



SPRING 2021 FLEX AGENDA

JANUARY 15, 2021

8:30 - 9:00 President Hancock's Welcome and State of the College

9:15 a.m. – 10:45 a.m. Keynote Session 1		
Session	Description	Presenter(s)
Employing Culturally Affirming and Equity-Minded Teaching and Learning Practices to Advance Institutional Equity	Community College faculty play an essential role in institutional efforts to close equity gaps and achieve student success, yet many campuses struggle to engage a broad constituency of faculty in these efforts, leaving many to wonder, "What is my role and responsibility in advancing equity efforts in my classes and beyond?" Thus, in this address, the presenter will: (a) discuss the role all faculty must embrace to advance and achieve institutional equity and (b) propose culturally affirming teaching and learning strategies that must be employed by all classroom faculty to address inequity and disproportionate impact. The insights of this presentation will be derived from experiences working with community colleges across the United States in a range of equity-related efforts and initiatives.	Dr. Luke Wood
11:00 a.m. – 12:30 p.m. Keynote Session 2		
Session	Description	Presenter(s)
The Influence of Masculinities on Student Success for Men of Color	Recent efforts to identify and examine factors that influence student success for men of color in community colleges have not adequately accounted for the impact of social identities—notably gender—in shaping postsecondary experiences and outcomes. Thus, the purpose of this workshop is twofold: (a) to recognize patterns of male gender role socialization and the ways in which they serve as barriers to student success for men of color in community colleges and (b) to devise strategies community college educators can	Dr. Luke Wood

	<p>employ to better account for identity-related conflicts and challenges in their work with men of color. In this workshop, qualitative data collected from community college men of color will be presented to further contextualize students' perceptions of the role of masculinity in their lived experiences and to highlight intersections with race/ethnicity.</p>	
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12:30 p.m. - 1:00 p.m. – Lunch

1:00 p.m. – 1:50 p.m. Breakout Sessions 1		
Session	Description	Presenter(s)
<p>Everyday Balance</p> <p>www.sierrashanti.com @ledbylovelauren @sierrashantistudio</p>	<p>During this "Everyday Balance" workshop you will experience a gentle, aromatherapy infused, movement class that is geared towards improving posture and reducing stress induced by chronic sitting and increased screen time. This class is truly ALL levels, beginners welcome.</p> <p>You will learn a simple sequence of yoga stretches that can be easily integrated at home. Expect to open up the wrist, chest and hips as we bring back balance to our bodies that now, more than ever, are often under chronic stress and fatigue.</p> <p>To prepare for the session, wear comfortable clothes that you can move in, and bring a towel or a blanket to use as a prop.</p> <p>Those who pre register will receive a sample of an uplifting essential oil to use during the workshop.</p>	<p>Lauren Robinson, Owner of Sierra Shanti Studio in Bishop, RYT-200, Reiki, Myofascial Release Practitioner</p>
<p>Ergonomics</p>	<p>SISC Risk Management will be presenting on basic ergonomics and tips and tricks to set up an ergonomic home workstation. We will focus on what you have around the house to create a more ergonomic set up.</p>	<p>Matthew Scott (SISC)</p>

<p>Incarcerated Student Education Program Correspondence and the Return to Face-To-Face Teaching</p>	<p>Join us for this informative session that covers all things prison education in order to reach those who are currently teaching via correspondence, those who are interested in teaching in CCIs, and those who have no knowledge of prison education.</p>	<p>Alec Griffin, Peter Fulks, and Nicole Griffin</p>
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2:00 p.m. – 2:50 p.m. Breakout Sessions 2		
Session	Description	Presenter(s)
<p>Fermented Vegetables: One Way to Support Your Immune System and Stress Response</p>	<p>Learn about the connection between gut health and your immune system. The session will cover how your stress response impacts your gut and will explore how fermented vegetables can support your immune system. Recipes and step-by-step instructions will be shared with participants.</p>	<p>Samantha Sanchez (Samantha Sanchez Health Coaching, Tehachapi)</p>
<p>Stress Reduction</p>	<p>Risk Management will go over helpful tips to manage stress from work or home life. This session will cover mental health, how stress can affect your physical health, and the importance of being mentally healthy.</p>	<p>Matthew Scott (SISC)</p>
<p>Simply Zen, Here and Now</p>	<p>Let's continue cultivating our balance in an unbalanced world. Join Gary in the virtual dojo for zazen, a universal meditation practice of the Zen tradition. Dress comfortably, take your shoes off, grab your zafu or a few firm throw pillows, and sit. If you prefer a chair, find one that is firm and supportive and allows the bottoms of your feet to rest firmly on the floor. When practiced consistently, zazen can help us to restore our sense of the simplicity of the here and now.</p>	<p>Gary Enns</p>

<p>Student Perceptions of Synchronous Courses</p>	<p>This session will cover results of our recent study exploring students' perceptions of synchronous online courses and the pedagogical implications of the study. Topics covered will include students' perceptions of belonging/community, collaboration, general satisfaction, and barriers to fully participating in synchronous courses.</p>	<p>Melissa Bowen, Nakysa Cummings, John Elder, and Ryan Khamkongsay</p>
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2:50-3:00: Complete Flex Feedback