

## Feedback from Classified Professional Learning Day: Oct 11, 2023

Feedback: Classified PL Day, October 11 - Saved

1. This Classified Professional Learning Day met my professional development needs/goals (0 point)

[More Details](#)

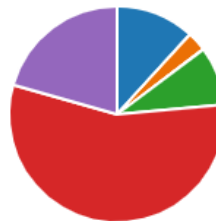
Strongly disagree	2
Disagree	2
Neutral	4
Agree	20
Strongly agree	6



2. This Classified Professional Learning Day gave me information, strategies, or tools to use in my job. (0 point)

[More Details](#)

Strongly Disagree	4
Disagree	1
Neutral	3
Agree	19
Strongly agree	7



3. Do you have any additional feedback about this Classified Professional Learning Day? We will use this information to inform planning for the next Classified Professional Learning Day. (0 point)

### Question 3 Responses:

- ★ A bit more variety in the afternoon sessions (they were the same as the spring CPL day).
- ★ And sessions like "Not Racist is Not Enough," are amazing, but do need more time. I think a longer allotment of time would really provide more participation options, and allow for more discussion, without feeling rushed. "
- ★ Best Classified Professional Learning Day so far. I was impressed that the well prepared seminars were led by staff members.
- ★ For breakfast - please add fruit! People who are gluten free couldn't eat anything. For Lunch - please add green salads next time. Again, people who are gluten free couldn't eat anything that was served. A variety of food would be appreciated!
- ★ Thank you so much for all your efforts to provide a great professional development experience for us. I enjoyed the day!

★ For the food, I would encourage some education regarding the difference between gluten-free and vegan or vegetarian. Susie had so many delicious options that were both gluten and dairy free. I always knew I'd be able to eat her food. While pastries can be vegetarian and vegan, they are almost always made of wheat. This is inedible for a person with gluten allergies. I suggest always offering fruit as well because the gf person can eat that. If you're not offering a gf alternative, please warn people so they can bring their own food. I have no problem with doing that if I know in advance. If the main lunch dish is a sandwich, please provide gf bread, because again if you are allergic to wheat, you cannot eat sandwiches even if they are vegan or vegetarian. I did really enjoy the quinoa salad. Very nice! Of course, I was really hungry by lunchtime since I could not eat any of the breakfast. Thank you for considering this and hopefully this makes sense. If you'd like to discuss it more, just let me know. I'm happy to discuss it."

★ I attended the anti-racist & career advancement workshops. Both were very good in different ways. One of the attendees in the anti-racist workshop spoke about the experience of coming from a 4th generation Marin City black family & trauma that come with that. Very enlightening to hear firsthand about the historic struggles of Black folks in Marin. I appreciated the career advancement workshop. The generosity in which the information was shared & the offer of future support. I came away with the impression that the facilitators really wanted to help us advance in our careers whether it was at COM or beyond.

★ I have a few suggestions. I think it would be great to offer more extended restorative yoga class in the preview information you could give people direction about what kind of clothing to wear. It would be great if props were brought from the kinesiology department, so that it could be a truly restorative comfortable class. I also think it would be great to offer that movie that was just shown about formally incarcerated people coming back to the community college in Pomona. Often there's interesting programming at COM but classified staff has to work so we don't get to take the opportunity to watch it or participate. Lastly I think Stacy's class is very interesting but it would be better if people could submit questions prior to the class and that we could actually work on our computers and work on real time problems so that would be a training Learning, rather than just an overview.

★ I liked the fun activities incorporated into the lunchtime break. It would have been nice if the session locations were not so far from Jonas although I know that is not always possible. I suggest encouraging staff to wear comfortable shoes to walk around IVC. Also provide IVC maps to help people find their way around, for those who are not familiar with the campus. Overall it was a great day to learn and connect with fellow classified staff! Thank you!

★ I wish we had more outdoor activities mixed in. More interactive sessions. I loved the yoga for work, but wish we had an hour of it. Otherwise, great!

- ★ I would love to see some workshops on: delivering excellent customer service, de-escalating tense situations, and how to help students in crisis (com care, basic needs and psych services).
  - ★ It was nice to have optional lunch activities. The morning sessions were more relevant than the afternoon
  - ★ It would be nice to have one of the sessions be on current struggles that students are experiencing and how we can best assist them.
  - ★ More coffee!
  - ★ More protein options for breakfast.
  - ★ Not to have during midterm week. The next day was really hard for students who were cancelled due to our learning day. New topics. We had these before!
  - ★ Please focus on better logistics to go along with the content. The event should not require going to the IVC campus as it is very inconvenient for most staff. Also the excessive walking to classrooms across campus is difficult and excludes those with mobility issues. The food was disappointing as it did not include gluten free options and was very limited.
  - ★ Suggested a longer yoga session next time.
  - ★ The opening session, with the bingo was great and I would have been happy to have even more time. I was focused on filling the squares but with more time I would have been able to have more conversations.
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- ★ I know it is difficult finding a time that is good for all Classified Professionals, but this one seemed particularly problematic, falling during midterms. I heard from instructors about SAS being closed on Wednesday and having little advance notice so they were scrambling to provide alternative testing options for students on Wednesday and the fallout spread to Thursday. Lab techs in Science and Math were supporting students and instructors and couldn't participate.
  - ★ It would have been great to hear a sample (or dummy) AED during the disaster response training to have a better idea of what that sounds like.
  - ★ It felt like there were a number of workshops that have been offered before so not very enticing."
  - ★ The practical, applied software skills improvement provided by Stacey Lince was very helpful.
  - ★ The yoga and movement by Michele Vaughan was amazing and much needed. It would be nice next time for it to be at least an hour and in the morning. An option to wear athletic attire as well. The what is your why session was great and we should have more of those :)
  - ★ The yoga lunch activity was really nice. It would be nice to see more offerings related to wellness, such as yoga, breathing/meditation, and ways to incorporate exercise into our daily work

schedules. The bingo mixer was also a great way to get to know some of the staff that I don't normally interact with.

★ Well done! Well thought out event!

### **Feedback for What Is Your Why? Workshop, facilitated by Sally Wong and Monica Applegate**

★ I liked about unexpected or expected part. I learned compassion! And that's okay!

★ I appreciated everyone's honesty today. This was not necessarily an "easy" session. People did deep, self-reflection and felt comfortable enough to share. It made us all look a little deeper, which was great.

★ I appreciated the thoughtfulness + topic of this session. I'm grateful for the opportunity + space to reflect on my why statement + the next steps I can take.

Thank you, Sally + Monica! You are both amazing + appreciated 😊

★ Thank you! Well done! This exercise helped me realized that I've always wanted to help others + still do. -Kim

★ Thank you for a though provoking session. I like how it can be applied both at work or with your hobbies or passion. Well done!

★ Thank you both so much! This was super helpful, and came at a perfect time – I was feeling dissatisfied with current work situation, and this helped to refocus negative energy into positive.

★ I appreciated this session. It was an eye opener and a way for me to dig deep on my ultimate passions and purpose. Thank you. – Mariah Ashby

★ Check out the book: The Search: Finding Meaningful Work in a Post-Career World by Bruce Feiler. I read it – highly recommend.

★ I appreciate you giving us the steps and tools to find our why and start the process of creating our why statement.

★ Thank you for putting on the session ♥

It is a big topic. I wish it can be more focus on one or trim down so people can complete and feel accomplish something. "Why" will be my homework. Thank you.

### **POST-IT NOTES**

#### **What Inspired you today?**

★ I really enjoyed the Bingo Cards. What a fun way to meet coworkers! I met a lot of great people I hadn't talked to before.

★ The enthusiasm and support among colleagues.

★ Seeing several staff present was inspiring

★ Coffee, food and my fellow employees

- ★ Getting together with colleagues to discuss ways to address white supremacy
- ★ The "Not Racist" was a fantastic session. Learned things about how to recognize and react to racism overt and covert in day-to-day life.
- ★ Open-minded conversations
- ★ To go after your WHY

#### **What next steps can you take?**

- ★ I will update my resume and cover letter using the STAR method!
- ★ Speak with my supervisor about safety in our building
- ★ Schedule lunch to connect/re-connect with colleagues
- ★ Be more engaged!
- ★ I plan on enrolling in a class at COM after making an appt. with a counselor!

#### **What did you learn?**

- ★ How to stay open to new ways to explore creativity
- ★ Learned about the emergency cabinets on campus
- ★ How your Why could make an impact on the world.
- ★ Compassion
- ★ It's okay to brag on your resume

#### **What would you like to see next time?**

- ★ Workshop on student support like COM Care, deescalating student situations, psych services, etc.
- ★ Yoga or meditation before the workshops (grounding session)
- ★ Team-building session, maybe as an ice-breaker
- ★ Hot water for tea
- ★ Would love a mentorship/Leadership program for Classified Staff
- ★ Next time maybe an activity to get to know what people do in their roles
- ★ it would be helpful to have this event when there are no classes since some departments are not able to close
- ★ Session to teach staff about conflict-resolution
- ★ I would like to see more art activity