

AAWCC Oregon 2006 Annual Conference
CONCURRENT WORKSHOPS

Thursday November 16 10:15 -11:45am

Grief Recovery: Moving Beyond the Pain

Garden B

Debby Rainey – Linn Benton Community College

There are no non-grievers in our world, we have all suffered losses of an emotional nature in the past. This presentation defines grief, gives examples of wrong information, and why nothing is wrong with grievors, and how action is required to move from the pain of loss to health.

Your Professional Development Plan

Garden C

Becky Washington, Portland Community College

Are you ready for your next employee evaluation? Do you struggle to come up with accomplishments and goals at the last minute? Have you considered what you would like to do next in your career? Gain tools and practical suggestions for making your professional goals happen.

Mediation: How and Why it Works

Mt Hood C

Tsipora Dimant – Portland Community College

This workshop will focus on how the use of mediation can help you resolve conflicts in the workplace and at home. The process recognizes and empowers people to have discussions that are balanced, direct and fair to all who are involved. Learn to understand why people behave the way they do in conflicts, and how to move them from being stuck in their positions to a collaborative process of negotiating resolutions that transform relationships.

Rules, Rules, Why All the Rules?

Cascade A

Wanda Clifton-Faber & Gayle Lawn-Day – Blue Mountain Community College

How we can positively impact our communities and the citizenry we serve by being well-informed about our roles and responsibilities as members of a public organization established by law and accountable to the people of the state of Oregon. Knowing our role and using the rules we can ensure fair and equitable treatment of our student body and one another.

Introduction to Storyboard: A Compression Planning Process

Cascade B

Denise Swafford – Rogue Community College

Learn the basics about this style of facilitation taught by McNellis & Associates on managing group processes to generate the best thinking and energy on specific issues. The system is designed to speed up collaborative work through use of mini-storyboards. It can be used for personal as well as professional planning, idea development, communicating, organizing and problem solving.

Your Perfect Past

Cascade C

Catherine Van Wetter – Courage Consultants

Focusing on past experiences and sources of personal strength can help you learn about what strategies for building resilience might work for you. By exploring answers to questions about yourself and reactions to challenging life events, you might discover how you can respond effectively to difficult situations in your life.

Walking for Your Health

Main Lobby

Margaret Bradford – Rogue Community College

Join Margaret Bradford from Rogue Community College for a walking session around the bike paths and sidewalks near the Sheraton Hotel. **Meeting Time:** Meet in the main hotel lobby between 10:20 and 10:30. This will allow more time to change clothes (if needed) after the morning keynote. The walk will begin promptly at 10:30 a.m. **Length & Time:** 45 minutes – approx. 2 miles. Terrain is flat. **Clothing Recommendations:** Wear comfortable walking shoes, light to medium weight socks, and bring a light jacket if it's cold outside.

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Thursday November 16 2:45 - 4:15pm

Moving Toward Fitness, One Microgoal at a Time

Cascade C

Patricia Collins

If you have been thinking about exercising more than really exercising, this is the class for you. We examine what is getting in the way of your exercise and find ways to take small steps toward fitness. This is not an exercise class, but a class to teach you to integrate fitness in your life.

Bridging the Intercultural Community Gap on Campus

Cascade B

Joyce B. Coleman, M.S.W. – Treasure Valley Community College

Every community college professional engages in intercultural instruction. Participants will examine fundamental intercultural topics, including perception, cultural patterns of thinking and behaviors, and styles of communication

Women Doing Research On Women in Community Colleges

Mt Hood C

Julie Suchanek – Oregon Community College Association

Panelists: Kate Barry - Lane Community College, Claire Oliveros – Portland Community College, and Kristen Jones – Linn-Benton Community College. This session will be an opportunity to informally dialogue with a panel of women researchers who are studying an array of issues facing community colleges. Find out what drew these women to these issues, the impact they hope to have, and what they hope to discover about the issue and themselves as women in the community college sector.

Creativity in Your Bones

Garden C

Karin Magnuson – Linn-Benton Community College

Do you tell yourself "I don't have a creative bone in my body"? Well, after this workshop you can stop that kind of self-talk once and for all. We are all creative beings. Find your inspiration. Experience the transforming power of creativity in action.

Ancient Energy Medicine for the 21st Century

Garden B

JoAnn Albrecht – Portland Community College

Participants will learn how to gather energy for health of body/mind/spirit. Excellent for relieving chronic problems allopathic (Western) medicine has no effective cure for. Will include research articles, handout of how to do the form and resources for continued study and practice.

Stop the Hate: Fighting Bias and Hate Crimes on Campus
Diane Mulligan and Linda Reisser – Portland Community College

Cascade A

In this workshop, information from a national training program, called "Stop the Hate: Fighting Bias and Hate Crimes on Campus" will be shared. Participants will gain understanding of what constitutes hate crimes and bias incidents, identify potential college and community resources, and clarify strategies for working with perpetrators of hate crimes, bias incidents, or violations of the Code of Conduct.

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Thursday November 17 10:15 -11:45am

Women - Natural Healers

Garden C

Kathryn Sawhill, N.D. – Dandelion Naturopathic PC

Most natural treatment methods and remedies have been around for centuries. As the paradigm of conventional medicine shifts to accommodate all manners of healing, women in particular are requesting natural treatment approaches as their first choice. From the recent past we also learn what doesn't work and what may be detrimental to not only our health but also our planet.

Intercultural Teaching

Cascade A

Priscilla Loanzon, EdD – Portland Community College

The ultimate aim of education is the formation of the minds and hearts of the learner. The teacher is a key to bringing about this formation. We come to a learning environment and in any situation with our multiple and simultaneous cultural selves that we are constantly negotiating within ourselves. How do our “competing, complementary, and contradicting multiple and simultaneous identities” stir up and shape the contours of teaching, learning, and the curriculum?

Where Does My Job End and I Begin?

Cascade B

Helen Garrett - Lane Community College

Many of us struggle with the never-ending challenge of feeling guilty when we spend too much time at work and then feeling guilty at home when we aren't doing more at work. Let's talk about setting boundaries and finding a way to achieve a better balance between where you earn your living and where you live your life.

Creative Visualizations

Garden B

Sara Neill, Ma, Portland Community College

Experience a guided visualization to renew your energy and creatively address your work challenges. Discover wisdom from your past to prevent job burnout now, and learn how to use create visualization techniques to continue setting and achieving goals in your future.

Redefining Retirement

Garden C

Lisa Anderson, Career Coach

Get ready to rock the boat rather than the rocking chair. Baby boomers are invited to join this stimulating discussion to explore life after retirement -- a new career, a business, community service, travel, personal development? Be inspired and motivated to think differently about this next phase of life. Explore what is meaningful, clarify intentions and priorities, set goals and take action.

Campus Sustainability: Preparing a New Generation for a Greener Oregon

Mt Hood C

Noelle Studer – Portland Community College

Oregon has long been a pioneer of planning for a livable future. Community colleges have an opportunity to inspire a new generation of students for a greener workplace, boosting innovation in energy, water and materials to create a brighter future for us all.

Legislative Update

Cascade C

Cam Preus-Braly – Department of Community Colleges & Workforce Development

Join Cam and Andrea Henderson, Executive Director, Oregon Community College Association; and other guest legislators and community college leaders as they share insights about their careers and personal paths. Followed by a question-and-answer session.

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