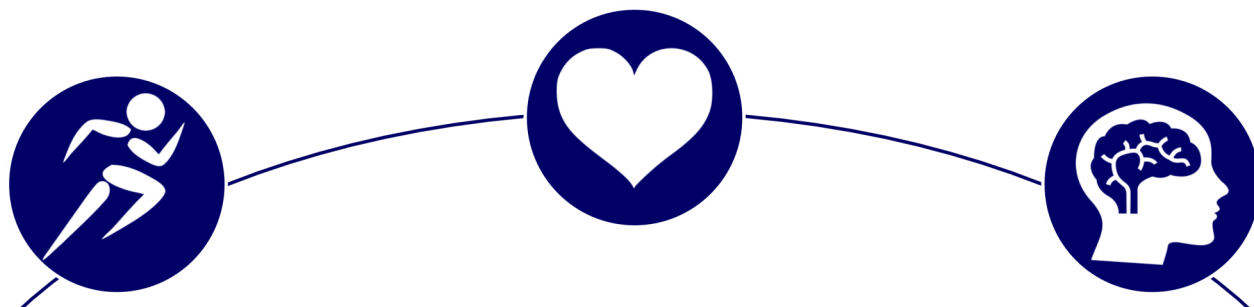


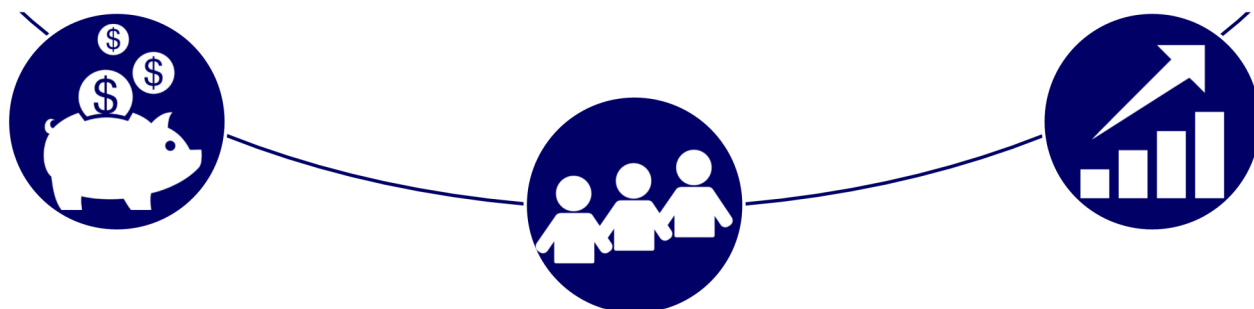


**Spring 2020**

**Professional Development Day**



# **Harnessing the Pillars of Wellness for Personal and Student Success**



**Thursday, February 13, 2020**

**El Camino College, Torrance, CA**



# SCHEDULE AT-A-GLANCE

February 13, 2020

7:45AM - 8:45AM	<b>Morning Refreshments</b> (Pancake Breakfast - 7:45AM-8:45AM)	Marsee South Patio
9:00AM - 10:15AM	<b>General Session:</b>	Marsee Auditorium
9:00AM - 9:10AM	<b>Welcome</b> - Dena P. Maloney, Ed.D	
9:15AM - 9:45AM	<b>Creating Health and Happiness: The Pillars of Well-Being-</b> Karen E. Lyons, <i>Workforce Health Consultant, Kaiser Permanente</i>	
9:45AM - 10:10AM	<b>Faculty Presenters:</b> Kim Jones, Vianey Midgette, Joshua Escalante Troesh, Kassia Wosick, and John Yeressian	
10:10AM - 10:15AM	<b>Announcements/Closing Remarks</b> - Stacey Allen	
10:30AM - 12:00PM	<b>ECC Division/Department Meetings</b>	Various Locations
12:15PM - 1:15PM	<b>Tenure Reception</b>	East Dining Room
1:30PM - 2:30PM	<b>Breakout Sessions</b>	Behav. & Soc. Sciences



## 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

## **Spring 2020 Professional Development Day**



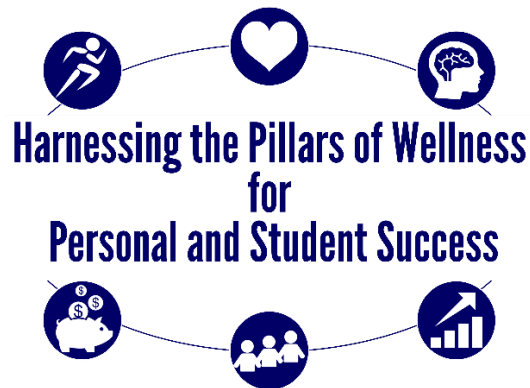
### **Keynote Speaker**



**Karen E. Lyons, MPH**  
*Director, Workforce Health Consulting Group*  
Kaiser Permanente

Karen E. Lyons, MPH, is Director, Workforce Health Consulting Group, at Kaiser Permanente. Karen manages, leads and coaches teams of Health and Wellness Consultants focused on bringing evidence-based worksite wellness solutions to employers in both the public and private sector.

She collaborates with key internal stakeholders to design, implement and evaluate the organization's customer support model and innovative customer solutions to support a culture of well-being at our customers' workplace. She also serves as a workforce wellness expert with the "Workforce Health as a Business Strategy" initiative, a partnership between the California League of Cities and the Healthy Eating Active Living Cities Campaign.



<b>Breakout Sessions: 1:30PM – 2:30PM</b>		
	<b>TOPICS</b>	<b>Location</b>
1.	Bringing Mindfulness Activities into the Classroom	SOCS 117
2.	Cross Disciplinary Active Reading	SOCS 118
3.	Culture of Care: Campus Resources for Students with Health, Safety and Behavioral Concerns	SOCS 119
4.	Cyber Hygiene	SOCS 120
5.	DACA/AB-540 Update	SOCS 121
6.	Green Zone Training: Understanding the Student Who Served...	SOCS 122
7.	Honors Transfer Program Faculty Workshop	SOCS 123
8.	Implicit Bias: Recognizing and Working to Overcome its Role in Decision-Making	SOCS 201
9.	It's My Party and I'll Age How I Want to!	SOCS 202
10.	New Quizzes in Canvas	SOCS 205
11.	OneSearch: Preparing Students for Library Success Now and Beyond Transfer	SOCS 206
12.	Personal Finance 4 Kids	SOCS 207
13.	Save Green with Green	SOCS 208
14.	Sex Positivity 101: Strengthening Our Sexualities	SOCS 209
15.	Strong Parenting=Strong Students, Staff, and Faculty: Strategies to Support & Empower Parents	SOCS 210
16.	The Interconnections of Work and Emotional Well-Being	SOCS 211
17.	Transitioning Students from ECC to the Workplace: Career Education & Job Placement Services	SOCS 212

**Classified staff are invited to attend breakout sessions that may be of interest. Please work with your supervisor/manager on staffing needs to avoid negatively impacting office operations.**

# Spring 2020 Professional Development Day Program

## Breakout Sessions

1:30PM - 2:30PM

### **Bringing Mindfulness Activities into the Classroom**

Mindfulness is the practice of being aware of the present moment and tuning into one's emotions. Mindfulness practices have been shown to improve a person's physical and mental health. Research has shown that implementing reflective writing activities prior to an exam can improve test scores through possibly reducing testing anxiety. Join this session to practice your own mindfulness techniques as well as learn easy and quick ways to implement similar practices in your classroom!

**Presenter:** Polly Parks  
**Location:** SOCS 117

### **Cross Disciplinary Active Reading**

Effective reading comprehension accounts for 80% of what students use to be successful in their college courses. This session will provide participants with lesson ideas that will help their students with active reading skills that they can adapt to various reading and critical thinking situations, no matter what the discipline. Participants will leave with a toolbox of ideas that they can use in their courses.

**Presenter:** Sarah Leinen  
**Location:** SOCS 118

### **Culture of Care: Campus Resources for Students with Health, Safety and Behavioral Concerns**

Participants will be introduced to Student Health Services, the Office of Staff and Student Diversity, and Campus Police and learn about the resources available for students and legal requirements for employees. Examples of resources include: the Maxient Incident Report and Referral Form, Title IX resources and support, available medical and psychological services, and the Clery Act Annual Security Report.

**Presenters:** Jaynie Ishikawa, Susan Nilles, Gary Robertson and Nina Wong  
**Location:** SOCS 119

### **Cyber Hygiene**

This presentation will give an up-to-date expose of the latest hacking techniques being used against El Camino College as well as in the public arena. Topics will include: How to handle Phishing and Spam emails; Avoiding ransomware; Avoiding social engineering techniques; Proper cyber hygiene techniques and strategies to keep your personal information safe at home and abroad.

**Presenter:** Paul Yoder  
**Location:** SOCS 120

### **DACA/AB-540 Update**

UndocuWarriors: Learn about the latest updates regarding DACA, AB-540 and other state legislation that directly affects undocumented students at ECC. Learn about the student organization and the campus-wide efforts that directly support student success and addresses this particular equity issue.

**Presenters:** Rene Lozano and Cynthia Mosqueda  
**Location:** SOCS 121

### **Green Zone Training: Understanding the Student Who Served...**

Green Zone Awareness training is designed to provide faculty and staff with a deeper understanding and appreciation of the veteran and military experience as well as developing tools to better serve these students.

**Presenters:** Tony Zapata and Shaun Cook  
**Location:** SOCS 122

## **Honors Transfer Program Faculty Workshop**

This workshop, designed for HTP Faculty, is an opportunity to focus on best practices in honors pedagogy and to discuss the program's future direction. If you are interested in applying to be an HTP Co-Director, come to this session for more information and a Q and A!

**Presenters:** Rachel Williams and Joe Holliday

**Location:** SOCS 123

## **Implicit Bias: Recognizing and Working to Overcome its Role in Decision-Making**

This workshop, designed for faculty serving on spring 2020 hiring committees, will examine the role of implicit biases in decision making and how individuals may work to recognize these biases and minimize their influence. Participants will complete an activity designed to help them be more aware of their own biases, engage in discussions about why it is important to minimize bias in decision making, and share ideas about how hiring committees may work to make objective, equitable decisions.

**Presenters:** Darcie McClelland and Analu Josephides

**Location:** SOCS 201

## **It's My Party and I'll Age How I Want to!**

How old do you feel? You've heard the saying, "age is just a number," Whatever one's chronological age may be, we need to understand that the number of years we have lived is not an indicator or predictor of performance, capabilities or skills. It is time to challenge the biases around age and not let that number define us or keep us from living a happy, healthy and successful life. One can achieve anything at any age. Learn how to embrace your age and promote healthy aging!

**Presenter:** Wendy Lozano

**Location:** SOCS 202

## **New Quizzes in Canvas**

Canvas has a new and improved quiz tool! It exists alongside the original quizzes, but will eventually replace it. This workshop will provide an overview of how New Quizzes differs from the old version, best uses for New Quizzes as Instructure continues development of the product, how to turn New Quizzes on in one of your courses, how to author items in New Quizzes, and how to convert your old quizzes into the new format. Laptops recommended.

**Presenters:** Moses Wolfenstein and Gema Perez

**Location:** SOCS 205

## **OneSearch: Preparing Students for Library Success Now and Beyond Transfer**

The Library is proud to introduce OneSearch: a new search platform that streamlines the discovery of scholarly books, primary sources, scholarly articles, magazines, films, and newspapers at El Camino College. Do you want to learn more about OneSearch and how it can prepare students to be successful researchers both at El Camino and after transfer? Join our session, presented by your faculty librarians, and learn more about how we can use OneSearch to support El Camino's Information Literacy ILO.

**Presenters:** Claudia Striepe, Mary McMillan, Gary Medina, Ryan Gan, and Camila Jenkin

**Location:** SOCS 206

## **Personal Finance 4 Kids**

Is it ever too early to begin teaching your children about personal finance? This session will cover principles of financial success and how to teach them to children beginning as young as 1 (one) year old. Concepts covered include Purposeful Budgeting, managing debt, investing, establishing retirement accounts for children, and more.

**Presenter:** Joshua Escalante Troesh

**Location:** SOCS 207

## Save Green with Green

Now that ECC has electric vehicle (EV) chargers, this workshop will teach participants about saving time and money with alternate fuel cars. Topics covered will include a discussion on best types of alternate fuel cars, benefits of an electric car, various state and federal incentives, hidden secrets of saving money with EVs, how to deal with the dealership, benefits of hydrogen cars, various state and federal initiatives, buying versus leasing, high mileage leasing, and much, much more!

**Presenters:** Junaid (Jay) Siddiqui and Khai Lu  
**Location:** SOCS 208

## Sex Positivity 101: Strengthening Our Sexualities

Intimate relationships are a fundamental component of social wellness. This workshop focuses on cultivating sex positivity through strengthening individual sexual awareness and sexual communication skills. Let's talk about sex and strengthen our sexualities!

**Presenter:** Kassia Wosick  
**Location:** SOCS 209

## Strong Parenting=Strong Students, Staff, and Faculty: Strategies to Support & Empower Parents

Parents are among us. You are a parent, or you facilitate services for people who are parents. Or both. Support for parents is vital. This workshop will identify the Strengthening Families' 5 Protective Factors that all parents need in order to be the best possible parents. All parents have strengths. There is no such thing as a weak parent. Learn how to best support and empower all parents. Happy parents=happier students, Happy parents = happier faculty and staff.

**Presenters:** Cynthia Cervantes, Karla Haro and Jessica Quackenbush  
**Location:** SOCS 210

## The Interconnections of Work and Emotional Well-Being

This break out session discusses the interconnections of career development and emotional wellness. Discussion will focus on the psychological experience and constructs (social, historical, & cultural influences) that impact professional identity and development. Recommendations to improve emotional wellness and interconnectedness to increase effectiveness and flexibility in the work place will be discussed.

**Presenter:** Vianey Midgette  
**Location:** SOCS 211

## Transitioning Students from ECC to the Workplace: Career Education & Job Placement Services

Career Education and Job Placement will be sharing information regarding the new Warrior Jobs program. Learn how El Camino is assisting students with job placement in order to attain a living wage, increase their median annual earnings, and place students in jobs closely related to their field of study.

**Presenterd:** Adriana Estrada, Adrian Delgado, and Agnes Qatto  
**Location:** SOCS 212

Register for  
the Breakout Sessions in  
**Cornerstone**



(<https://tinyurl.com/w8oo4tl>)

# Have a Great Semester!

