

Invest in Success

2023 FALCON DAY
NOVEMBER 3



CERRITOS COLLEGE



WORKSHOP CATALOG

INVEST IN YOU LEARN & BURN

Join this 50-minute session and learn to use the fitness lab.

Time: 10:00 AM - 10:50 AM | **Location:** K-129 | **Session:** A

Presenter: Carrie Edwards, *Chair of the Fitness and Kinesiology Department*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN STUDENTS & CERRITOS OFFICE FOR CIVIL RIGHTS TRAINING

The Office for Civil Rights enforces several federal civil rights laws that prohibit discrimination in programs or activities that receive federal financial assistance from the Department of Education.

The District has added this training to keep faculty informed of the changing laws, District regulations, and best practices. Per the Faculty Flex Time Obligations MOU between the District and CCFF, faculty must complete this training as part of the 4 hours of compliance training.

Time: 10:00 AM - 11:50 AM | **Location:** LC-155 or [Zoom](#) | **Session:** A & B

Special Guests: Sewali Patel & Anne Busacca-Ryan, *Civil Rights Attorney, U.S. Dept. of Education, Office for Civil Rights*

Audience: Faculty | **Flex Credit:** 2 hours

INVEST IN YOUR CAREER FINDING YOUR DREAM JOB

Learn practical skills to write an eye-catching resume and excel in a job interview. Put these skills to use in preparing for your next dream job at Cerritos College.

* **Participants should [reserve a interview](#) and submit their resume 24 hours prior to their session to dctix@cerritos.edu. Resumes will be sent to the guest interviewer.**

Special Guests: Lauren Elan Helsper, *Vice President of Human Resources at Antelope Valley College*, and Leisa Biggers, *Director of Human Resources, Los Angeles Community College District*

Audience: Open to all employees | **Flex credit is available**

INVEST IN YOU

SCHOOLS FIRST PRESENTATION

Join Schools First to learn more about employee pension plans and the voluntary accounts that accompany those plans. In this workshop, we will go over how your pension works, what to expect from it, and how to supplement it with a 403b and/or 457b plan to reach your retirement goals.

Time: 11:00 AM – 11:50 AM | **Location:** MCIS-106 | **Session:** B

Special Guests: Brian Burnett and Joshua Borrayo, *Schools First Representatives*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN YOUR CAREER

CUSTOMER SERVICE: THE WOW EFFECT

What is good customer service? How can it go from good to great? What is the best way to handle difficult customer situations? Find the answers to these and other critical customer service questions during our information-packed training session. Participants will learn what exceptional service is, how to project a friendly image, handle demanding customers, and more.

Time: 11:00 AM – 11:50 AM | **Location:** MCIS-105 | **Session:** B

Special Guest: Cherie Harris, *Certified Life Coach and Corporate Trainer, Economic Development*

Audience: Open to all employees | **Flex Credit:** 1 hour



FALCON DAY

Q&A LUNCHEON

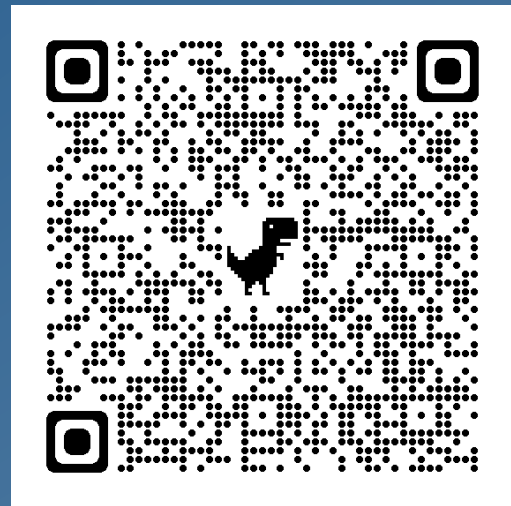
with Dr. Fierro & his VP Team

Join President Fierro and his VP Team for a lunchtime Q&A session.

WHEN: 12:00 PM – 1:20 PM

WHERE: STUDENT CENTER

DESSERT? YES



Scan the QR code
to RSVP & submit your
question for the
panelists!

INVEST IN YOU MYCALPERS AND YOU

Get a basic understanding of your CalPERS benefits. Learn about how your retirement benefit is calculated, the options you have to set aside money for retirement in addition to your pension, what happens if you pass away or leave your employer before you retire, the importance of having a power of attorney on file, what you can find and do in your myCalPERS account and more.

Time: 1:30 PM – 3:30 PM | **Location:** MCIS-104 | **Session:** C & D

Special Guest: Gemma Jimenez, *CalPERS Representative*

Audience: Classified and Confidential Employees | **Flex Credit:** 0 hours

INVEST IN YOU SCHOOLS FIRST Q&A

Do you have questions about your pension plans? Join Schools First for a chance to get your questions answered.

* Reserve a spot to talk to a Schools First Representative!

Special Guests: Brian Burnett and Joshua Borrayo, *Schools First Representatives*

Audience: Open to all employees | **Flex credit is available**

INVEST IN STUDENTS STUDENT ACCESSIBILITY SERVICES (SAS)

In this 50-minute Zoom session, Dean Elquizabal of SAS will follow-up on OCR's presentation as it relates to accommodations. He will address common questions/concerns about accommodations in the classroom and opportunities to provide accommodation in our academic and student programs.

Time: 1:30 PM – 2:20 PM | **Location:** LC-155 or Zoom | **Session:** C

Presenter: Christopher Elquizabal, *Dean of Student Accessibility Services*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN CERRITOS CAMPUS SAFETY

Cerritos College Police Department Chief Don Muller will address various campus safety issues and provide updates and information regarding parking, best practices and more.

Time: 1:30 PM – 2:20 PM | **Location:** MCIS-107 | **Session:** C

Presenter: Don Mueller, *Cerritos College Chief of Police*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN CAREER

CONFLICT RESOLUTION: ACHIEVING WORKPLACE HARMONY

Discover the fundamental principles of conflict resolution in our concise one-hour workshop. Uncover the definition of conflict resolution and its significance in the workplace. Explore the common causes of workplace conflicts and their impact. Learn the art of active listening and how it plays a pivotal role in resolving conflicts. Finally, gain practical insights into effective conflict resolution techniques, equipping you with the skills to navigate workplace disagreements with confidence. Don't miss this opportunity to build your conflict resolution toolkit in just 60 minutes!

Time: 1:30 PM – 2:20 PM | **Location:** MCIS-105 | **Session:** C

Special Guest: Cherie Harris, *Certified Life Coach and Corporate Trainer, Economic Development*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN STUDENTS

LGBTQ+ ALLY 101

LGBTQ+ Ally 101 offers a toolkit of affirmative strategies to those interested in learning more promising practices to support LGBTQ+ individuals. We will explore some of the major facets of our identities, including sex assigned at birth, gender identity, (gender) expression, and sexual orientation.

Time: 2:30 PM – 3:30 PM | **Location:** MCIS-105 | **Session:** D

Presenter: Antonio (Nio) Lavermon, *LGBTQ+ Program Facilitator*

Audience: Open to all employees | **Flex Credit:** 1 hour

INVEST IN CERRITOS

GLBA CYBERSECURITY TRAINING

During this high-level session, we will cover various topics surrounding information security and how it impacts you and Cerritos. Don't worry, we won't get very technical. We will discuss your role and responsibilities for keeping our data and mission safe and will give lots of practical advice on easy but impactful ways each employee can improve our overall security.

Time: 2:30 PM – 3:30 PM | **Location:** LC-155 or [Zoom](#) | **Session:** D

Special Guest: Jonathan Brennan, *Cybersecurity Specialist*

Audience: Open to all employees | **Flex Credit:** 1 hour