



Feather River College

Flex Day Agenda March 22, 2022

Guided Pathways: Program Promotion and Presentation – 8:30 – 9:15

Location: 201

Description: Join the Guided Pathways Workgroup for an update on efforts related to program promotion and clarity as students explore and plan their educational goals. This includes planning related to the upcoming Day in the Mountains events, reviewing recent webpage updates to see effective practices, and finalizing and updating two-year education plans.

SLO Assessment Discussion Workshop – 9:25 – 10:35

Location: 201

Description: Join your representatives from the SLOAC committee for a discussion and workshop related to SLO assessment. Course-level SLO assessments were largely suspended during the pandemic, the SLOAC committee invites you to this event to discuss SLO assessment strategies and to have workshop time to work on assessments. Please come armed with questions and insights related to assessment practices, the SLOAC committee expects this to be a chance to share ideas and get work done. This session is open to all but is geared primarily toward faculty.

Keynote: Fun, Resilient, and Effective Teaching (and Living!) – 10:45 – 12:00

Location: Gym

Join Roni Habib (EQ Schools) for the day's keynote presentation. We've been through quite a ride in the past two years and there has never been a more important time to invest in our wellbeing and personal growth. Tending to our wellbeing is also the best thing that we can do for our loved ones and our students. Using Positive Psychology and Applied Mindfulness tools we'll explore how to have more energy and more fun, how to self-regulate in the face of adversity, and we will reconnect with our power and resilience. This will be an experiential keynote so get ready to have fun, learn a bunch, be active, and reconnect to your purpose and passion.

Lunch to follow!

Post-Keynote Workshop: Relationships Above All – 1:00 – 2:00

Location: Gym

A continuation of the keynote presentation: Connections matter more than anything. Effective educators understand that. And in this interactive session, you will discover ways to increase your social and emotional intelligence as well as that of your students. You will gain tools to bring more joy, connections, and meaning to your work and life, and learn how to enhance your ability to effectively take your teaching to the next level. You will experience actionable practices that can create a culture in your classroom that values the wellbeing of students above all while deepening their learning and academic abilities. Topics such as Social Attunement, Self-Regulation, Self-Management, Empathy, Stress-Reduction, Effective Communication, and the role of Play and Joy will be covered. These concepts are research based, grounded in the science of the fields of Positive Psychology, Emotional Intelligence, and Mindfulness.

Coffee Break! – 2:10 – 2:40

Location: Eagle's Perch

Stop by the Eagle's Perch to connect with colleagues over cookies and coffee for an afternoon pick-me-up!

Good Fire Bad Fire – 2:50 – 3:50

Location: on the green behind the LRC

Gather behind the LRC and we'll split up into two groups. One group will walk through FRC's prescribed burns and learn about fire behavior. The other group will stay and learn fire extinguisher operations and put out live fires. After 30 minutes the two groups will switch places.