

Spring Flex Day - Thursday, January 21st, 2021

8:00am - 8:30am	Breakfast in bed, Spring 2021 We welcome you to rise and shine today, with mindfulness, self-compassion, and gratitude, welcome to spring to day two...		
8:30am - 9:30am	How to Get Your Canvas Course Ready: Spring edition Zoom Link <i>Online Education Team</i> This synchronous Zoom session covers finalizing and verifying your course prior to the semester, and running your course at the start of the semester. We'll pay special attention to identifying and helping students who are struggling with Canvas or online learning so they don't drop your course.		
9:35am - 10:35am BREAKOUT SESSION I	Building a Transfer Culture Community at MPC Zoom Link <i>Diego Espinoza, Andrea Mann, Kelly Fletes, Alethea DeSoto, Sudeshna Nand</i> Ever wondered how you can support your students' transfer goals and aspirations? Attend this session to learn about our current transfer services at MPC, transfer data and equity gaps, and discuss with colleagues how we can help all students reach their baccalaureate degree goals.	Discussing Spanish language support for our students Zoom Link <i>Francisco de Borja Dorsch</i> Only in an unequal system is there such a thing as a Latino Achievement Gap. 47% of households in Monterey County are Spanish speaking as per our MPC HSI Grant Proposal. Representation matters. It means showing people that their lives and cultural experiences are important. Let us be culturally responsive with our students and community. This interactive workshop will include brainstorming of ideas to better support Spanish across the college and across the curriculum.	Cool Canvas Courses Zoom Link <i>Christina Nicolaides and Jared Turner</i> Can a Canvas course be cool? Yes! We will showcase cool ideas and demonstrate how to incorporate them to make your canvas page easy to navigate and engage with.
10:35am - 10:50am BREAK			
10:50am - 11:50am BREAKOUT SESSION II	Real Talk: Undocumented Students 101 Zoom Link <i>Kelly A. Fletes, Juanita Vasquez and Yadira Moreno</i> In it's final year of a three year cycle, the MPC Catalyst Grant has fed our implementation of intentional practices to support Undocumented/DACAmented students. We will share strategies to improve undocumented immigrant student success and bring awareness of the needs of undocumented students in order to engage in honest conversations and come together as an educational community to build inclusive and safe learning environments.	Student Attention Span: The X Factor Zoom Link <i>Linda Hucks, Katrina Jensen, and Karen Hays</i> Irlen Syndrome affects 14 in 100 students. Common symptoms include drowsiness, headaches, distractedness, and visual distortions when reading. Students with Irlen Syndrome experience difficulty staying focused in class and while reading. This workshop will demonstrate visual distortions and help professors recognize symptoms. Easy-to-apply accommodations for the entire class will increase student success. This is the X Factor to why some students yawn during class and won't read assigned homework.	Basic Needs Resources and Student Wellness Services Zoom Link <i>Julie Osborne and LeAnn Contapay</i> Come join ASMP & SHS for an informational session on basic needs & wellness resources. Learn about the services we provide and how our students can gain access. We will also be covering a short presentation on Kognito, a CCCCO sponsored mental health online tool you can use for yourself or assign to your class. This online tool is interactive and equips the user with skills to support their own emotional health and that of their peers.
11:50am- 12:50pm	Quarantine Lunch Have your mask at the ready, and all social distance boundaries secure... you are here, and it is now, all else is illusion... but do have a healthy snack, and we encourage you to be as well as you can under the circumstances... stand, stretch, move, and consider some meditation and chair yoga, described in the adjacent column...		Relaxation: Guided Meditation and Chair Yoga Zoom Link <i>Melissa Pickford</i> Feeling stressed and overwhelmed? RELAX in this half hour session of gentle chair yoga and meditative stretching.
12:50pm- 1:50pm	Vice Presidents' Highlights Zoom Link <ul style="list-style-type: none"> ● Jon Knolle, Interim Vice President of Academic Affairs 15 min ● Larry Walker, Vice President of Student Services 15 min ● Steve Haigler, Interim Vice President of Administrative Services 15 min ● Beccie Michael, Vice President of Advancement 15 min 		

Spring Flex Day - Thursday, January 23rd, 2020 after lunch

1:55PM- 2:55PM BREAKOUT SESSION III	<p>Bringing Community into the Classroom Zoom Link <i>Kelly A. Fletes, John Cristobal and others</i> A discussion of work being done to expand and explore the efforts of culturally responsive and student centered pedagogies. Learn about collaborative efforts between Student Services and Academic Affairs to best serve our students. Topics to include course grading policies, community building, intrusive counseling, decolonization, and finding best practices in service of our students in these extraordinary times and for the future.</p>	<p>Student Rights and Responsibilities/Student Conduct in an Online Learning Environment Zoom Link <i>Eric Ogata ft. Larry Walker</i> Engaging students throughout the semester is often a rewarding experience. However, at times these experiences challenge us to seek solutions to maintain a productive learning environment. This session is designed to guide participants through the Student Rights and Responsibilities as well as offer tips and recommendations on how to address student behavior in an online learning environment.</p>	
2:55PM - 3:10PM BREAK			
3:10PM - 4:10PM BREAKOUT SESSION IV	<p>New Improved HSI Zoom Link <i>Diego Espinoza, Kelly Fletes, Juanita Vasquez, Diana Baltazar, Yadira Moreno</i> Enrollment of Hispanic students continues to increase at Monterey Peninsula College. Conversations regarding how to serve the needs of students is important for MPC as we work towards meeting our equity goals. The HSI Team will share updates on the implementation of the Developing Hispanic Serving Institution (HSI) Title V grant. We will share data from Jump Start, EL CENTRO (Center for Excellence in Transfer Readiness and Opportunities), HSI Week, and other initiatives. Attendees may provide feedback regarding their experiences and strategies serving underrepresented students.</p>	<p>Examining Institutional Racism <i>IDEA Task Force</i> How may the concept of <i>institutional racism</i> help us better understand systemic patterns and processes? How might broad and deep evaluation of the history of Monterey County, including labor relations and educational inequality, inform our collective efforts to meet the Chancellor's Call to Action around anti-racism and equity? What are ways that you may become an agent of change at MPC? Members of the IDEA Task Force will provide a short overview of institutional racism and how we can examine it locally, and offer a framework through which to discuss and plan anti-racist interventions.</p>	<p>Increasing Student Success by Linking the College through our Academic Support Centers Zoom Link <i>Heather Tisdale, Eric Lake, and Paige Inman</i> This session addresses how the MPC tutoring centers approach student learning, structure their services, and are working toward forming an integrative model. We will provide data and resources to help you link your courses and programs to these centers. What are instructors already doing to help students find and make use of these on campus resources? Let's share best practices, and build a culture of student support across divisions and disciplines at MPC.</p>

Also, please remember to complete the Spring 2021 Exit Survey; this is a primary way the Flex Team decides how to best plan, organize, and carry out our campus-wide professional development goals: <https://forms.gle/hqYCfaAoGiRZ44Z9A>

Have an idea already for Flex Fall 2021? Think about organizing a workshop or session! <https://forms.gle/2ciwNP9BT1SKpE4e9>

CSEA Specific Sessions Spring 2021

CSEA Training - Managing Your Money zoom

Kevin Haskin

Learn important skills and strategies on how to manage your finances and best practices for fiscal stability. Tips, services, and discount plans available through Union Plus partners.

CSEA Training - Conflict Resolution zoom

Kevin Haskin

Learn important skills and strategies on how to resolve conflicts or defuse situations. Avoid being disciplined for "Discourteous treatment of the public or fellow employees." Kevin Haskin / khaskin@mpc.edu / 831-646-4098

CSEA Training - COVID-19 Wellness zoom

Kevin Haskin

Blurb for Haskin above, and place one on Weds, two on Thurs... splice into line....