

**EL CAMINO COLLEGE**

**FACULTY SABBATICAL LEAVE APPLICATION**

NAME Rose Cerofeci DIVISION Humanities PHONE EXT. 3161 DATE 10/30/23  
SEMESTER/YEAR FIRST EMPLOYED FULL-TIME AT ECC Fall 2008

(Semester) (Year)

PREVIOUS FACULTY SABBATICAL AT EL CAMINO COLLEGE? Yes \_\_\_ No X If yes, date of leave \_\_\_\_\_

PREVIOUS LEAVES OTHER THAN SABBATICAL AT EL CAMINO COLLEGE? Yes X No \_\_\_\_\_

If yes, what type of leave? Medical

HAVE YOU EVER BEEN ON A REDUCED LOAD? Yes \_\_\_ No X If yes, dates and what percentage \_\_\_\_\_

**PERIOD OF TIME REQUESTED:**

Full Year 2024-25\* \_\_\_\_\_ Half Year\*\*—Semester: Fall 2024 \_\_\_\_\_ Spring 2025 X  
(\*full year, half-pay) (\*\*half year, full-pay)

**If you do not have enough seniority to qualify for the traditional sabbatical leave, would you be interested in a one-semester, half-pay sabbatical? Yes \_\_\_ No X**

**TYPE OF SABBATICAL REQUESTED:**

- \_\_\_ A. Formal class work in pursuance of an advanced degree or to increase the applicant's proficiency in the applicant's teaching field to be six (6) graduate semester units or twelve (12) undergraduate semester units or an equivalent measured in quarter units. A summer sabbatical for the purpose of study will be four (4) graduate units or eight (8) undergraduate units or the equivalent in quarter units per summer. (Note: Type of classes to be taken and institution of study **MUST BE ATTACHED** to this application.)
- \_\_\_ B. A foreign language instructor's extended visit to the country in which the language the instructor normally teaches, or will soon teach, is universally used; or an ESL Instructor's extended visit to a country in which the dominant language is also the native language of a substantial number of students in the College's ESL program.
- \_\_\_ C. The writing of a textbook for which there is a commitment to publish extended by a recognized publisher. (Note: The commitment to publish **MUST BE ATTACHED** to this application.)
- \_\_\_ D. The writing of computer software for instructional use. A description of the proposed software and its intended use shall be submitted in writing. (Note: See note on page 5 of Information Re Application for Sabbatical Leave.)
- \_\_\_ E. Formal class work in pursuance of proficiency in a discipline other than the Faculty Member's instructional discipline provided that the Vice President-Academic Affairs determines in advance that there is need for such supplemental study and approves the study program submitted by the Faculty Member. (Note: Approval must first be granted from the Vice President-Academic Affairs, and such approval **MUST BE ATTACHED** to the application.)
- X F. A program of independent study in the applicant's teaching field other than formal class work as described in subsection (a). Such program shall be arranged through an educational or research foundation, government agency, or an accredited institution of higher education, or a technical or business entity. It shall be submitted in writing and shall be evaluated on the basis that it is designed to increase the applicant's proficiencies in the applicant's field. (Note: El Camino College can serve as the accredited institution of higher education with an appropriate ECC employee serving as advisor.)
- \_\_\_ G. A program of independent study for Instructors in fine arts, which program shall be submitted in writing and shall be evaluated on the basis that it is designed to increase the applicant's proficiencies in the applicant's field.

**SUMMARY OF SABBATICAL PLAN: (attach separate sheet)**

Will you receive any kind of grant or additional compensation aside from your District salary during this sabbatical leave?

Yes \_\_\_ No X

If yes, specify \_\_\_\_\_

(See Agreement, Article 13, Section 4(h).)

If sabbatical leave is approved, I understand that any variance or change in this application and plan must be approved by the Sabbatical Leave Committee at least 90 days prior to the effective date of the leave.

I also understand that I must submit a written sabbatical leave report upon completion of my sabbatical leave.

Faculty Signature: \_\_\_\_\_

Division Dean's Signature: \_\_\_\_\_

NAME: Rose Cerofeci

**TYPE OF SABBATICAL REQUESTED:**

- F. A program of independent study in the applicant's teaching field other than formal class work as described in subsection (a). Such program shall be arranged through an educational or research foundation, government agency, or an accredited institution of higher education, or a technical or business entity. It shall be submitted in writing and shall be evaluated on the basis that it is designed to increase the applicant's proficiencies in the applicant's field. (Note: El Camino College can serve as the accredited institution of higher education with an appropriate ECC employee serving as advisor.)

**DESCRIPTION OF STUDY:**

My goal is to complete a six-month course to become a Certified Life Coach. The program is accredited through the International Coach Federation (IFC <https://coachingfederation.org>), and upon completion I will have earned a professional credential.

The program addresses all aspects of life coaching from theory to practical application. The certification includes understanding techniques and strategies associated with health and well-being. For example, course work includes strategies on goal setting, listening, journaling, life evaluation and gratitude. It also focuses on personal growth in relation to values and beliefs.

The course includes 30 in-class hours with a cohort of 10-12 people. There is an additional 60 hours of self-study and homework.

The curriculum includes:

- Coaching from the Center (value, vision, and relationships)
- Effective Coaching Tools (listening, powerful questioning techniques, responding intuitively)
- Masterful Coaching (artful coaching, empowerment, dealing with challenges)

**PROJECT TO BE COMPLETED UNDER THE DIRECTION OF:**  
**(Attach letter of approval/commitment with sponsoring agency)**

Coach Training Alliance

<https://www.coachtrainingalliance.com/>



## **PURPOSE OF THE PROJECT:**

As an English 1AS instructor and a member of FYE faculty, it is necessary to support my students using a holistic approach. College students are suffering from depression and anxiety at unprecedented levels. In the article “Trauma and Social Anxiety are Growing Mental Health Concerns for College Students,” Kate Marijolic shares the results of a recent study conducted by Brett Scofield at Penn State that examined data from 180 colleges and included nearly 200,000 students. The results published in the January 2023 issue of *The Chronicle of Higher Education* reports that “the number of students experiencing social anxiety increased significantly from 2021 to 2022, and it was the psychological symptom with the greatest change over the past 12 years. Cases of depression and generalized anxiety have also risen steadily for the past decade. Scofield said increased social-media usage and the effects of the Covid-19 pandemic and students returning to in-person learning may have contributed to marked rise in social anxiety.” The article then shares that Scofield’s “findings show that counseling services are essential to student retention.”

These findings, and additional research, are consistent with my experience in the classroom. My students need more than academic support to thrive. In a perfect world, we would provide individual counseling intervention for all students. Unfortunately, that is unrealistic. My pedagogy currently employs readings, exercises, and strategies to help students build confidence and community, but I know that I can infuse more into the classroom to promote health and wellness, and ultimately impact student success and retention.

<https://www.chronicle.com/article/trauma-and-social-anxiety-are-growing-mental-health-concerns-for-college-students>

## **DESCRIBE HOW IT WILL INCREASE PROFICIENCY IN APPLICANT'S FIELD:**

Gaining a life coaching certification will provide professional training that can be immediately employed in the classroom. It will allow me to infuse life-skills more thoroughly into the curriculum to positively impact all students directly and effectively. Creating this type of environment will have an even greater impact on underrepresented student populations who disproportionately suffer from imposter syndrome, depression, and anxiety and are less likely to seek outside support. Being a trained specialist will support El Camino’s goal to close the current equity gaps that exist.

In addition to a Masters in English, I currently hold a Masters in Counseling. Having this degree has informed my pedagogy and increased my effectiveness in the classroom. A certificate in life coaching will compliment my current educational achievements and increase my effectiveness by providing hands-on strategies that are most effective in the classroom environment.

**COMMENTS:**

Upon completion of the program, I intend to create workshops to train my colleagues on the most effective and relevant techniques to continue creating a supportive environment on our campus.