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Choose Flex Day Sessions for: AUG 21

8:30am-9:15

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Welcome Back Session

8:30 AM

A morning welcome and introduction will be held at 8:30am

10:10am-11:10

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Yoga to Reduce Stress.

10:10 AM

Come learn some simple, effective breath and body work to help you stay calm and peaceful. Wear loose, comfortable clothing and expect to stretch! Dr. Nick Fortino.

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Building Bridges: Part-Time Faculty Together.

10:10 AM

Come help the GCFA identify and prioritize concerns of part-time faculty. What changes do part-time faculty want to see at the college? What should the union work for first? To ensure that part-time faculty are heard without fear or discomfort, this session is limited to part-time faculty only. Tiffany Palsgrove.

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Avoiding Crickets: Ways to Increase Student Engagement

10:10 AM

Looking for ways to support student interaction online? Trying to increase "substantive interaction"? Come explore ways to use the Discussion Boards in Canvas that move past the "post and reply" formula. We will discuss using Studio, creating galleries, building community and increasing student-to-student interactions.

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Student Learning Styles.

10:10 AM

Learning Styles refer to an individual's preferred manner of processing material, or characteristic style of acquiring and using information when learning. Common learning styles include visual, auditory, and tactile (hands-on). Students with learning disabilities have average to superior IQs. We'll explore common characteristics of college students with differing learning styles and suggest teaching methods for success. Robb Overson

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Understanding and supporting students with Post Traumatic Stress Disorder

10:10 AM

After disasters or adverse events, many people who are experiencing stress reactions may not self-identify a need for mental health support or self-refer for care. This breakout session is designed to help faculty and staff members identify the warning signs of students suffering from Post Traumatic Stress Disorder, best practices to help students obtain the services they need, and misconceptions about student-veterans suffering from the disorder. Dr. David Emmert.

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Presentation & Communication for Online Video

10:10 AM

A 2 hour session covering our two main video tools: Studio and Zoom, followed by a discussion on communication, camera presence, and what works best. Covers the basics and intermediate use of Studio & Zoom, including what to do when things go wrong, and how to make them right. Peter Howell & Kelly Alviso.

11:20am-12:20



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This workshop explores key strategies for supporting students through research assignments in an online course, including ways to help students (1) manage the scope of resources they encounter, (2) engage in academic conversations about their reading -- both in writing and in conversation -- with other students, (3) choose resources appropriate to their need, and (4) practice developing an inquiry mindset from the first day of class.

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Building Bridges: Part-Time and Full-Time Faculty Together.

11:20 AM

Come help the GCFA build strong relationships between part-time and full-time faculty by helping open clear, strong lines of communication. How can we collaborate better? How can we support one another? And what do we need to make teaching and learning successful at our college? Tiffany Palsgrove, Robb Overson.

Login

Behavioral Intervention Team

11:20 AM

This session will primarily focus on the resources available to staff and faculty during the current online format. These resources would include assisting with identifying students of concern in an online environment. Hosted by Stephen Gaitan and Carina Cisneros

Login

Plagiarism: How to Prevent It, How to Deal With It.

11:20 AM

Plagiarism happens at Gavilan, and it may happen to you. Come share ideas with a seasoned English professor about how to discuss and prevent plagiarism, and how to handle it if it occurs anyway. Erin Crook.

1:10pm-2:10

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Mindfulness during troubled times.

1:10 PM

We know the practice of drinking enough water is healthy for the body; we also know that if we are thirsty and we don't have a regular hydration practice, a glass of water is still restorative and healthy. Mindfulness practices are like this. We may have an established mindfulness practice already, or we may be new and simply want some 'go-to' practices for moments when we are seeking internal harmony and balance. This session will focus on mindfulness practices in the workplace (home and/or on campus) geared to restore emotional equilibrium and nervous system regulation during these troubled times. Jessica Hooper.

Login

Building Bridges: Classified Staff and Faculty Together.

1:10 PM

Come help our unions build strong relationships so we can more effectively represent our members' interests and concerns. Let's hear what challenges and concerns each union, and discuss how to collaborate and support one another better. What can we do to make teaching and learning even more successful at our college? Tara Myers, Robb Overson.

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Translating Best Practices from In-Person to Online Instruction

1:10 PM

Are you struggling to plan your online classes for the fall? Come listen to three instructors from English, Physics, and ESL share their experiences with moving their face-to-face classes into an online format. There will be an open discussion about how to build community and how to motivate students in our online classes. (Kimberly Smith, David Argudo, and Nicole Cisneros)

Login

High Tech Center Software for All Students

1:10 PM



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with Kurzweil 3000's text to speech multi-sensory approach to learning. All participants will receive access to the Kurzweil 3000 web app, "Read the Web" toolbar, and instructions on how your students can use the program.

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Online classes: How to make genuine contact.

1:10 PM

Education is about more than reading and homework. Learn how to set up your online class to foster real interactions between you and your students. You have a chance to engage people who might not normally speak up in class. Learn tips for better discussions, when to intervene to help someone flailing, and how to foster communication among students. Sabrina Lawrence

2:20pm-3:20

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Exercise is Medicine!

2:20 PM

Want a little more external motivation, a workout buddy, or a group to help you be accountable for exercise? Gavilan is one of four colleges chosen to pilot a great Exercise is Medicine on Campus program. This gift to our staff aims to promote wellness in the campus community through proactive measures. A lack of physical activity is linked with conditions from cancer and diabetes to obesity and high blood pressure. Come find out how to enlist your Gavilan networks to improve your outlook and your health! Nikki Dequin, Eric Lopez, and team.

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Gavilan College Faculty Association Update.

2:20 PM

Come hear what your union has been doing for you lately, and let the union leadership know what your concerns and priorities are. Robb Overson and GCFA leadership.

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Equity and Online Classes - Challenges and Opportunities

2:20 PM

An overview of the technology landscape and its (uneven) distribution in 2020. We will share what we know about our local populations and our students, and discuss different strategies to mitigate the uneven access and abilities amongst our students. Peter Howell

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Guided Pathways - Process & Progress.

2:20 PM

Guided Pathways has been an active project for our college for the past three years. Our Guided Pathways team consists of a leadership team and five work-groups, each focused on a specific, student-focused activity (Onboarding, Completion, Clusters, Mapping, and Communication). In this session we will walk you through our current activities, our decision-making process, and the goals we have established for each work-group and for the overall implementation of Guided Pathways. GP Team.

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How to Support Students with Traumatic Brain Injuries.

2:20 PM

In this session a representative from the Palo Alto Veterans Institute of Research will discuss what defines a Traumatic Brain Injury (TBI), what symptoms are associated with the diagnosis, and what best practices instructional faculty and staff members can do to better accommodate students who suffer from (TBI) in the classroom. DeWitt Stuckey, Jessica Huckabay, MPH, CBIS, Palo Alto Veterans Institute of Research (PAVIR).

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Accessibility Online 101: What you need to know.

2:20 PM

A no-frills rundown of the rules you need to be aware of, and how to comply with them. Includes an overview of 10 most common mistakes and the ways to fix them. This session covers accessibility as it applies to web pages, documents, and online

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