

BREAKOUT SESSIONS LOCATION & DESCRIPTIONS

ASSESSMENT SESSIONS

Balancing Assessment & Student Learning: The Challenge of Assessing General Education Outcomes

CML 220—1:00-2:10pm—*Mary Brau, Barbara DeFillipo, & Sarah Ulerick*

Faculty have many concerns about program assessment: Will I end up teaching to the test? Will somebody judge my performance based on assessments of student outcomes? Is this more work on top of what I already do? Students also express concerns about assessment: Will this be on the test? Members of the Assessment Team will present a framework for identifying program outcomes, mapping outcomes to courses and curricula, and designing assessments that identify how well students are meeting general education learning outcomes.

Balancing Assessment & Student Learning: The Lessons Learned from Career Technical Assessments

CML 220—2:20-3:30pm—*Mary Brau, Barbara DeFilippo, & Sarah Ulerick*

Many Career Technical faculty live and breathe program assessment. Many CT programs have specialized accreditation requirements, and all have advisory committees that review stated program outcomes and provide assistance with program improvement. New Perkins IV requirements increase the emphasis on accountability for student achievement of student learning outcomes. Participants in this session will explore ways to capture what we are already doing to assess student learning outcomes at a program level, and ways to meet the new Perkins requirements. Part of the session will include a panel sharing CTE assessment success stories, focused on ways to balance current efforts within an “accountability” framework. Panel members will share how they have mapped program outcomes to curricula and developed outcomes assessments that identify program strengths and weaknesses.

Quality Assessment in the Language Classroom without Sacrificing Quality Life

CML 220—3:40-4:50pm—*Christine Seifert, Norm Johnson, & Tracy Henninger*

“I have so many papers to grade that I feel overwhelmed!” “How can I assess the speaking skills of all 25 of my students and still have time for instruction?” “How can I give feedback that is meaningful but that doesn’t consume all my time?” “How can I use class activities more effectively for informal assessment?” The purpose of the “swap shop” session is to share successful techniques for assessment and student feedback in the language classroom. Focus is on how to get more assessment done more effectively while keeping balance in your life. While the focus is on English language learning, techniques from other language programs are welcome as well.

WORKPLACE SESSIONS

Creating Balance from 8-5

CML 214—1:00-2:10pm—*Carol Woodman*

Is the work week wearing you down? Are you feeling overworked or overwhelmed? You are not alone. Most of us experience stress at one time or another. Would you like to learn how your peers are responding to multitasking, time wasters, distractions, and email overload? The presenter will offer simple stress-relieving ideas she’s found useful and facilitate a discussion of the participants to share how they handle stress, frustration, and anxiety. The session will include stretching at the photo copy machine, online, and on-the-phone; creating a desk stress survival kit; and resources for striking a balance in your work day.

Balancing Informality and Accountability in Work Communications

CML 205—2:20-2:50pm—*James Chase, Co-Sponsored by Classified Professional Development Team*

CML 205—3:00-3:30pm—*James Chase, Co-Sponsored by Classified Professional Development Team*

We all like to maintain an open and informal style of communications in the workplace. We like to think that a quick phone call or a hallway conversation will get us the support we need. But documenting our communications often helps keep things moving forward, increases awareness of our contributions, and protects us from mis-understandings. In this workshop we will explore when and how to use written communications to create a record of what we say and what we hear others say, and do this in a positive way that helps both us and our co-workers. The presenter will discuss how to balance the need for informal teamwork with the need for visibility and accountability without compromising either.

Sustainability How To's: Everyday Decisions

CML 205—3:40-4:50pm—*Jennifer Hayward & Mike Simms*

A key tenant of sustainability is the need to balance the requirements of a system with the available resources. The goal of this presentation is to help people make decisions that balance their daily work with responsible stewardship of college and community resources. During this session, you will get easy tips on being more sustainable and step-by-step instructions on implementing these steps.

STUDENT SUCCESS SESSIONS

Designing an Inclusive Curriculum: Universal Design for All

CML 225—1:00-2:10pm—*Nancy Hart, Cathie Reschke, Kathy Torvik & Lynn Lodge*

Designing an inclusive curriculum is the first step toward balancing the needs of all students in a diverse learning environment. During this session, Disability Services staff will urge you to consider how you teach, the materials you use, and the choices you provide students and encourage you to reconsider ways you can make them more accessible to a broader audience through the introduction of the concepts of Universal Design. Implementing the concepts of Universal Design can provide faculty with an opportunity to minimize the need for academic accommodations in the classroom as students are provided with multiple ways to learn and engage with course material.

Creating a Balance Between Students' "Right to Succeed" and "Freedom to Fail"

CML 225—2:20-3:30pm—*Mary Parthemer, Anthony Hampton, Kate Sullivan & Anne McGrail*

The Success and Goal Attainment committee (SAGA) works to strengthen and coordinate retention and success practices at Lane. Recently, SAGA has identified the tension between our desire to allow students the freedom to follow their interests and our desire to guide them to success. Sometimes these can be mutually exclusive, since our students' enthusiasm to pursue a difficult course or jump ahead can get in the way of their progress and ultimate success. This panel, made up of students and SAGA members, will talk about how to strike a balance students' "freedom to fail" and their "right to succeed". Students will share their experiences and we will talk about the advantages and challenges of course prerequisites, "intrusive" advising, required first-year courses and orientation, and other practices and policies that can support student success.

Putting an End to the Google Search: Using Assignment Design and Explicit Instruction to Address & Reduce Student Plagiarism

CML 225—3:40-4:50pm—*Kate Sullivan & Amy Beasley*

Results from the recent all-campus writing survey indicate that many faculty feel student plagiarism is a problem on campus, and faculty are unsure how to respond to what they see as a growing problem, given the temptations and complications they now face in the age of the internet. This session will articulate and explore the complexities surrounding the issue of plagiarism; explore how assignment construction may limit the possibility of plagiarism; and examine our role as community college faculty in introducing students to the complexities of academic discourse.

PEACE SESSIONS

Peace Begins with Your Mind

CML 205—1:00-2:10pm—*Louis Carosia*

A peaceful world is composed of peace-filled individuals. In this session, you will learn how a few simple principles and meditation of overcoming divisiveness within your mind creates greater peacefulness and compassion, which then can be expressed outwardly in ways that transform those around you and the world at large.

Managing Balance through Non-Violent Communication

CML 214—2:20-3:30pm—*Gary Baran, Co-Sponsored by Classified Professional Development Team*

Focus on the importance of maintaining balance between our needs and the needs of others, while keeping clear the distinction between needs and strategies to meet those needs. We will also explore how balancing our focus on met or unmet needs affects our happiness and our capacity to respond positively to whatever life brings us.

WELLNESS SESSIONS

Pilates

Bldg 5, Rm 132—1:00-1:30pm—*Cheryl Lemmer*

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Pilates emphasizes proper alignment, good breathing habits, developing core muscles and an understanding of how your body flows. Learn how to move and your mind becomes more aware of your body's motion. All of the basic principles of Pilates are used and can be adjusted for any level of expertise.

Line Dancing

Bldg 5, Rm 202—2:20-2:50pm—*Rhonda Fielder*

Bldg 5, Rm 202—3:00-3:30pm—*Rhonda Fielder*

Join this session of having so much fun dancing that you won't even know you are building balance and coordination, not to mention burning calories. Learn some simple dance steps and basic moves. No prior dance skills needed.

Belly Dancing

Bldg 5, Rm 132—3:40-4:10pm—*Dona Mittasch*

Bldg 5, Rm 132—4:20-4:50pm—*Dona Mittasch*

Combine fun with fitness and increase your grace, flexibility and strength learning the art of Egyptian style belly dance. A low impact workout to great Middle Eastern music! Learn basic isolations, foundation movements and traveling steps, plus information on historical and musical elements of the dance.

Tai Chi

Bldg 5, Rm 202—1:00-1:30pm—*David Leung*

Bldg 5, Rm 202—1:40-2:10pm—*David Leung*

Tai chi (ti-CHE) is sometimes described as “meditation in motion.” Tai chi is a noncompetitive, self-paced system of gentle physical exercise. To do tai chi, you perform a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing. Health benefits include stress reduction, greater balance and increased flexibility. Join David Leung, Master-level Kung Fu/Tai Chi instructor for this session.

Nia

Bldg 5, Rm 132—2:20-2:50pm—*Amy Palatnick*

Bldg 5, Rm 132—3:00-3:30pm—*Amy Palatnick*

Nia is a body-mind-spirit fitness and lifestyle practice. Through expressive movement, 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's completely modifiable to every level of ability. Come and celebrate the joy of movement with Amy Palatnick, a brown belt Nia instructor.

Stretch, Strengthen and Relax

Bldg 5, Rm 102—3:40-4:10pm—*Dana Reber*

Bldg 5, Rm 102—4:20-4:50pm—*Dana Reber*

Take time to stretch and strengthen your muscles, and relax your mind and body. Stretching increases flexibility, strengthening allows us to move more efficiently, and relaxing allows us to enjoy a sense of calm. Learn simple stretches to do at your desk that will refresh and energize you. We'll use resistance bands, exercise balls and weighted balls. The last five minutes will be spent relaxing with the mind and body.

Functional Circuit—Anna Smith & Marisa Hastie

Beginners: Bldg 5, Rm 101—1:00-1:30pm

Intermediate: Bldg 5, Rm 101—1:00-2:10pm

Come and find out how fun circuit training can be! Cardio, strength, toning, balance, and core conditioning will be just a few of the components of this exciting and motivating workout! Instructors will be on hand to help you customize this workout to your ability level. *Intermediate: Take your workout to the next level with this lengthened version of our beginning functional circuit.*

YogaFit for Beginners—Sue Graham & Kelley Pearce

Beginners: Bldg 5, Room 101—2:20-2:50pm

Intermediate: Bldg 5, Room 101—2:20-3:30pm

YogaFit is designed to improve the health, performance, and mental acuity of all individuals. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. YogaFit also focuses on reducing the risk of injury, and augments recovery for ailments including stress, lower back pain and tension. Come join us for this fun and relaxing session. *Intermediate: Challenge your body and your mind and enjoy this extended session!*

Drop-In Fitness Center Open Gym —Certified Fitness Professionals

Bldg 5, Rm 101

Come and try out the Fitness Center's state-of-the-art fitness equipment or just take a tour! Drop in any time during the hours indicated for a great workout. Certified fitness professionals will be on hand to answer all of your questions and to get you started on your own personalized workout.