



Merritt College Remote Flex Day Aug 21st 2020

Welcome to our Online Flex Day, please join the meetings of your interest throughout the day by clicking the provided links. Remember to keep your microphone muted while entering the Zoom meetings or calling from your phone.

We ask our instructors to please record their Zoom workshops so people can watch them afterwards, also a Big Thank you to our instructors and presenters for their time and dedication to our College Professional Development.

If you prefer to call in with your phone due to limitations with your internet connection just dial +1 669 900 6833 (US Toll) and enter the meeting ID number (numbers at the end of the links), please remember to mute your phone as well.

Please answer this online form to tell us about the workshops you participated during Flex Day:

[Workshops attendance and feedback](#)

8:45 - 9:30	Remarks by President David Johnson and Welcome from constituencies https://cccconfer.zoom.us/j/97141005382
9:30 - 11:00	Accreditation updates and college wide activity - Accreditation Committee Same Zoom link as above
11:00 - 12:00	Student services online - Dr. Lilia Chavez and classified staff https://cccconfer.zoom.us/j/98243557279
12:00 - 1:00	Culturally relevant pedagogy - VPI. Richardson https://cccconfer.zoom.us/j/96091453286

1:00 - 2:00	SAS Adaptive Technology & Alternate Media: Online Resources and Obligations to Support Faculty and Students - Mitra Mofidi and Lee Peevy https://cccconfer.zoom.us/j/91047549235
1:00 - 2:00	Home Office: Ergonomic and Stretching Considerations to Avoid Fatigue and Pain - Christoph Muhlinghaus (Anatomy & Physiology Instructor and Chiropractor) https://cccconfer.zoom.us/j/7807886686
1:00 - 2:00	New Faculty Orientation - Tom Renbarger https://cccconfer.zoom.us/j/94839636956
2:00 - 3:00	Encouraging Student Success in the Online Classroom - Monica Ambalal https://cccconfer.zoom.us/j/98994395340
2:00 - 3:00	Redefining the Frontline: Moving from Protest to Activism - Jason Seals https://uso2web.zoom.us/j/83596608321?pwd=MXlaeXNOR1JIRHNxTW9RVnl4QXFwdz09 Passcode: 890613 (may not ask for it while joining)
2:00 - 3:00	Excel Basics to Make your Workflow Efficient at Home - Jon Olkowski (District) https://cccconfer.zoom.us/j/98678052355
3:00 - 4:00	Division meetings. Div. 1 Dean Foster https://cccconfer.zoom.us/j/93365255164 Div. 2 Dean Holloway https://cccconfer.zoom.us/j/92383272083

	Div. 3 Dean Amboy https://cccconfer.zoom.us/j/99034812786
3:00 - 4:00	(IBR) Interest – Based Relational Approach to Conflict Resolution working remotely at home during the COVID-19 Pandemic - Maria Spencer (Please pre-register with the link) https://cccconfer.zoom.us/meeting/register/tJwrceurqD4rHtAhrHVdACnvfIVox-oMNeIR
3:00 - 4:00	Accounts Payable and Procurement Overview - Nick Share https://cccconfer.zoom.us/j/91722810403?pwd=amVkQVpvVGpZQ1BrRXdlldDNHko4zZz09 Passcode: 197809 (may not ask for it while joining)
4:00 - 5:00	Department/ CE Programs or Committee Meetings - To the discretion of the Department chairs or committees, they will set up their own Zoom links to join and invite participants via email

Workshops details:

Student Services Online Fall 2020 Flex Day hour- with Student Services and Dr. Lilia Chavez

In March, Student Services transitioned to support and serve students remotely. As a team, we are lifting the Division with a new approach profiling and highlighting the resilience of our staff in this time of change. This hour will include a team effort of presentations demonstrating how we continue to leverage our Community partnerships. We also implemented a “Teach and Learn” component for staff to have a better understanding of what our programs/departments are confronted with in order to identify the needs of our students.

Culturally Relevant Pedagogy- with VPI Richardson

Students learn best when they can relate to a topic in a meaningful way. Cultivating interest and relevancy in the classroom is key to supporting student success. Join this important discussion on how theory and praxis converge to create effective approaches to inclusive instruction.

SAS Adaptive Technology & Alternate Media-Online Resources and Obligations to Support Faculty and Students- with Mitra Mofidi and Lee Peevy

The legal aspects and requirements under Section 508 of the Rehabilitation Act will be presented and how SAS department can assist with online accessibility support resources. We will review what makes online course materials accessible and how SAS department can assist faculty/students/staff with adaptive technologies or alternate media needs. Please join our presentation to learn more about universal design, accessibility using adaptive tech or alternate media in courses, and a friendly conversation on the ways SAS department can offer accessibility support services.

Home Office: Ergonomic and Stretching Considerations to Avoid Fatigue and Pain - with Christoph Muhlinghaus

Are you working from home? Join me as we explore ways to setup your workstation to avoid feeling extra pain and fatigue at the end of the day. During this presentation, I will help you understand your physical body better by exploring some of the fundamental anatomy and orthopedic concepts. I will further present you with tips to improve your ergonomics that lower excessive strain on both your upper and lower body. Finally, I will show you stretches you can do to help mitigate extra tension. And, if you’re really into it, we can even go through some fundamental strengthening exercises that help you build more postural support.

Encouraging Student Success in the Online Classroom -with Monica Ambalal

This seminar will focus on some basic ways to connect with students (maintaining regular and effective contact) and recognizing the importance of shifting teaching practices to ensure students are achieving in their online courses - added topics:

- Student access

- Multiple means of presenting material
- Connecting with students
- Rethinking syllabi and testing
- Considering those new to online

(IBR) Interest – Based Relational Approach to Conflict Resolution working remotely at home during the COVID-19 Pandemic- with Maria Spencer (Please pre-register:

<https://cccconfer.zoom.us/meeting/register/tJwrceurqD4rHtAHrHVdACnvfIVox-oMNeIR>

The stress from sheltering in place juggling new ways to merge your work duties, and home obligation can make tempers rise, voices to increase and your personal stance to become aggressive. Conflict can be unavoidable at times even more so now that we are working from home.

You can prevent and avoid conflicts through using an Interest-Based Relational (IBR) Approach to Conflict Resolution using a few easy steps.

Excel basics to make your workflow efficient at home with - Jon Olkowski

In this session, you will learn how Excel can help you organize, track and work with data in your day-to-day activities.

Topics include:

- Installing the full desktop version on your home computer
- Data Entry and organization, working with tabs, copying and pasting data
- Basics of working with Formulas
- Using Excel with Word to create mail merges

Accounts Payable and Procurement Overview with Nick Share

Description: Discussing AP and Procurement procedure and best practices for efficient vendor payment workflow.

Audience: all staff who work on requisitions and anyone who is interested in how the payment process works.