

STAR Day: Workshop Descriptions

Bass Fishing 101

Presenter: Bob Boyd, Associate Vice President for Facilities Management

Learn how to fish from an expert! He's even bringing the boat.

About the Presenter

I have been involved with competitive professional bass fishing for over 35 years. Today we will explore the sport of bass fishing and spend some time answering your questions as well as get some up to the minute fishing reports and tips on how you can catch 'em! Come and relax and learn about the great sport of fishing!

Beginning Zumba

Presenter: Tiffany Ramirez, Student Recreation Center

ZUMBA is a Latin-inspired dance-fitness program that combines international music with unique moves to create a fun and easy to do workout. Wear comfortable clothing and non-marking, supportive shoes.

About the Presenter

I am a Biology major with a Psychology minor. I have been doing Zumba for 2 years and I love it! It is a great way to stay in shape, have fun, and take my mind off stress! Zumba is a great alternative for boring, routine workouts.

BODYFLOW™

Presenter: Stephanie Andrade, Student Recreation Center

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Wear comfortable clothing for this relaxing, barefoot workout.

About the Presenter

I am Liberal Arts major emphasizing in Special Education. I began taking BODYFLOW as a participant during the fall 2010 semester. I fell in love with the program and became inspired to become an instructor. BODYFLOW is the only class where I leave feeling like I have had an intense worked out...but I don't leave feeling exhausted.

Building Great Work Relationships

Presenter: Larry Johnson

This program gives you powerful tools to enhance your working relationships. You'll learn how to: Use the magic power of "Other Focus" to bring out the best in others, Apply the principle of "mutual reciprocity" to build trust with peers, Overcome differences of opinion within your team to achieve win/win outcomes. Increase your ICSR (Internal Customer Satisfaction Rating). Play positive politics to get your ideas taken seriously and your projects completed successfully and adapt your working style to mesh with others.

About the Presenter

Larry speaks to audiences around the world on the topics of leadership, change, employee motivation, building organizational openness and transparency. Larry was awarded the City of Phoenix Award of Excellence for designing and implementing that city's team based quality improvement program. Since 1986, Larry has presented to more than 2000 audiences in every state in the Union, as well as in the United Kingdom, Hong Kong, Malaysia, Indonesia and Australia.

Computer and Internet Security

Presenter: Rafael Villegas, PhD, Technology Services

The workshop on Computer and Internet Security is an overview of security issues facing computer users. The workshop also covers, at a high level, how a user can better protect their computer.

About the Presenter

Dr. Rafael Villegas, Ph.D. is the Technical Information Security Officer at Fresno State. His current responsibilities include information security and overseeing the campus data centers. He previously worked at NASA Ames Research Center as a computer engineer.

Finding Your Career Path

Presenter: Nancy Petenbrink, PhD, Employee Assistance and Wellness

Whether you'd like to get ahead in your current field or explore other options; this session will provide assessment tools and suggestions for finding the best career.

About the Presenter

Dr. Nancy Petenbrink is the Director of Employee Assistance & Wellness here at Fresno State. She holds degrees in Elementary Education, Counseling and Human & Organizational Behavior. She uses a strengths model of career development; believing that using one's strength makes for an engaged, happy employee.

The Four Principals of Customer Service

Presenter: Larry Johnson

More than anyone else, it is the people who interact with customers every day who determine whether customers will stay loyal or go elsewhere. This presentation gives those people the tools and insights to deliver a level of service that will create positive experiences for customers each and every time.

About the Presenter

Larry is a speaker, author, and corporate culture expert, is the coauthor of the highly acclaimed, top-selling book, Absolute Honesty: Building A Corporate Culture That Values Straight Talk And Rewards Integrity. Additionally, Larry has eight years of real life experience as a manager in private sector health care, three years as a manager in city government, and 20 years as president of his own consulting firm.

Leadership: Motivating Employees in Tough Economic Times

Presenter: Lynette Zelezny, PhD, MBA, Associate Dean for the Craig School of Business

This session will focus on effective ways to develop leadership. Strategies that will be highlighted include mentoring, networking, and retooling.

About the Instructor

Dr. Lynette Zelezny is the Associate Dean in the Craig School of Business and the Assistant Vice President of Continuing and Global Education at Fresno State where she has served for 23 years. She has an M.B.A., a Ph.D. in Psychology, and certificates in management/ leadership from Harvard and the Wharton School of Business.

One Tank Trips: Traveling Economically

Presenter: Anna McGuire, AAA

This session will provide numerous low-cost summer vacation ideas that don't require high-mileage travel.

About the Presenter

I have 4 years working in Travel specializing in Auto Trips with an emphasis on staycations and 1 tank trips. I travel whenever I can and share my trips with family, friends and clients.

PhotoShop Demonstration

Presenter: Terry Garvin, TILT

This session will be a quick overview of Photoshop demonstrating some of its capabilities for photo editing. In addition there will be a quick discussion of the four Photoshop products (Photoshop, Photoshop Extended, Photoshop Elements, and Photoshop Lightroom) and which one is right for you. There is a wealth of online materials and videos for those wanting to either start learning Photoshop or diving deeper into the complexities of the program and this demonstration will also highlight some of the better resources and how to find them.

About the Presenter

Terry Garvin is a media specialist with Technology Innovations for Learning & Teaching (TILT) at California State University, Fresno.

Resume Writing 101

Presenter: Marcus Freeman, Human Resources

Learn how to put your best professional foot forward by discovering the do's and don'ts of resume writing.

About the Presenter

Mr. Marcus Freeman is an experienced multi-discipline 30-year front line human resources veteran in public and private service. Mr. Freeman's prior background includes holding senior human resources management positions with a large California County, Superior Court, and major fortune 500 multi-national corporations working closely with law enforcement, state and federal compliance agencies on relevant issues of importance.

Secrets of Successful Conflict Resolution

Presenter: Pamela Lane-Garon, PhD, Literacy and Early Education (LEE) Department

A noted professional in mediation and conflict resolution, will discuss how to use your interests not your positions to get to a WIN-WIN.

About the Presenter

Dr. Lane-Garon is a mediator and trains teachers, administrators, counselors and other professionals in conflict resolution skills. Mediator Mentors, a project she directs, has developed conflict resolution education programs in over sixty public schools.

Social Networking

Presenter: Katie Johnson, University Communications

Social media is not just for youngsters! In this course, we'll learn about the basics of the most popular social networks and how to get started in the world of social media. We will focus primarily on Facebook, Twitter and LinkedIn. By the end of this class you'll be in a "friending" frenzy!

About the Presenter

Ms. Johnson is the director of social media relations in the office of University Communications. Katie is responsible for managing Fresno State's social media communities and creating engaging content for students. Being involved on campus is very important to Katie. She serves on several working committees such as the Integrated Marketing and Communications Council and Lean University. On her lunch breaks you may see her picnicking and playing a game of bocce with friends on the Maple Mall. This May Katie will graduate with her M.A. in public administration.

Straw Bale Gardening

Presenter: Lynn Traber, Department of Military Science

This form of gardening is great for both vegetables and herbs, especially those that like the heat, and is easily accessible for those who have bending issues.

About the Presenter

Lynn has been gardening for almost 30 years inheriting her grandmother's intense love of anything green! After moving to Fresno, she took an acre of property mired in an industrial section of town and turned it into a wildlife habitat complete with two ponds, woodland areas, xeriscapes with native species, edibles (veggies, herbs, & fruit), and a cutting garden that includes over 100 roses. Her knowledge and talent are often sought by friends and acquaintances for garden designs and plant care. Her love of gardening inspires others to make a difference. Come plant the seeds of your garden with her!

Summer Meals Without the Heat

Presenter: Lisa Herzig, PhD, RD, Dietetics & Food Administration

Get quick and healthy ideas for summertime meals and enjoy a live demonstration by a Registered Dietician.

About the Presenter

Dr. Herzig is an Assistant Professor of Dietetics in the Department of Food Science and Nutrition at CSU, Fresno. She started her own Personal Health and Wellness Company working with corporations and individuals helping them to develop an individualized nutrition program to support their lifestyle goals. She worked with 10,000 plus employees developing, implementing, and evaluating nutritional programs while working towards the goal of decreasing insurance claims for one of the largest employers in New Mexico.

Take Control of Your Workday: Time Management Tactics for University Staff

Presenter: *Stephen Price*

You have more to do than you can possibly do each day - the trick is learning to feel good about how you spend your time. You'll learn powerful time management skills that will help you reduce stress, feel more in control, and enjoy a greater sense of accomplishment at the end of each day.

About the Presenter

Stephen Price lives out the principles he teaches to succeed in business. He is co-owner of Educational Resource Consultants, a firm based in Fresno, California, that specializes in grant writing, research and evaluation, and has secured over 100 million dollars of funding for clients over the past 10 years.

Training for Your First Walk or Run

Presenter: *Felicia Greer, PhD, Kinesiology Department*

Many people take part in popular charity events or city races. Before lacing up your shoes, learn fundamental training principles that will allow you to not only finish but enjoy the experience as well.

About the Presenter

I have over 10 years of teaching experience at the university and college level and is an Associate Professor in the Department of Kinesiology at CSU, Fresno. She has published several articles in scientific journals related to training, nutrition and sports performance. I have over 20 years of running experience, 5 years of professional duathlon competition and 5 years as a professional cyclist.

Welcoming Diversity

Presenter: *Jody Hironaka-Juteau, PhD, Associate Dean for the College of Health and Human Services*

An upbeat interactive "mini" workshop where even the most culturally competent will gain a new awareness of misinformation they have learned about groups other than their own. Participants will celebrate similarities and differences and discover a new depth to creating a welcoming environment. If you have ever wondered about the university's NCBI full day diversity workshops, this is a wonderful opportunity to get a little taste of it.

About the Presenter

Jody Hironaka-Juteau is a member of the Fresno State National Coalition Building Institute (NCBI) Team and has co-facilitated the "Welcoming Diversity" workshop since 2002. She currently serves as the Associate Dean of the College of Health and Human Services.

What You Always Wanted to Know About Adjusting to Retirement

Panel Members: *Robert Hernandez, Diane Jenkins, Cindy Banuelos and Paul Ogden*

Join our panel of recent retirees will return to Fresno State to discuss the joys and challenges they've experienced in retirement and the things they wish they'd have known before they retired.

Windows 7: Sneak Preview

Presenter: *Patricia Mullaly*

Get a jump start on understanding Windows 7 and Microsoft Office with this sneak preview. This workshop is designed to navigate you through the changes and features of the new software and provide tips for effective usage.

About the Presenter

Patricia Mullaly began working in the 80's as an Administration Manager for the California Air National Guard utilizing the DOS Computer Operating System. Since 1998 Patricia has been a Computer Instructor for Fresno Unified School District and Clovis Adult Schools served as an instructor in the Business Division for Fresno City College for 5 years and conducted Computer Workshops for a variety of local agencies including: the American Association for University Women, the Central Valley Business Incubator in Clovis, and the Fresno Association of Realtors