

# FALCON DAY CATALOG



# Table of Contents

---

<b>Featured Keynote:</b> .....	<b>3</b>
Keys to Staff Managing Anxiety Related to COVID-19 and Modeling Coping for Co-workers, Students and Families .....	3
<b>SESSION A</b> .....	<b>3</b>
Student Conduct in an Online Classroom Environment .....	3
Falcon's Nest, Connecting Students to Resources .....	3
Resources and Tools for Working from Home (Ergonomics) .....	4
<b>SESSION B</b> .....	<b>4</b>
Humanizing your Online Courses .....	4
Return Better Than You Left .....	4
How to Enhance Technology at Home and Safely Store Documents .....	5
<b>SESSION C</b> .....	<b>5</b>
Maintaining Equity in an online Classroom Environment .....	5
Making Room in Zoom for All: An Exploration of Equity-Minded Practices for Staff in An Online Environment .....	6
Resources and Tools for Working from Home (Ergonomics) .....	6
<b>SESSION D</b> .....	<b>6</b>
Accessibility: Universal Design .....	6
Return Better Than You Left .....	7
The Pandemic Meal prep .....	7
<b>SESSION E</b> .....	<b>7</b>
Student Conduct in an Online Classroom Environment .....	7
A Practical Approach to Maximizing Fitness in a Virtual Environment .....	8
Microsoft Office TEAMS Training .....	8



---

**Featured Keynote:****Keys to Staff Managing Anxiety Related to COVID-19 and Modeling Coping for Co-workers, Students and Families**

COVID-19 resulted in and all schools going virtual in March 2020 and created unprecedented times for employees, families, students, and schools. Adults and children of all ages have all experienced elevated levels of stress, fear, and anxiety. Everyone has a story to tell about their experience being quarantined at home. Many staff and students have anxiety about returning to schools and self-care strategies for everyone are especially important. This session by a former national school crisis team leader will identify the keys to resiliency and how to develop a self-care plan to deal with stress and anxiety.

**Keynote Speaker:** Dr. Scott Poland**Time:** 8:30 – 9:30 am

---

**SESSION A****Student Conduct in an Online Classroom Environment**

This workshop provides faculty tools for managing challenging students online, while ensuring a positive and productive classroom environment. Participants will examine a few vignettes to develop methods to address challenging students in the classroom. Finally, participants will become familiar with the types of assistance the Office of Student Conduct & Grievances can provide faculty as well as learn proactive classroom management strategies instructors can employ when confronted with student conduct issues.

**Facilitator:** Dr. Cynthia Lavarriere, *Faculty Coordinator, Office of Student Conduct & Grievances***Time:** 10:00 – 10:55 am**Falcon's Nest, Connecting Students to Resources**

The workshop will explore the Falcon's Nest, our campus' new program designed to provide centralized support services for students facing basic need insecurities. Support is accomplished through access to on and off campus resources, community collaboration, and advocacy that ensures a student's academic success.

**Facilitator:** Dr. Pamela Sepulveda, *Case Manager, Falcon Basic Needs***Time:** 10:00 – 10:55 am



---

### Resources and Tools for Working from Home (Ergonomics)

Due to COVID-19, many employers have transitioned employees to home-based computer operations. Many of these employees do not have their homes set up properly to accommodate for daily computer use. Improper ergonomic design of computer workstations can contribute to potential repetitive motion-type injuries. Proper ergonomic setup of their home-based computer workstation is essential to help reduce an injury occurrence. This workshop will help you setup your workstation.

**Facilitator:** Patricia Swint, Keenan, Senior Loss Control Consultant

**Time:** 10:00 – 10:55 am

---

### SESSION B

#### Humanizing your Online Courses

Create a community in your class through proven techniques that connect your students to you, your content, and each other.

**Facilitator:** Janet Mitchell-Lambert, Faculty Coordinator, Distance Education

**Time:** 11:00 – 11:55 am

#### Return Better Than You Left

Taking care of both mental and physical health are critical to thriving during a pandemic and returning to post-pandemic life. Both aspects of our health feed each other: if the body does not experience regular movement, the mind will become lethargic. If the mind is not getting regular moments of quiet, the body will manifest that stress. Cindy will talk about basic movement, meditation and how both can prime your Self to respond better to the current sense of isolation and help you return better than you left.

**Facilitator:** Cindy Zackney, Kava Yoga, Service Design & Dr. Humberto Hernandez, Cerritos College Psychologist

**Time:** 11:00 – 11:55 am



---

### How to Enhance Technology at Home and Safely Store Documents

Join the IT department for a session of tips and demonstrations for working from home efficiently and securely. During this session we will talk about a variety of topics including the resources available to you as a Cerritos Employee, how and where to store your files, and how to gracefully transition to working on or off campus with little effort.

**Facilitator:** Patrick O'Donnell, *Director, Information Technology* & Javier Banuelos, *Manager, Information Technology*

**Time:** 11:00 – 11:55 am

---

### “Managing Conversations about Race” Panel Discussion

Have you ever struggled to have a conversation about race with your friends, family, or colleagues? Many people feel ill-equipped to engage in conversations for fear of conflict and/or damaging relationships. This conversation will offer strategies and tools to empower employees to feel confident in engaging in and leading conversations about race.

**Moderator:** Dr. Dilcie Perez, *Vice President, Student Services/Assistant Superintendent*

**Panelist:** Damon Cagnolatti, *Faculty, English Department*  
Rebecca Pang, *Confidential Staff, Human Resources*  
Dr. Elizabeth Miller, *Dean, Student Services*

**Time:** 12:30 – 1:25 pm

---

## SESSION C

### Maintaining Equity in an online Classroom Environment

Begin or continue your own inquiry into how to build an equitable learning environment in your online courses. While there are not easy solutions, there are practices for facilitating learning and success for our diverse student body. Takeaways will include concrete examples that you can revise and incorporate into your own teaching.

**Facilitator:** Janet Mitchell-Lambert, *Faculty Coordinator, Distance Education*

**Time:** 1:30 – 2:15 pm

---



---

### **Making Room in Zoom for All: An Exploration of Equity-Minded Practices for Staff in An Online Environment**

Our current situation during this global pandemic has created significant challenges for our Cerritos College community and the students we serve. In addition to working remotely, staff have needed to adjust their efforts to serve and support students. While we struggle through these unprecedented times, we must remain committed to addressing and resolving the prevailing equity gaps that our students continue to experience. This session will offer suggestions on equity-minded practices for staff working in an online environment. What are the prevailing and emerging challenges for students? What are potential opportunities in an online environment to serve and support students? This session will also offer staff an opportunity to share their own equity-minded best practices.

**Facilitator:** Dr. Lui Amador, *Dean, Student Equity and Success*

Time: 1:30 – 2:15 pm

### **Resources and Tools for Working from Home (Ergonomics)**

Due to COVID-19, many employers have transitioned employees to home-based computer operations. Many of these employees do not have their homes set up properly to accommodate for daily computer use. Improper ergonomic design of computer workstations can contribute to potential repetitive motion-type injuries. Proper ergonomic setup of their home-based computer workstation is essential to help reduce an injury occurrence. This workshop will help you setup your workstation.

**Facilitator:** Patricia Swint, *Keenan, Senior Loss Control Consultant*

Time: 1:30 – 2:15 pm

---

## **SESSION D**

### **Accessibility: Universal Design**

Learn about strategies of Universal Design for Learning that provide ease of use for all students and accommodate the needs of learners' differences.

**Facilitator:** Veronica Herrera, *Faculty Coordinator, Distance Education*

Time: 2:30 – 3:25 pm



---

### Return Better Than You Left

Taking care of both mental and physical health are critical to thriving during a pandemic and returning to post-pandemic life. Both aspects of our health feed each other: if the body does not experience regular movement, the mind will become lethargic. If the mind is not getting regular moments of quiet, the body will manifest that stress. Cindy will talk about basic movement, meditation and how both can prime your Self to respond better to the current sense of isolation and help you return better than you left.

**Facilitator:** Cindy Zackney, *Kava Yoga, Service Design* & Dr. Humberto Hernandez, *Cerritos College Psychologist*

**Time:** 2:30 – 3:25 pm

### The Pandemic Meal prep

- Learn the basic nutrition concepts (debunking myths and addressing trends)
- Best practices in Meal Prep at home
- Rethinking “Healthy Eating” with “Clean Eating”

**Facilitator:** Christopher Richardson, Faculty, Physical Education/Athletics

**Time:** 2:30 – 3:25 pm

---

## SESSION E

### Student Conduct in an Online Classroom Environment

This workshop provides faculty tools for managing challenging students online, while ensuring a positive and productive classroom environment. Participants will examine a few vignettes to develop methods to address challenging students in the classroom. Finally, participants will become familiar with the types of assistance the Office of Student Conduct & Grievances can provide faculty as well as learn proactive classroom management strategies instructors can employ when confronted with student conduct issues.

**Facilitator:** Dr. Cynthia Lavariere, *Faculty Coordinator, Office of Student Conduct & Grievances*

**Time:** 3:30 – 4:25 pm



---

### **A Practical Approach to Maximizing Fitness in a Virtual Environment**

- Taking a real life look at how to establish a "best practice" system to a fitness routine.
- Resources and tools to support a Fitness Journey for novice and advanced training.
- Tips and Tricks to navigating work, family, and personal life while increasing self-care through exercise.

**Facilitator:** Christopher Richardson, *Faculty, Physical Education/Athletics*

**Time:** 3:30 – 4:25 pm

### **Microsoft Office TEAMS Training**

Learn about the different features available through Microsoft Teams and how to use it in an online environment.

**Facilitator:** Alva Santiago, *Microsoft Office Specialist*

**Time:** 3:30 – 4:25 pm