

Fall In-service 2008

At-A-Glance Schedule

Day	Time	Activity	Location
Monday, September 22	All Day	Department/Division Meetings	Various locations across campus
Tuesday, September 23	8am-10am	All-Campus Gathering (coffee/tea provided by the college—please bring a reusable mug) Mary Spilde's Address	CML 102,103,104
	10:15am-1pm	Ubuntu-inspired activities Bond Project Tours	Various locations across main campus
	11:45am-1pm	Lunch available (lunch provided by the college)	Cafeteria
	Noon-1pm	Classified Employee Recognition Event (everyone welcome)	Classified Hill (outside bldg 4)
	1pm-5pm	Union Meetings	LCCEF—CML 102 LCCEA—CML 103
Wednesday, September 24	Morning	Faculty Professional Development Sabbatical Reports	CML 226
	Afternoon	Cooperative Education Division Meeting	Check with Co-op
Thursday, September 25	Throughout the Day	Class Preparation Day Professional Development Workshops Available (see descriptions) Employee Benefits Fair (see flyer)	
Friday, September 26	Throughout the Day	Class Preparation Day Professional Development Workshops Available (see descriptions)	

Schedule for the Day

8:00am	Coffee/Tea Gathering	CML 102,103,104
8:15am	Welcome	
8:30am	Mary Spilde	
10am	Morning Break	
10:15am-1pm	Ubuntu Projects	Across Campus
	Taking Care of Yourself Projects	See following page
	Taking Care of Our Surroundings Projects	See following page
	Bond Project Tours	See following page
11:45-1pm	Lunch available (provided by the college)	Cafeteria
	<i>Thank you to Banquet Chef Tim Hill & Paula Westgate for an incredible lunch menu!</i>	
1pm	Union Meetings	LCCEF: CML 102 LCCEA: CML 103

More Professional Development Opportunities

Check out the rest of this booklet for details about professional development!



Ubuntu-inspired Projects

Ubuntu-inspired projects are centered around three principles:

- Taking care of ourselves
- Taking care of each other
- Taking care of our surroundings

Take the opportunity to participate in these new and exciting projects with your Lane colleagues.

Taking Care of Yourself

Multiple classes are being offered at the same time. Choose one of the sessions to attend. For example, from 10-10:45, you can attend Self-Care for Stress Reduction **or** Nia. See below for descriptions of each class.

<i>Time</i>	<i>Session Title & Location</i>	<i>Session Title & Location</i>
10:00am-10:45am	Self-Care for Stress Reduction— Bldg 5, Room 125	NIA— Bldg 5, Room 202
11:00am-11:45am	Functional Training for All— Bldg 5, Room 102	Enjoy the Great Outdoors— Track, South End
Noon-12:45pm	Eating Strategies for Weight-Loss Success— Bldg 5, Room 125	Pilates Introductory Class— Bldg 5, Room 102

Session Descriptions:

Eating Strategies for Weight-Loss Success—Layne King, Employee Wellness Program Assistant

How do you know if you need to lose weight? What are the best strategies for weight loss? Learn about common measurements that may indicate a need for weight loss. Learn about foods and snacks to eat for weight-loss success, to help your body burn fat, and to rev up your metabolism. Lastly, learn about Cortisol and how the stress response affects your weight. This 45-minute class will arm you with information and tools to help you find success on your weight-loss journey.

Enjoy the Great Outdoors—Anna Zorn, Fitness Instructor

Walk the nature trails around our lovely Lane Community College. You may even see a hawk or porcupine along the way. Anna will take you through a brief warm-up, lead you on a 30-40 minute walk with rolling hills, and then end with some relaxing stretches. This walk will meet on the south end of the track.

Functional Training for All—Wendy Simmons, Employee Wellness Program Coordinator

Join this class to see how you can improve your balance, flexibility, strength, endurance and posture with fun, new exercises. You will learn how to perform activities that will make your everyday living easier. A variety of equipment will be used and all fitness levels are welcome.

NIA—Amy Palatnik, Brown Belt NIA Instructor

NIA is a body-mind-spirit fitness and lifestyle practice. Through expressive movement—The Body's Way—NIA empowers people to achieve physical, mental, emotional and spiritual well-being. NIA is a pleasure-based transformational movement program designed to invigorate your body, free your mind and unleash your creative side. It is completely modifiable to every level of ability regardless of body type or fitness level. Come and celebrate the joy of movement.

Introductory Pilates—Susan Stack, Certified Pilates Instructor, ACSM Certified

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness, good posture, and easy, graceful movement. By focusing on core strength and movement, Pilates improves flexibility, agility and economy of motion. It can help alleviate back pain. *If you have disc disease or disc injuries you should get a physician's release first.*

Self-Care for Stress Reduction—Dan DeLuca, CH

Learn how hypnosis, relaxation and visualization can be used today to affect stress levels quickly, easily, and in any situation. Find out how it works and why. By learning simple self-care techniques that can be used any time and anywhere, you can: relax and maintain your health, think clearly, respond effectively in any situation, release tension, and enjoy life more. This lecture will include a group demonstration so that anyone who wishes to can experience hypnosis. Dan DeLuca, CH, is a Consulting Hypnotist, trainer, author, and speaker in the fields of personal growth, motivation and communication.

Taking Care of Our Surroundings...

Join us for flower planting and compost spreading at the Labyrinth Garden. Meet at the garden beginning at 10:15am to grab gear and dig in!

ColorSpots—join your Lane colleagues in planting flowers to create bright spots in the Labyrinth Garden

Compost Spreading—grab your gloves and spread enriching compost throughout the Labyrinth Garden

Bond Project Tours...

Check out the project sites slated for the upcoming bond project. There will be two identical 30-40 minute tours followed by some time for Q&A.

10am-11am—meet on the road between the CML and Bldg 1, under the overpass

11am-Noon—meet on the road between the CML and Bldg 1, under the overpass

Special Thanks...

Fall In-service would not be possible without the amazing contributions of Lane employees. We would like to extend special thanks to:

- Center for Meeting and Learning
- Food Services
- Printing & Graphics
- Facilities Management & Planning
- LIFE—Lasting Improvements for Employees Wellness Program
- Professional Development Workshop Presenters
- Office of Academic & Student Affairs
- President's Office
- Mail Services
- Faculty Professional Development
- Classified Professional Development Team
- Lane Community College Bookstore
- Academic Technology Center

Everyone is invited -

Come Recognize Lane's Classified Staff:

- Root-Beer Float Social
- Classified Hill Unveiling

**In recognition of the commitment and
hard work of Lane Classified Staff -**

**The Classified Professional Development Team would like
to invite everyone to a Root Beer Float Social -**



WHEN: During Fall In-service, Tuesday,
09/23, from 12:00 - 1:00

Root-Beer Floats at Classified Hill!

Sabbatical Report Schedule

Wednesday, September 24, CML 226

Faculty Professional Development is proud to present sabbatical reports for faculty sabbaticals taken during the 2007-2008 academic year. Come and hear what Lane's faculty have studied and learned during their sabbatical leave. *Please note: presentation times are approximate.*

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|-------------|---|
| 8:15-8:45 | Continental Breakfast, <i>provided by Faculty Professional Development</i> |
| 8:45-8:57 | "Instructional technology—On your own"
-- <i>Joe Escobar, Social Science</i> |
| 9:05-9:17 | "How to learn all about grants and still not know how to get one"
-- <i>Bojana Stefanovska, Spanish</i> |
| 9:25-9:37 | "Opening doors: Improving communication education for second-language students"
-- <i>Barbara Breden, Speech</i> |
| 9:45-9:57 | "Gaining cultural and historical insights from the land of William the Conqueror to the land of William Tell"
-- <i>Fay D'Ambrosia, Language, Literature and Communication</i> |
| 10:05-10:20 | Break |
| 10:30-10:42 | "Clowns to the left of me; Jokers to the right: A centrist case for civic literacy"
-- <i>Steve Candee, Social Science</i> |
| 10:50-11:02 | "Journey to healing"
-- <i>Shannon Gaul, Health & Physical Education</i> |
| 11:10-11:22 | "Horticulture, humans and health: Science and psychology validate ancient cultures—Plants and gardens offer many ways to heal"
-- <i>Ruth Bichsel, Social Science</i> |
| 11:30-11:42 | "Of blind men and elephants, roads and Rome, and the truth about God: A critique of religious relativism"
-- <i>Jeffrey Borrowdale, Social Science</i> |

Reports will be posted on the FPD website at: lanecc.edu/fpd

Report to be scheduled at a later date:

"The magical mystery tour: My search over five states for the perfect aviation maintenance technician program"
-- *Brian McGlynn, Advanced Technology*

Professional Development Opportunities This Week

THURSDAY, SEPTEMBER 25TH

9:00 - 1:00, 19/249

Academic Technology Center Open House

Drop by to see all the changes in the instructional technology lab on Thursday or Friday morning. First of all, we are now the Academic Technology Center (ATC), no longer the ITC. We have a new academic technology support desk, new iMac workstations, and lots more. Come by either morning to enjoy some refreshments, and enter a drawing for a digital camera.

9:00 - 10:30, 19/249—Registration required: email atc@lanecc.edu

Moodle Introduction, *Presenters: Meredith Keene-Wilson and Jim Grandstaff*

Whether you teach traditional, hybrid, or fully-online courses, here's a chance to try out a very flexible online course space. This hands-on workshop will introduce participants to the Moodle software system. For new Moodle users.

11:00-12:30, 19/241—No registration required.

Turnitin - Plagiarism Prevention Program, *Presenter: Joe Escobar*

Recognized worldwide as the standard in online plagiarism prevention, Turnitin helps educators and students take full advantage of the internet's educational potential. Turnitin's plagiarism prevention lets you and your students quickly and effectively check their work, and because Turnitin is completely web-based, compatibility between different computers and operating systems is never a problem.

10:30 - 11:00, 19/249

Academic Technology Center Ribbon Cutting Ceremony

Come help us celebrate the grand re-opening of the new and improved Academic Technology Center. This ceremony is our pledge of broader and more accessible support for faculty implementers of academic technology. Join us for a ribbon cutting ceremony and enter a drawing for flash drives.

1:00 - 4:00, 19/249—No registration required.

Moodle Open Lab

This open lab is for those already using Moodle who need help with specific Moodle features. The ATC support team, including the Faculty Webmasters, will be available for one-on-one assistance. Drop by to ask a question, or stay all session long to work on your lesson with coaching support.

FRIDAY, SEPTEMBER 26

9:00 - 12:00, 19/249—No registration required.

Moodle Open Lab

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1:00 - 2:30, 19/249—Registration required: email atc@lanecc.edu

Moodle Introduction—*Presenters: Michael Levick and Meredith Keene-Wilson*

Whether you teach traditional, hybrid, or fully-online courses, here's a chance to try out a very flexible online course space. Moodle offers numerous options for setting up a class, including discussions, transferring files, announcements, grading, posting syllabi and assignments online, creating links to other Web sites, and even setting up Web pages and wikis! This hands-on workshop will introduce participants to the Moodle software system. For new Moodle users.

3:00 - 5:00, 19/249—Registration required: email atc@lanecc.edu

Faculty New Hire Technology Orientation—*Presenter: Michael Levick*

Introduction to LCC computer resources, including: Class Lists and Emailing Students; GroupWise Email; DigiTar Spam Filter; Time Sheets; Grading; AV Equipment & Smart Classrooms; The Lane Website; HelpDesk & Support

