

2014 5th Annual Division of Student Affairs Professional Development Conference Workshops

Session I 9:15am-10:15am

- **Iván R. Pagán- “Creating a Comprehensive Assessment Program”**

Assessment is an area that scares many people because they fear that it is too complicated. In this presentation, I will demystify the assessment process and break it down into a series of simple, manageable steps. By the end of the presentation, participants will have a working knowledge of how to create a comprehensive assessment program, including the formulation of student satisfaction outcomes, learning outcomes, systemic outcomes, and staff outcomes.

- **Marvin Williams - “Mobile Computing Devices as Assistive Technology”**

In this workshop, we’ll look at some of the common mobile computing devices, smartphones, tablets, and laptops, and see just how they can help students perform functions they would have difficulty doing without assistance.

- **Jessica Medina & Charah Coleman – “Build a Better Workplace”**

A simple thank you note on your desk, holiday door decorating contests, coffee and donuts during crunch time...it's the little things that make the biggest impact. In this workshop, learn some easy, inexpensive (or free!) and fun ways to help boost office morale.

- **Francine Oputa – “Let’s Ease on Down the Road Together on our Journey to Cultural Competency”**

Have you been reluctant or anxious about attending the “Welcoming Diversity Workshop?” Here is a chance to get a taste of the workshop so that you can join us in achieving our goal of almost 100% participation for our division! The award-winning National Coalition Building Institute (NCBI) workshop consists of a series of incremental, participatory activities that empower individuals of all ages and backgrounds to take leadership in building inclusive communities in their workplaces and neighborhoods. This workshop addresses a wide range of diversity issues including race, ethnicity, gender, socio-economic status, age, sexual identity, religion, disability, and life circumstance, making sure that diversity work includes everyone.

- **Clay Crocket – “The New Media: How to Engage Students through Social Media”**

My goal is to create a training space where those who are in charge of interacting with students through various social media channels to have an opportunity to learn and discuss how to do so effectively, and for those who are inexperienced, and would like to know how to do so can come and learn how to do so as well.

Session II 10:45am-11:45am

• Jim Paul & Brenda Belnap – “Emergency Preparedness 101”

Emergency Preparedness 101: Are you ready for an emergency in your life? Disasters are inevitable, but the outcome is not! The worst time to prepare for an emergency is.....during one. There is no downside to being prepared. This class will teach you ways to prepare yourself and your family for different types of emergencies. Recent disasters have shown us there is no cavalry waiting to swoop down and rescue us, so how will you prepare? Will you be ready?

• Charah Coleman – “An Intro to Ayurvedic Living”

Ayurveda is an ancient Indian philosophy guiding and inspiring us in the "art of living wisely". In simple words, Ayurveda is a holistic system which guides us so that we can live a healthier and more balanced lifestyle.

It focuses on food, massage, lifestyle, relaxation techniques, and herbal remedies to suit our individual make-up to and supplement what we are lacking.

Join us for this engaging workshop to learn more about the basic principles of Ayurvedic living and how you can incorporate them into your current lifestyle.

Healthy living doesn't have to be hard and Charah will help you realize that!

• Melissa Watkins- “Question, Persuade & Refer (QPR) Training”

Suicide is the 2nd leading cause of death for college students between the ages of 18 and 24, but it is 100% preventable. Much like CPR, the basics of QPR are easily learned and can save a life. By attending this training you will learn: common misconceptions about suicide, warning signs and risk factors, how to talk about suicide, how to persuade someone to get help, and how to refer a person to appropriate campus and community resources.

• Rachel Kaufmann – “Understanding and Using Technology to Reach Your Health & Fitness Goals”

There are a lot of ways technology can be used to help you reach your health & fitness goals for the new year. This session will provide a description and explanation of some of the nutrition and fitness apps, websites and devices that can be used as tools to help you stay on track and facilitate reaching these goals

• Amy Armstrong – “Seconds 2 Survive”

Seconds 2 Survive is a program designed to help individuals plan, practice, prepare and perform so that they are empowered to make life saving decisions in the critical first seconds of an emergency.

Session III 1:30pm-2:30pm

• Alex Villa & Veronica Lases – “Ready, Set, Respond”

The training is designed to increase the number of citizens in our communities who know the disaster hazards that may impact their communities and understand fundamental personal preparedness skills. The training aims to engage participants with the volunteer intake process following a major local disaster and provide information on the humanitarian mission of the American Red Cross and how to get involved.

The workshop starts with personal preparedness lessons and is then followed by interactive exercises that will prepare participants to respond during times of immediate need. Through this unique partnership, the American Red Cross and AAA aim to multiply the number of citizens that are disaster-ready in the communities we service in Northern California, Nevada, and Utah through disaster education.

Presented by American Red Cross and AAA of Northern California, Nevada and Utah

• Ellen Klute – “FERPA 101”

Do you have questions about FERPA? I will try to answer them for you. I will cover the basics of FERPA and why it is important; what information may be considered Directory Information at Fresno State; student's rights; parent's rights; faculty/staff role and responsibility under FERPA; and Legitimate Educational Interest. All this and I will try to entertain you while I inform you!

• Rima Maldonado & Nyxy Imes – “What Would SSD Do?”

What Would SSD Do?

Have you ever encountered a student that may need extra assistance? Have you been uncertain of what you could do to assist him or her? This workshop is a guide for Fresno State Staff when working with students with disabilities and how to best assist students when they seek services from your office. What Would SSD Do? will provide basic training on customer service, correct language and disability terms, and how to handle different scenarios/situations when they arise.

• Ken Ternate – “Turning Your Vision Into Reality: Graphic Design Basics”

Many offices have publications but not many have graphic designers to help produce those brochures and handbooks. Learn graphic design basics and print shop essentials to help you make your publication stand out from the rest. Bring your printed projects with you for some quick feedback. No experience necessary.

• Dr. Susan Geringer – “The Death of Paul McCartney”

Did Paul McCartney of The Beatles die when the band was at the height of their success? Was this a ploy to market more records or a tragedy that is still covered up to the present?

Session IV 2:45pm-3:45pm

- **Amy Allen & Lerin Mundell – “Learning to Delegate”**

One of the toughest skills to learn is the ability to delegate. While it may seem easy to give work to someone else, many are unable to use this skill effectively. We aren't superheroes and without assistance our work and stress levels are bound to suffer. Learn and discuss delegating techniques that will help you accomplish more, stress less and encourage others to take on new challenges.

- **Laurie Long – “How to Build an Emergency Toolbox”**

In case of a fire or natural disaster, can you leave your home or office in five minutes and relocate? Family emergencies and disasters happen when you least expect them.

National author, Laurie Ecklund Long will introduce her program My Life in a Box and show you how to build an emergency tool box that will help you successfully survive any type of family emergency or natural disaster.

- **Phillip Bondi – “Zumba”**

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

- **Jessica Medina – “Easy Weeknight Meals”**

Five o'clock rolls around, work is done...or is it? You still have to pick up the kids, make dinner, clean the house...the list goes on. In this workshop, learn some easy tips for meal planning and how to make easy weeknight dinners. Take home recipes and even taste samples. You might even have time to make dessert!