializing** with friends, family and colleagues at work and home
- **Strengthening mutual connections** in your network
- **Mixing social time** with physical activity



FINANCIAL WELL-BEING



Purpose



Social



Financial



Community



Physical



WAYS TO BOOST YOUR FINANCIAL WELL-BEING



- **Buy experiences** – such as vacations and outing with friends or loved ones
- **Spend on others** instead of solely on material possessions
- **Establish default systems** (automated payment and savings) that lessen daily worries about money.

COMMUNITY INVOLVEMENT



Purpose



Social



Financial

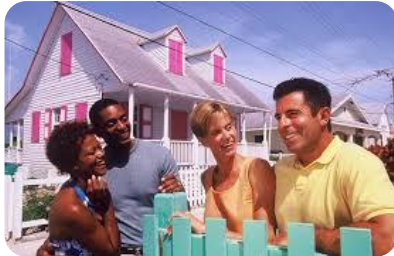


Community



Physical

WHAT IS YOUR PERFECT COMMUNITY?



BOOST YOUR COMMUNITY WELL-BEING



“WELL-DOING”

How to move from a ‘good’ life to an ‘exceptional’ one!

- **Volunteer!** Identify how you can contribute to your community based on your personal mission
- **“Helpers High”** – feel stronger, more energetic, more motivated after helping others even in the smallest way



“The best way to find yourself is to lose yourself in the service of others.” – Mahatma Gandhi

PHYSICAL WELL-BEING



Purpose



Social



Financial



Community



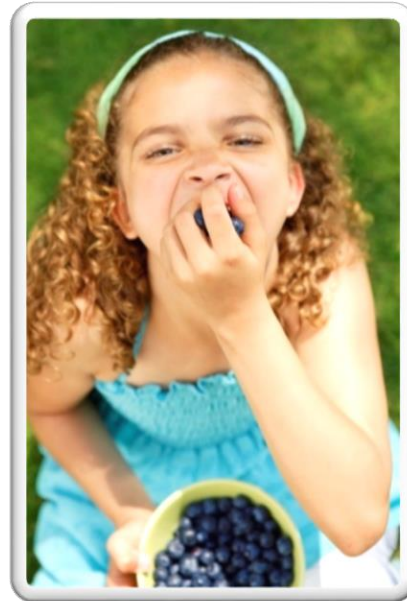
Physical

HOW DO YOU FOCUS ON PHYSICAL WELL-BEING?



WAYS TO BOOST YOUR PHYSICAL WELL-BEING

- Get at least **20 – 30 minutes of physical activity** each day
- **Get your required sleep** to feel well-rested
- Be **mindful about your food choices** while shopping. Load up on natural foods that are red, green, and blue.
- **REALLY? YOU DON'T THINK I KNOW THIS?!**







According to
Harvard Medical
School, stress is an
epidemic that is
responsible for 90%
of all doctors visits.

@DRMARKHYMAN

HOPE, CONNECTION, AND COURAGE

THE
JOY OF
MOVEMENT

KELLY MCGONIGAL, PhD

Bestselling author of *The Willpower Instinct*

Copyrighted Material

A banner for the 'Quad Dipsea' trail race. The background shows a runner on a dirt trail. The text is overlaid on a dark, semi-transparent background. The title 'QUAD DIPSEA' is in large, white, bold letters. Below it, the address '320 Throckmorton Street' is in white. The distance 'MILL VALLEY, CA • 28.4 MILER' is in white and yellow. The date and time 'Saturday, Nov 30, 2019 @ 7:30 AM' are in white.

QUAD DIPSEA
320 Throckmorton Street
MILL VALLEY, CA • 28.4 MILER
Saturday, Nov 30, 2019 @ 7:30 AM





Purpose



Social



Financial



Community



Physical



Purpose



Social



Financial



Community



Physical



KAISER PERMANENTE
SUSTAINABILITY REPORT



Thank you!



El Camino College

Physical Wellness

Kim Jones MA, CSCS, USAW
Strength & Conditioning Coach



PHYSICAL WELLNESS





El Camino College

Psychological Wellness

Vianey Midgette, PhD

Clinical Psychologist - Student Health Services



El Camino College

Financial Wellness

Joshua Escante Troesh, CFP | MBA
Professor of Business

“

Money doesn't buy you
happiness, but lack of money
certainly buys you misery.

”

Daniel Kahneman

Nobel Prize-Winning Economist

What is Money?

- **Economics:** a medium of exchange, a measure of value, or a means of payment
- But \$10 is not \$10
- Time is Money

Money Impacts Everything

- Housing & lifestyle
- Security & stability
- Happiness

Impact on Health

- Financial Wellness is a determinant of **physical and mental health**
 - Stress and depression
 - General health
 - Diastolic blood pressure
 - Impact on disease recovery

The High Price of Debt, Sweet et. Al. Social Science & Medicine Vol 91, August 2013, pgs 94-100

Financial Stress Predictors of the Emotional and Physical Health of Chronic Pain Patients, Skinner et. Al. Cognitive Therapy and Research, Vol 28, 2004, pgs 695-713

Impact on Intelligence

- Financial Wellness can reduce an individual's cognitive function
 - Just considering a financial decision can reduce reasoning ability

Poverty Impedes Cognitive Function, Mani et. Al. Vol. 341, Issue 6149, pp. 976-980

Impact on Relationships (Marriage)

- Money as a proxy for priorities and values
- Money factors increase chance of divorce
- Financial abuse and physical abuse are connected

“Development of the Scale of Economic Abuse. Violence Against Women” Adams, et. Al. (2008)., 14(5), 563.

“The determinants of money arguments between spouses”.; Britt, S. L., Huston, S., & Durband, D. B. (2010). Journal of Financial Therapy

“Money, Honey if You Want to Get Along With Me: Money Management and Union Dissolution in Marriage and Cohabitation”; Kenney & Bogle; Bowling Green State University (2010)

“Credit Scores and Marriage Dissolution”; Federal Reserve Board, Washington D.C.; Dokko, Li, & Hayes 2015

“Financial Infidelity Poses Challenge for Couples”, National Endowment for Financial Education

Impact on Career

- 90% of large firms say they will have **Financial Wellness Programs** within the decade
 - Increased productivity
 - Reduced healthcare costs and absenteeism
 - Reduced liability
- 300% R.O.I. from Financial Wellness Programs

Financial wellness at work, Consumer Financial Protection Bureau, Aug 2014

What is Financial Wellness?

Aligning your Personal Finances with your life goals – to live your great life, both now and in the future.

An Example:

Two great **sins** in retirement planning:

1. Running out of money before your run out of life
2. Dying with a pile of money instead of memories

Why is Money?

- What is the **purpose** of money?

Money is:

- Watching your child walk across the stage to be handed a **diploma**
- The **home** you live in and the **memories** you make there
- Making an **impact** on the world and leaving a legacy
- Going to **Paris** with your significant other
- Taking one last trip with a **parent** before they die

Breakout Session

- Personal Finance 4 Kids
- Key Financial Lessons (some you may not know)
and how to teach them to kids



El Camino College

Social Wellness

Kassia Wosick, PhD
Professor of Sociology

What is “Social Well-Being?”

- Close Personal Relationships & Social Connections
- “Social Well-Being is about having strong relationships and love in your life.”



Personal Success

- Cultivate a sense of connection, belonging, and a well-developed support system.
- Daily Positive Energy
- Happiness
- Contentment
- Purpose



Student Success

- Cultivate a sense of connection, belonging, and a well-developed support system.
- Transference
- Enjoyable Learning
- Mentorship/Life Skills
- Social Networks





Surviving vs. Thriving



Do You Have a *Thriving* Social Well-Being?

Time to Reflect: Do You...

- Have several close relationships that encourage achievement, enjoying life, and being healthy?
- Surround yourself with people who encourage your development and growth?
- Deliberately spend time (6 hours per day!) investing in your social networks?
- Make time for gatherings, events, and trips that strengthen your relationships?

Operationalizing Social Well-Being

- **SWOs: Social Wellbeing Objectives**
- ***This semester, I will...***
 - ...actually have that lunch I've been planning with my colleague for (insert # of semesters here.)
 - ...join ECC's Wellness Warriors for group fitness and fun.
 - ...spend more quality time with family and friends.
 - ...avoid "time pressure" with better organization and/or less procrastination.
 - ...download (again) grindr/tinder/OKCupid and make some time for an intimate connection.

***What does my sex life
have to do with student
success at El Camino
College?***



Time to Thrive: Harnessing *Your* Social (and Sexual) Well-Being

- “Social Well-Being is about having **strong relationships and love [and sex]** in your life.”
- **Breakout Session** (SOCS 209)
 - Emphasize Sexual Wellness
 - What is Sex Positivity?
 - Strengthen Communication Skills
 - Cultivate Sexual Literacy, Fluency, and Agency
 - Construct SWOs!

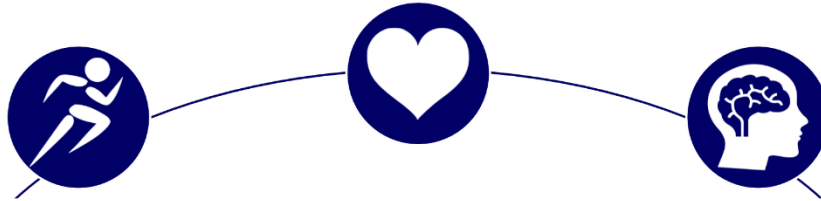




El Camino College

Career Wellness

John Yeressian, MBA
Professor of Real Estate



Harnessing the Pillars of Wellness for Personal and Student Success



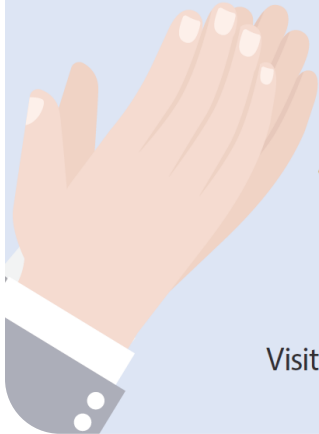
Applauding Warrior PRIDE is a campus-wide employee recognition and acknowledgement program. Your online nomination sends an instant notice of recognition to the employee and their supervisor.

All El Camino College employees are eligible, including:

- Staff (full-time and part-time)
- Faculty (full-time and part-time)
- Campus Police (officers, trainees, and cadets)
- Managers/Supervisors/Administrators/Directors
- Student workers, TNCs and SSPs

Take a moment to “applaud” someone today!

Visit https://elcamino.formstack.com/forms/warrior_pride to send an applause.



How did receiving an APPLAUSE make you feel?

“It made my day!”

– Betty Sedor

“I felt so proud and happy.”

– Kimberly Legier

“Excited and so happy.”

– Jo Moore

“Rewarding... flattering... humbling.”

– Andrew Gard

“[This] gave me a feeling of accomplishment.”

– James Geirman

“I honestly felt humbled and honored.”

– Chloe Isabella Velasco



Video: Applauding Warrior PRIDE



Stacey Allen, MA

ACADEMIC SENATE VP OF FACULTY DEVELOPMENT

Wellness Warriors



- Wednesday, March 4th
- 12:00-12:45
- Distance Education Center

ECC PRIDE



REGISTER ON CORNERSTONE AND
EARN FLEX CREDIT!

FACULTY BOOK CLUB

SPRING 2020

Crossing Borders in Higher Education

**SESSION 1: CROSSING BORDERS: REACHING STUDENTS BEYOND THE CLASSROOM
(EXPERIENCE CENTERED, EMOTIONAL STAGES, AND EMOTIONAL INTELLIGENCE)**

Thursday, March 19th 1pm to 1:50pm

SESSION 2: INDIGENOUS INFORMATION LITERACY PROCESSES

Thursday, April 23rd 1pm to 1:50pm

**SESSION 3: SERVING MINORITIZED STUDENT POPULATIONS IN THE CLASSROOM
(I.E. FACE-TO-FACE OR ONLINE)**

Thursday, May 21st 1pm to 1:50pm

SESSION 4: TRAUMA TRIGGERS: THERE IS POWER IN THE WORD!

Thursday, June 04th 1pm to 1:50pm

**Place: Professional Development, Library West Basement,
Teaching and Learning Center Area**

Join the Faculty Book Club, earn some PD credit, and learn more together about how we can better serve our minoritized student populations, such as our Native Hawaiian, Samoan, Tongan, and other Indigenous students. For the spring semester the book club will be creative as Claudia and Analu will lead discussions around **articles** on various related topics.

SAVE THE DATE!



UNDOCUMENTED ALLY TRAINING PROGRAM

El Camino College will provide training to learn about

- needs of undocumented students
- policies and laws pertaining to undocumented students
- resources available for undocumented students at El Camino College
- how faculty, staff, and administrators can be allies to undocumented students

Friday
MAY 1st
2020

8:30am-1pm

Distance
Education

Register through Cornerstone. Flex credit is available. For more information contact the FYE office at (310) 660-6936. Breakfast and lunch will be provided.



Welcome to ECC Connect!

Your success matters! El Camino College (ECC) is committed to providing high quality academic and student services support to help students succeed in their educational goals.

ECC Connect is a system designed to provide a central location for students, instructors, counselors, and other support staff to connect and communicate. Research has shown that students who feel *connected* and *supported* during their educational experience tend to be more successful academically.

Formerly Incarcerated Re-entry Students Triumph (FIRST)

- **FIRST** will provide academic and basic needs support to formerly incarcerated students, and ensure successful completion of their educational journey by providing individualized support.

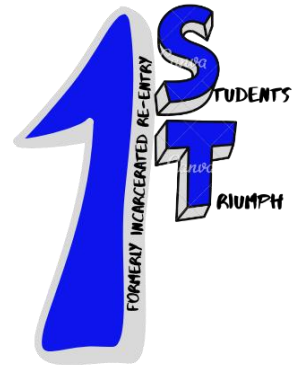
- **Contact Info:**

Ricky Gonzalez, Student Services Coordinator FIRST

Student Services Building, Counseling Office

rigonzalez@elcamino.edu

310-660-3593 x 7809





EL CAMINO COLLEGE

FRIDAY, MARCH 27TH 2020 • 9:00 AM - 4:00 PM
 16007 CRENSHAW BLVD., TORRANCE, CA 90506
 EAST DINING ROOM

Join us at El Camino College for our first LGBTQIA+ and allies Queer is Love Community College Student Conference as we recognize the path paved by others that came before us and have given us the courage to love who we are and be ourselves. The conference aims to create an empowering dialogue to encourage understanding and to recognize the importance of our shared humanity. This conference is **FREE** of charge. Breakfast and lunch are included. Sign language interpreters and other accommodations will be available upon request.

#ownyourtruth #standforlove #createyourstory



REGISTER ONLINE
<http://bit.ly/QueerisLoveConference>



GSA STUDENT EQUITY
 Gender Equality & ACHIEVEMENT

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

Open this Saturday!

- Student Services
- Cashier's Office
- Bookstore
- Library



DEPARTMENT MEETING LOCATIONS

| DEPARTMENT | LOCATION |
|------------------------------|-------------------|
| Behavioral & Social Sciences | SOCS 127 |
| Business | MBA 107 |
| Counseling | SOCS 117 |
| Fine Arts | Haag Recital Hall |
| Health Sciences & Athletics | ArtB 106 |
| Humanities | H-114 |

| DEPARTMENT | LOCATION |
|-------------------------|----------------------|
| Industry & Technology | ITEC 115 |
| Learning Resources | North Reading Room |
| Mathematical Sciences | MBA 219 |
| Natural Sciences | LS 105 |
| Nursing | ArtB 101 |
| Special Resource Center | SRC Conference Table |

10:30-12:00

Division/Department Meetings

12:15-1:15

Tenure Reception – East Dining Room

1:30-2:30

Breakout Sessions – SOCS

2:30-3:30

Federation Meeting – SOCS 127

Have a great semester!

