


Spring Flex Day - Wednesday, January 20th, 2021

8:00am - 8:30am	<b>Remote Breakfast and Coffee</b> The flex team sends a morning welcome, wherever you are beginning this remote flex day. We raise a cup of coffee for you!		
8:30am - 9:15am	<b>Welcome and Introduction of New Employees</b> <a href="https://cccconfer.zoom.us/j/97103374112">https://cccconfer.zoom.us/j/97103374112</a> <i>David Martin, Super Superintendent/President and Adria Gerard, Amazing Academic Senate President</i>		
9:15am - 10:30am	<p><b>Keynote Address: Webinar</b></p> <p>In response to the ongoing quarantine and centrality of distance learning to our current efforts to serve students, the Flex Committee has chosen to make available here a timely public lecture on the rise of online racism and how we can help promote anti-racism through awareness and dialogue.</p> <p><a href="#">Algorithms of Oppression: How Search Engines Reinforce Racism</a></p>		
10:30am - 11:00am <b>BREAK</b>			
11:00am - 12:00pm <b>Breakout Session I</b>	<p><b>Self Care 101</b> <i>Vanessa Lord</i> <a href="https://cccconfer.zoom.us/j/98434752275">https://cccconfer.zoom.us/j/98434752275</a></p> <p>Self care is critical for preventing burnout, and is unfortunately a practice overlooked by other responsibilities. This workshop will detail self care techniques including: getting proper nutrition and mindful eating, sleep hygiene, and stress reduction techniques.</p>	<p><b>White Fragility/White Guilt, Addressing Fear in a Changing World</b> <i>IDEA Task Force - Teddy Eck and Dawn Rae Davis</i> <a href="https://cccconfer.zoom.us/j/93434337472">https://cccconfer.zoom.us/j/93434337472</a></p> <p>Anti-racist projects require grappling with "the invisible race" of whiteness. As we undertake IDEA goals and plan our own participation in their implementation, how do we address whiteness or white identity in our classrooms, pedagogy, and campus environment? How do we decenter the historical power of whiteness and mediate our complicity in it? What are possible pitfalls or conflicts to recognize and avoid? What steps can we take to grow in our ability to be white allies or co-conspirators? This workshop will define and describe, field questions, and provide answers. Please join the conversation.</p>	<p><b>Canvas Fundamentals</b> <i>Online Education Team</i> <a href="https://cccconfer.zoom.us/j/94574304717">https://cccconfer.zoom.us/j/94574304717</a></p> <p>Ready to learn Canvas basics to get your semester off to a smooth start? We will cover how to create a module and all of the essential elements to include (an overview, content presentation, discussions, using the gradebook, and other assignments). We will also cover other topics by request such as giving feedback on assignments. Geared towards beginners, all levels welcome.</p>
	<p><b>CSEA Training - Covid 19 Wellness</b> <i>Kevin Haskin and Machel Kessinger, Trainer</i> <a href="https://cccconfer.zoom.us/j/98985253249">https://cccconfer.zoom.us/j/98985253249</a></p> <p>This session will cover the importance of self-care and practical steps we can take to prevent mental and emotional erosion during the pandemic, in order to be able to care for others, how to identify the signs of burnout, distress, and depression in peers, and practical strategies for how to respond to students that may be facing difficult circumstances and loss during the pandemic.</p>		
12:00pm - 1:00pm	<p><b>Remote Lunch</b></p> <p>Just like MPCTA/CSEA Lunch, except you provide the food! You can even wear pajamas. While you dine, please join MPCTA and CSEA leaders as they hold brief Zoom sessions with updates and ideas for spring semester and beyond.</p> <p><b>MPCTA Zoom Link:</b> <a href="https://cccconfer.zoom.us/j/99513175432">https://cccconfer.zoom.us/j/99513175432</a>    <b>CSEA Zoom Link:</b> <a href="https://cccconfer.zoom.us/j/91800670146">https://cccconfer.zoom.us/j/91800670146</a></p>		
1:00pm - 2:00pm	<p><b>Presidents' Addresses: ASMP, CSEA, MPCTA, Academic Senate, and Superintendent/President</b> <a href="https://cccconfer.zoom.us/j/98345704851">https://cccconfer.zoom.us/j/98345704851</a></p> <ul style="list-style-type: none"> <li>● Mashal Imtiaz, ASMP President</li> <li>● Kevin Haskin, CSEA President</li> <li>● Anthony Villarreal, MPCTA Vice President</li> <li>● Adria Gerard, Academic Senate President</li> <li>● David Martin, Superintendent/President</li> </ul>		
2:05pm - 3:05pm <b>Breakout Session II</b>	<p><b>Lecture and Q&amp;A on California Chicano/a History</b> <i>David Serena</i> <a href="https://cccconfer.zoom.us/j/94688792548">https://cccconfer.zoom.us/j/94688792548</a></p> <p><b>*the link should now be working</b></p> <p>A half hour lecture on California Central Coast Chicano history. David Serena is an expert in this field and will give an academic and personal perspective on this topic. How might a better understanding of Chicano history in the region help us better understand the demographic shift at MPC and beyond? What could greater attention to Chicano culture and politics add to our collective efforts to better serve all students? Talk will be followed by a Question and Answer session.</p>	<p><b>"Safe Zone/Safe Spaces" Training</b> <i>Scott Gunter, and LaKisha Bradley</i> <a href="https://cccconfer.zoom.us/j/92712672698">https://cccconfer.zoom.us/j/92712672698</a></p> <p>This workshop is for those who wish to become identified allies on campus in exploring and increasing their own awareness and knowledge of the LGBTQIA+ community and its history. The MPC Safe Spaces workshop covers relevant definitions, terms, symbols, identity development, ways to be a visible ally, and resources for the LGBTQIA+ and ally communities.</p>	<p><b>Zoom Basics</b> <i>Online Education Super PAC</i> <a href="https://cccconfer.zoom.us/j/98965199764">https://cccconfer.zoom.us/j/98965199764</a></p> <p>Wondering how to get started with Zoom or brush up on your skills? Come learn the basics of Zoom to make connecting through video call easy. We will demonstrate how to sign up for a zoom account, set up a meeting, and how to give students access to your meeting. We will also try out ways to make Zoom meetings interactive.</p>

HOURS 12:00pm- 1:55pm	<b>Canvas Drop-In 12:00pm-1:55 pm</b> <i>Frank Silva and Online Education Team</i> <a href="https://cccconfer.zoom.us/j/98339672679">https://cccconfer.zoom.us/j/98339672679</a> Want to up your online game? Gradebook questions? Need to link videos or websites? Set up an online conference for help in teaching with Canvas and your online classes. We welcome all questions about canvas, whether you are just starting out or putting on the final touches.
anytime	<b>Asynchronous Online Learning Sessions</b> <i>anytime Online Education Team</i> Follow the links below to see pre-recorded videos and guides for a variety of online learning tools.  <ol style="list-style-type: none"> <li>1. <a href="#">Learning Canvas Studio with Frank Silva</a> - a tool that allows instructors and students to actively collaborate through audio and video.</li> <li>2. <a href="#">TurnItIn SimCheck</a> Learn about using this originality checker to help students learn about (and avoid!) plagiarism.</li> <li>3. <a href="#">Regular and Effective Contact</a> Learn key ways to keep in touch with your online students to improve student retention + equity.</li> <li>4. <a href="#">Becoming An Effective Online Teacher</a> - This self-paced online course describes key online teaching skills.</li> <li>5. <a href="#">Self-Paced Design to Align</a> - Do you need to get an online course developed fast? Fill out a Help Desk ticket, ask for a Canvas Shell with the D2A Template and follow this course to create an online course that is aligned with the MPC Rubric.</li> <li>6. <a href="#">Quick Course Design Tips and Accessibility</a> Want to make sure your course flows? Want to make your course accessible? This is for you.</li> <li>7. <a href="#">What's new in Canvas &amp; Tech Tools</a> All levels welcome to explore!</li> </ol>
3:10pm- 4:10pm	<b>Division Meetings</b> This time is available for division meetings. If you would prefer, you may also use this time to review your area's data on the <a href="#">PRIE Intranet</a> or complete outstanding course assessments in <a href="#">TracDat</a> . If you have any questions, please contact your Division Chair/Manager or the PRIE Office at <a href="mailto:prie@mpc.edu">prie@mpc.edu</a> . Division contact information may be found below.

<b>Division Meetings</b>	
<b>Division/Area</b>	<b>Contact</b>
Business Technology, Hospitality	Leandro Castillo
Creative Arts	Jamie Dagdigian
Humanities: Communication and Speech Studies, English English as a Second Language, Humanities Linguistics, Philosophy, Spanish, French, ASL, Japanese	Anita Johnson
Information Technology, Audiovisual, Print Shop	Mike Midkiff
Library	Jeff Sundquist
Life Sciences: Anatomy & Physiology, Auto Technology, Biology, Dental Assisting, Drafting, Family & Consumer Science, Fashion, Health, Interior Design, Marine Science Technology, Medical Assisting Nutrition & Food, Ornamental Horticulture	Heather Faust
Kinesiology	Daniel Phillips

Physical Sciences: Astronomy, Chemistry, Earth Sciences Engineering, Mathematics, Marine Advanced Technology Education, Physics	Luke Spence
Social Sciences: Administration of Justice, Anthropology, Early Childhood Education, Economics, Ethnic Studies, Gender and Women's Studies, Geography, History, Human Services, Political Science, Psychology, Sociology	Steve Albert
Child Development Center	Jeff Procive
Nursing School	Laura Loop
Academic Affairs Office, Marina Ed Center, Public Safety Training Center	Jon Knolle
Administrative Services: Facilities, Security	Steve Haigler
Administrative Fiscal Services	Rosemary Barrios
President's Office & Human Resources	David Martin
Student Services	Larry Walker

We would like to take this opportunity to offer a special thanks to the MPC Foundation, members of the Academic Senate, the Flex Committee, and all participants in our Flex Days, Spring 2021.

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/jvaNonfQ3Q8zn2zEA>

Have an idea already for Flex Fall 2021? Think about organizing a workshop or session! <https://forms.gle/53Ttw2ynJKm7YdAY8>