



# VALENCIA COLLEGE **LEARNING** **DAY** 2021

## **LEARNING SESSION 1** **10:20 – 11:10 a.m.**

### **A1. Institutional Planning: Townhall Session**

**Presenter:** Brandon McKelvey

**Track:** Equity and Inclusion

**Zoom Link:**

<https://valenciacollege.zoom.us/j/93463455429?pwd=cGU3L3EzQ1BmK01TczR2b28zUy9FQT09>

This session will provide an introduction to our institutional planning process and gather ideas from participants to support the creation of institutional plans for the college.

### **A2. CANCELLED**

**Balancing Act: Using your Academic Skills to Build a More Manageable To-Do List (for you and your students)**

**Presenter:** Kirsten Holt

**Track:** Adaptability and Change

**Zoom Link:** <https://valenciacollege.zoom.us/j/99834427486>

This presentation is grounded in the fundamentals of Bullet Journaling and other productivity systems, and is aligned with the educator (and students!) in mind to create a more manageable work-life balance. Attendees will be introduced to the basics of productivity systems, as well as their overlap with the core principles of education, and leave with quick, concrete tips and tricks to make the ever-growing to-do list a little less terrifying.

### **A3. SAGE Introduces At-Home Global Experiences**

**Presenters:** Lindi Kourtellis, Jerry Hensel

**Track:** Adaptability and Change

**Zoom Link:** <https://valenciacollege.zoom.us/j/95485598460>

Did you know there are opportunities at the college for students to experience culture and international education without leaving home? Come explore SAGE at-home global programming, including Collaborative Online International Learning (COIL), Global Guest Speakers, SAA Global 360, Valencia Global Distinction (VGD), International Education Week (IEW), and National Study Abroad Day.



**A4. What Valencia Can Learn from Hollywood**

**Presenter:** Scott Smith

**Track:** Adaptability and Change

**Zoom Link:** <https://valenciacollege.zoom.us/j/94025714902>

To paraphrase poet and philosopher Kenneth Burke, stories are equipment for living. And one of the chief storytellers in our culture is Hollywood filmmaking. In this session we'll take a sweeping overview of cinema from Fred Ott's sneeze (1894) through the coronavirus and see what lessons the professors, staff, and students of Valencia College can learn about embracing change from an industry that has had its share of ups and downs in the past 100+ years.

**A5. Rio's Carnaval Parade**

**Presenters:** Richard Sansone, Luciano Mota

**Track:** Equity and Inclusion

**Zoom Link:** <https://valenciacollege.zoom.us/j/92850827259>

This interactive Zoom brings a cultural events producer from Brazil to Valencia's Learning Day to illuminate the days-long spectacle of Rio's Carnaval Parade and the year-long process that goes into preparing for this highly competitive event.

***\*This session will be recorded.***

**A6. Looking Back and Moving Forward: Lessons from VAHC**

**Presenters:** Carmen Laguer Díaz, Lauren Thomas

**Track:** Equity and Inclusion

**Zoom Link:** <https://valenciacollege.zoom.us/j/95297869586>

Come learn about the Valencia African Heritage Committee and what our plans are to help move for a more equitable and inclusive college.

**A7. HEERF Funds, how did Valencia do? Should you CARES (Grant)?**

**Presenter:** Daniel Barkowitz

**Track:** Equity and Inclusion

**Zoom Link:**

<https://valenciacollege.zoom.us/j/96936749844?pwd=Tm5nR1BwNHVVNS9TVU1aOUE2N2EvUT09>

Congress authorized over \$30B in funding for institutions of higher education through the Higher Education Emergency Relief Fund as part of the CARES Act (and the recent Coronavirus Response and Relief Supplemental Appropriations Act - CRRSAA). What did we do at Valencia? How did we distribute this money? And what is planned for the future? We will share the information we have about our process to date.commissions into agents of change by encouraging (and allowing) significantly more flexibility in who and what is creditable. The panel will explore the implications of these changes on postsecondary accreditation, institutions of all types, and the broad range students they serve.

**A8. Linguistic Diversity and the Idea of Standards**

**Presenters:** Ella Raynor, Doug Kern

**Track:** Equity and Inclusion

**Zoom Link:**

<https://valenciacollege.zoom.us/j/96966308527?pwd=c1lrVnN0d3YzWnFDc3hPekJnbkhYdz09>

Issues of literacy and language diversity inform nearly everything we do in our college courses. Faculty are constantly communicating spoken and written communication standards to our students, both explicitly and implicitly. But where do those expectations come from, why do we or don't we enforce them, and can they be harmful? In this preview of a new PD course, participants will learn about the links between language and identity, explore their own linguistic identities, and examine Standard Written English myths and code-meshing practices.

**A9. Enhancing the Learning Environment for LGBT Students**

**Presenter:** Lisa Gray

**Track:** Equity and Inclusion

**Zoom Link:**

<https://valenciacollege.zoom.us/j/99594166570?pwd=aEVDYVRjVnlzMIN4ZXdxVFhCL2Nqdz09>

The goal of this session is to inform professors about how to create an inclusive, authentic, educational learning environment that encourages participation from all people regardless of gender identity and expression, or sexual orientation. Topics include; terminology and symbols, the difference between sexual orientation, gender identity and gender expression, and resources that support LGBT+ students. We will discuss common behaviors and statements that may be offensive or discourage learning among transgender people, bisexuals, and queer people.

**A10. Disability is Not a Bad Word**

**Presenters:** Nikkia Gumbs, Deborah Larew

**Track:** Equity and Inclusion

**Zoom Link:**

<https://valenciacollege.zoom.us/j/93752286884?pwd=UEVjVctFNkM4SzNZdjJQOGJqNGJRZz09&from=addon>

This workshop will provide a space for participants to explore language connected to the idea of disability. Presenters will share a history disability terminology in the United States as well as provide tools to help participants feel comfortable discussing disability related issues.

**A11. How About No?**

**Presenter:** Alina Siddiqui

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/j/93882954136>

Revisiting one of the our most common first words and evaluating its use in adulthood.

During this session you will learn reasons individuals struggle with saying no, the impact over-commitment has on productivity and wellness, and techniques to practice assertiveness and mindfulness in communication.

**A12. Let's Write**

**Presenter:** Joanna Nazario Grzechowiak

**Track:** Personal Development

**Zoom Link:**

<https://valenciacollege.zoom.us/j/91424201706?pwd=bkJjN2lxWXZkdEo1eG9FU3J2aUd4Zz09>

The session invites participants to bypass writer's block, get their creative juices flowing, and put some words on paper. So simple and so much fun!

**A13. What's Up at NASA?**

**Presenter:** Mark Guillette

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/j/97916362131>

I am a NASA/JPL Solar System Ambassador. Hear about what NASA has planned for 2021 and beyond.

**A14. Florida Wildlife Photography within Driving Distance**

**Presenter:** Paul Eisenbrown

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/s/99926682082>

These are personal photos showing the variety of animal species for photography or just viewing wildlife within a day's outing from the various Valencia campuses. The photos are mostly of birds within the Kissimmee Valley area. Eagles, Whooping Cranes, Caracaras and Snail Kites will be highlighted along with numerous others.

**A15. Introduction and Applications of 3-D Printing**

**Presenters:** Stefan Bidigaray, Thomas Dillen

**Track:** Personal Development

**Zoom Link:**

<https://valenciacollege.zoom.us/j/94336558484?pwd=OGZNYXdKWlo2TXFPdGtpcWFScXNOUT09>

This session will introduce participants to 3-D Printing and give a brief overview of its many applications in the field of engineering.

**A16. Chef's Home Kitchen Tools**

**Presenter:** Ken Bourgoin

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/j/96815552099>

Have you ever wondered what tools a chef uses in their own home kitchens? Welcome to the journey through a chef's home kitchen. I will show you simple tools and food products to make multiple kinds of meals quickly. Conversations can include sharing your tools or food products that work for you.

**A17. Using Flipgrid to enhance your online course**

**Presenter:** Amanda Kern

**Track:** Remote and Virtual Technologies

**Zoom Link:** <https://valenciacollege.zoom.us/j/92404501088>

As faculty teach online, a common fear is a decrease in engagement and personal interactions, however, Flipgrid offers an opportunity to personalize experiences in your course. Flipgrid is a free and accessible video discussion experience that can enhance your course. Join this session to learn how to integrate Flipgrid and how you can use it to improve engagements in your online courses.

**A18. Introduction to TinkerCAD**

**Presenter:** Kristin Abel

**Track:** Remote and Virtual Technologies

**Zoom Link:** <https://valenciacollege.zoom.us/j/91812916005>

This session will focus on TinkerCAD, which is a free online program provided by AutoDesk. TinkerCAD features a simple 3D drawing program to create objects for 3D printing, as well as features that introduce simple coding, electronic circuits, and Lego design. The Instructables learning website will be introduced as well. In order to participate in this session, please read the privacy statement and sign up for a TinkerCAD account at this URL: <https://www.tinkercad.com/>

**A19. Strategies to Overcome Online Fatigue**

**Presenters:** Liza Schellpfeffer, Geni Wright

**Track:** Remote and Virtual Technologies

**Zoom Link:**

<https://valenciacollege.zoom.us/j/93635381060?pwd=RDY2UUUs1eWt6KzhKMVIVSkV6aFA0Zz09&from=addon>

Has the stress of transitioning to online left you feeling overwhelmed? Join us as we share strategies for streamlining online assessment, balancing synchronous and asynchronous discussion, providing online student feedback, and other general tips designed to reduce fatigue in facilitating online courses.

**A20. Be the One to Protect Digital Privacy**

**Presenters:** Trisha Whitmire, Ben Taylor, Courtney Demings

**Track:** Remote and Virtual Technologies

**Zoom Link:**

<https://valenciacollege.zoom.us/j/92511235872?pwd=TIpJR2JjUjdabFloMnI4Z1hnQiNBUT09>

Technology. One of the greatest tools we have. Most use for good, but some use for evil. Stalkers may use technology to gain knowledge about someone else. Be the one to know how to control your digital information. After this session, you will be able to: identify common technologies utilized by stalking offenders, increase familiarity with privacy settings on commonly used technologies, learn how to protect personal information shared digitally, and become aware of college and community resources.

**A21. Team up with MS Teams**

**Presenters:** Mahendra Gossai, Ian O'Toole

**Track:** Remote and Virtual Technologies

**Zoom Link:** <https://valenciacollege.zoom.us/j/94983318600>

Basic setup and implementation of Microsoft Teams. Demonstrate how our department uses MS Teams to create virtual labs for our students. So that they can connect to online tutoring. Students, faculty, staff, and tutors can connect using video conferencing, screen-share, and chat.

**A22. Adaptability and Change ODHR Roundtable**

**Presenter:** Rose Quiles

**Track:** Adaptability and Change

**Zoom Link:** <https://valenciacollege.zoom.us/j/98845274666>

How are you dealing with change since the college closed?

**A23. Let's Talk Climate Change: The Science Behind It and What Valencia is Doing to Reduce Our Own Carbon Footprint**

**Presenters:** Carrie Black, Jim Adamski

**Track:** Sustainability and Community Building

**Zoom Link:** <https://valenciacollege.zoom.us/j/96613443351>

There's a lot of talk about Climate Change in the news. Come learn about the scientific evidence that demonstrates our world is changing and getting warmer. Then find out how Valencia is doing its part to reduce its emissions from facilities and transportation to food and grounds.

**A24. Backyard Habitats: Creating Sustainable Outdoor Spaces**

**Presenter:** Emilie Buckley

**Track:** Sustainability and Community Building

**Zoom Link:**

<https://valenciacollege.zoom.us/j/97066457906?pwd=aGdhOVc5V0xmN3VWeUdtWkUzYUF1QT09>

In this session, you will identify sustainable and cost-effective ways to support our local wildlife. Librarian, Emilie Buckley will be sharing her experience in creating a National Wildlife Foundation certified yard. Regardless of space, you can create a wildlife-friendly outdoor area.

**A25. Using LinkedIn to Create Community for NSE**

**Presenters:** Francisco Perez, Leonard Bass

**Track:** Sustainability and Community Building

**Zoom Link:**

<https://valenciacollege.zoom.us/j/95061289592?pwd=VHhmM2cwYWVpKzB3Wng0SDRLWjZsQT09>

This session will walk participants through the journey towards building a virtual community for NSE students using LinkedIn. This work has brought together many areas of the College to support students transition from enrollment to graduation. Participants will hear the lessons learned and gain valuable information on how and when to develop strategic partnerships.

**A26. Low carb in a Healthy Lifestyle**

**Presenter:** Luz Carvajal

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/91403916855>

With so many types of diets advertisements, many people get confused when choosing the right diet for them. I want to share how a low carb diet can benefit an individual health and also my own experience with this lifestyle.

**A27. Food For Life**

**Presenters:** Nelson Torres Arroyo, Evelisse Capo-Hernandez

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/99024084157>

A whole food plant-based (WFPB) lifestyle is increasingly being recognized as a more holistic approach to preventing and treating diabetes, arthritis, cancer, and other chronic lifestyle related diseases. We will take a look at how food choices impact our health and environment. Participants will be provided with a cooking demonstration along with recipes and tools necessary to take control of their health.



**A28. Sitting Stretches for Stress Relief!**

**Presenter:** Suzanne Salapa

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/98457591345>

Movement signals brain health! Join us for the opportunity to learn how to release our muscle tension when sitting long periods of time at your computer. Research has shown that movement throughout the day works to extinguish our mental exhaustion. In this session, participants will learn to how to sit and stretch gently and creatively. You do not have to be a dancer to reap the benefits of movement; please wear comfortable clothes and have a water bottle handy.

**A29. Session Title: Yoga**

**Presenter:** Jen Katz

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/91494369278>

An all-levels flow yoga session using foundational yoga postures to align, strengthen and promote flexibility. This session will conclude with a brief meditation. No previous yoga experience necessary.

**A30. Nutrition and You**

**Presenter:** Jennifer Denlinger

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/91625519506>

Learn what your optimal numbers are for a healthy body and life.

**A31. Developing A Daily Peace Practice**

**Presenter:** Paul Chapman

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/j/92511562591>

Great peace leaders of the past thought of nonviolence/peace as a way of life. They committed to working on the values and skills of peace every day. Gandhi supposedly said, "There is no way to peace. Peace is the way." The goal is not perfection but rather learning how to practice peace with a sustained effort that endures through repeated failure and success. What you do on a daily basis that nurtures the better parts of your humanity? This workshop will explore how to develop and sustain a daily peace practice.

**A32. Covid 19 - Impact on Florida**

**Presenter:** Mike Hilliard, Shaun Andrews

**Track:** Wellness

**Zoom Link:** <https://valenciacollege.zoom.us/j/95261495159>

Discussing the impact Covid-19 has had on Florida. Focusing on areas like the initial response for Covid-19 detection in nursing homes in SE Florida. Covid-19 therapies and distribution to include working alongside FL National Guard. Covid-19 vaccine storage challenges in remote locations. Covid-19 mutations/variants and the future of therapies for the prevention, and why Santa is now beardless (yes, it was shaved off on December 26th).

**A33. Your Retirement Plan at Work**

**Presenters:** Kelly Craft, AIG Retirement Services

**Track:** Personal Development

**Zoom Link:** <https://valenciacollege.zoom.us/j/99627790659>

With essential living expenses like housing, food, and fuel rising, you may be tempted to put off saving. If this sounds like you, you don't want to miss this seminar. At this educational workshop, you'll learn: Why it's important to start saving, the benefits of participating in your workplace plan, the features of the most common plans offered by employers, and, how to start saving for a secure future.

**A34. Roadmap for Reopening Townhall**

**Presenters:** Amy Bosley, Shaun Andrews

**Track:** Adaptability and Change

**Zoom Link:** <https://valenciacollege.zoom.us/j/98635031067?from=addon>

Join Vice President of Organizational Development and Human Resources Amy Bosley to learn more about our Roadmap for Reopening plans. This will be a town hall to get answers to questions and information specifically addressing on-site and remote operational procedures and protocols.

**INDEX by TRACK**

**Session #      Presentation Title**

**Adaptability & Change**

- A2.      Balancing Act: Using your Academic Skills to Build a More Manageable To-Do List (for you and your students)
- A3.      SAGE Introduces At-Home Global Experiences
- A4.      What Valencia Can Learn from Hollywood
- A22.     Round Table Discussion
- A34.     Roadmap for Reopening Townhall

**Equity & Inclusion**

- A1.      Institutional Planning: Town hall Session
- A5.      Rio's Carnival Parade
- A6.      Looking Back and Moving Forward: Lessons from VAHC
- A7.      HEERF Funds, how did Valencia do? Should you CARES (Grant)?
- A8.      Linguistic Diversity and the Idea of Standards
- A9.      Enhancing the Learning Environment for LGBT Students
- A10.     Disability is Not a Bad Word

## **Personal Development**

- A11. How About No?
- A12. Let's Write
- A13. What's Up at NASA?
- A14. Florida Wildlife Photography within Driving Distance
- A15. Introduction and Applications of 3-D Printing
- A16. Chef's Home Kitchen Tools
- A31. Developing A Daily Peace Practice
- A33. Your Retirement Plan at Work, AIG Retirement Services

## **Remote & Virtual Technologies**

- A17. Using Flipgrid to Enhance your Online Course
- A18. Introduction to TinkerCAD
- A19. Strategies to Overcome Online Fatigue
- A20. Be the One to Protect Digital Privacy
- A21. Team up with MS Teams

## **Sustainability & Community Building**

- A23. Let's Talk Climate Change: The Science Behind It and What Valencia is Doing to Reduce Our Own Carbon Footprint
- A24. Backyard Habitats: Creating Sustainable Outdoor Spaces
- A25. Using LinkedIn to Create Community for NSE

## **Wellness**

- A26. Low carb in a healthy lifestyle
- A27. Food for Life
- A28. Sitting Stretches for Stress Relief!
- A29. Yoga
- A30. Nutrition and You
- A32. Covid 19 - Impact on Florida