Summer 2009 Development Seminars

Teaching & Learning

July 10, 2009 9:00-4:00, new Performing Arts Ctr, (rm 101)

Cooperative Learning Workshop
This faculty workshop will provide training in the basics of Cooperative Learning through four modules: Theory, Foundations, Application and Implementation. By working with the same group members for the entire session, you will have a strong model for seeing how a class’s social bonds can increase their enjoyment in the classroom as well as their learning potential and academic success. A stipend will be offered for completion of this workshop; however, the amount is still being determined. A follow up seminar is scheduled for the afternoon of Oct. 2nd for faculty who complete this summer cooperative learning workshop. Facilitator: Natalia Trevino, Assistant Professor of English, Developmental English & Cooperative Learning Coordinator at Northwest Vista College

Technology

July 21-23, 2009 (time and location TBD)

Technology Boot Camp
This is a 2 ½ day session targeted to faculty who desire to learn more about social media, digital photography and graphics. Facilitators: Ken Rodriguez, Campaign Communications Mgr @ OLLU, Multimedia Instructor at UIW and former metro-columnist at the San Antonio Express-News; Steve Sosa, Technology Resource Training Coordinator at Edmonds Community College in Lynwood, Washington and Duncan Perez, Multimedia Specialist at PAC.

Health & Wellness

June 18, 2009 @ 2:30-3:15(location TBD)

Relaxation Techniques at the Workplace: Ten Steps to Relieve Tension and Feel Energized
This session will combine breathing techniques plus tensing, relaxing, and stretching, mostly the upper body. All of the moves can easily be done at the workstation. Facilitator: Rosa Samelson
June 23, 2009 (time and location TBD)
Hypertension
This session will explain what hypertension is and what the health risks are. You will learn how to read your blood pressure, and what your blood pressure numbers mean and what they are measuring. 
Facilitator: Dolly Rosas

June 30, 2009 (time and location TBD)
Diabetes Management
This session will discuss what diabetes is, who is at risk, what the health risks are and how you can manage diabetes. If you have a glucometer, bring it and you can get hands-on experience with how to effectively use and read it. Facilitator: Dolly Rosas

July 8, 2009 @ 11:30-12:30 (location TBD)
Nutrition
This session will discuss overall nutrition as well as “good fat” vs. “bad fat,” how to read food labels, and how to prepare healthy foods without the expense. Facilitator: Linda Ibarra-Gonzales

July 14, 2009 @ 12:15-1:00 Natatorium (rm 216)
Desk Relaxation Movements
This session will demonstrate how to do an all-body relaxation/stretch session at your desk. The session will be conducted at desk and chair. Facilitator: Anna Bustamante

Regulatory
July 23, 2009 @ 11:30-1:00 new Performing Arts Center (rm 101)
FERPA Regulations
The Family Education Rights and Privacy Act, commonly known as FERPA, is a federal law that protects the privacy of student education records. Students have specific, protected rights regarding the release of such records and FERPA requires that institutions adhere strictly to these guidelines. It is imperative that faculty and staff have a working knowledge of FERPA guidelines. This session will provide information about FERPA and its new proposed regulations. Facilitator: Retha Karnes and Diane Burress, Legal Affairs, Alamo Colleges District

Safety
May 28, 2009@ 9:00-11:00, new Performing Arts Ctr, rm 101
June 25, 2009 @ 12:00-2:00, new Performing Arts Ctr, rm 101
July 23, 2009 @ 3:00-5:00, new Performing Arts Ctr, rm 101
Active Shooter Training
“Shots Fired...the last thing you would expect to hear in a workplace; college; or university. Unfortunately this contemporary violent event has become a reality in our workplaces and schools. The key to survival is a proper mindset; related awareness; and tools enabling you to act with purpose...to take control...You Can Survive!” Facilitator: Sgt. Pena
June 18, 2009 @ 3:00 pm (Ozuna 200)
July 13, 2009 @ 10:00 am (Ozuna 200)

Emergency Training

These sessions will provide general safety orientation information including lockdown and evacuation procedures and will also offer guidelines to follow when notifying officers of a disturbance or concern on our campus. *Facilitator: Dr. Robert Garza*

*For more information on any of these activities, contact Sabrina Carey at 486-3962 or via email at scarey5@mail.accd.edu*