

ID	Name2	Position	Other Co-Presenters?	Session Title Often, people will decide to attend or not based on the title alone. Your title should be creative and engaging.	Session Description This description will be used in program planning and publicity. It should pique interest, indicate session format (lecture, hands-on activity, interactive, etc.), and show how...	Session Outcomes Include two to four session learning outcomes for your presentation. These outcomes will specify the skills or knowledge attendees will take away with them. Learning outcomes sho...	Check the professional learning focus that best matches your activity.	How long do you need for this activity? Please note that sessions longer than 1.5 hours will likely be scheduled in the later afternoon.	Which days are you available to give your presentation during Flex Week? Please note that Convocation Day date and location during Flex Week is still being determined.	Delivery mode We will have a combination of in-person, online, and dual-delivery (in-person and online) Flex activities. Which format would work best for your presentation?
1	Lisa Tostenson	Faculty	Bo Buckley	Learn the basics of first aid, bystander CPR, and Narcan administration.	This will be an in-person interactive session with hands on practice performing basic first aid skills, from application of slings and bandages, bystander CPR, Narcan administration, and more. You will receive an emergency CPR facemask and Narcan. *please note that you will not receive a certificate for CPR at this session.	Learn to identify and respond to emergency health situations on campus, home, and in the community.	•Fostering self-care, wellness, belonging, and community care;	1 hour	Thursday, 8/15;Wednesday, 8/14;	In-person, at the Student Health Center Kentfield campus, limited to 12 participants.
2	M Clara Gray	Faculty	no	Mindful Breathing and Basic Yoga for Stress Relief	This session will introduce you to the practice of mindfulness using the breath to gain awareness and acknowledge of the day to day tension that the body holds putting ourselves to the edge of mental an physical stress. You will also learn basic chair and standing yoga postures to help and promote stress relieve.	*Define and improve mindfulness and proprioception *Learn basic yoga postures, seated and standing, to help release muscle tension and tightness *Create a simple breath and yoga routine that can be used at home or at the office for self-care	•Fostering self-care, wellness, belonging, and community care;	1 hour	Wednesday, 8/14;Thursday, 8/15;Tuesday, 8/13;	In person only
3	Melanie Palomino	Classified Professional		Get inspired by Award winning documentary film about Rising Scholars	Rising Scholars is one of COMs newest additions. Watch Almost Home — Life After Incarceration,” an award winning documentary depicting the challenges faced by those recently released from confinement as they return to life outside prison walls.	Understand some of the challenges facing formerly incarcerated folks. Learn how to support this student population	•Creating innovative, equitable learning environments that address the diverse needs of learners.;•Anti-racism / culturally responsive pedagogy;•Building community;	1.5 hours	Pre-Flex Week, 8/5-8/9;Monday, 8/12;Tuesday, 8/13;Wednesday, 8/14;Thursday, 8/15;Friday, 8/16;	not sure

4	Carol Lefkowitz	Faculty	Learning to See	<p>This workshop is a hands-on activity encouraging participants to trust the relationship between looking and drawing. This process reveals the universal relationship between visual skills and the application to other subjects. No prior experience with drawing or charcoal is necessary. (Some mess will be created. Don't wear clothes that shouldn't get dirty)</p>	<p>Participants experience a process oriented lesson helping to remind them to trust what they are seeing as a mode of learning something new. This session confirms essential modes of building trust between students and teachers</p>	<ul style="list-style-type: none"> <li>•Creating innovative, equitable learning environments that address the diverse needs of learners.;</li> </ul>	2 hours	Monday, 8/12;Tuesday, 8/13;Thursday, 8/15;	In person
5	Patty France	Faculty	Bay Area Writing Project	<p>Training session for the English Department</p>	<p>Implement three equity-minded teaching practices. Apply anti-racist practices in the classroom and the office.</p>	<ul style="list-style-type: none"> <li>•Anti-racism / culturally responsive pedagogy;</li> <li>•Creating innovative, equitable learning environments that address the diverse needs of learners.;</li> </ul>	3 hours	Friday, 8/16;	In Person
6	Patty France	Faculty	Faculty Diversity Internship Program: Mentoring the next generation of teachers ( I am not sure about this title)	<p>This session will explore the FDIP program and the process of becoming a mentor. In addition, it will highlight what means to be a mentor and building community. ( Not sure about this. You can use my previous description)</p>	<p>Promote FDIP and provide information about the process/purpose Recruit new mentors Connect with other faculty</p>	<ul style="list-style-type: none"> <li>•Building community;</li> <li>•Creating innovative, equitable learning environments that address the diverse needs of learners.;</li> </ul>	1 hour	Pre-Flex Week, 8/5-8/9;Monday, 8/12;	In person
7	Duane BigEagle	Faculty	Coastal Miwok Tribal Council members Conversation with our Miwok Neighbors: Lessons, Stories, and Insights on Sustainable Life	<p>Most COM employees couldn't name a Miwok person and probably think the Miwok have vanished. Let's bring four members of the Coast Miwok Tribal Council to campus for a conversation with our COM community. The Tribal Council has recently acquired land in Nicasio. I'd like them to talk about what this means to them. The Miwok have over 10,000 years of experience of living in Marin County. They should be considered experts on how to live here. I'd like to ask them for lessons, stories, insights on sustainable life here. I see this as a beginning of an engagement with the local Native American community.</p>	TBD	<ul style="list-style-type: none"> <li>•Anti-racism / culturally responsive pedagogy;</li> <li>•Creating innovative, equitable learning environments that address the diverse needs of learners.;</li> <li>•Building community;</li> <li>•Fostering self-care, wellness, belonging, and community care;</li> </ul>	TBD	Monday, 8/12;Tuesday, 8/13;Wednesday, 8/14;Thursday, 8/15;Friday, 8/16;	In Person