

Opening Day Theme Song:

Imagine S-M-C -- WE DO!!

We think about us day and night, it's only right
To think about the students who we love to serve
So happy together!

If we create degrees, invest our time,
And help the students to succeed/ molding their minds,
Imagine how the world could be, globe'ee aligned...
So happy together!

We pledge to do lots of good stuff for our Earth
To this we strive!
If we're sustain'ble, baby the skies'll be blue
For all our lives

SMC for you and me --
No matter where they transfer to, it has to be,
The only place for me and you is SMC,
So happy together

I can't see me teaching nobody but you
For all my life
When we see the students succeed then we know
We're doing right!

SMC for you and me
No matter if they raise the fees, it has to be,
The only school for me and you is SMC,
So happy together

Ba-ba-ba-ba ba-ba-ba-ba ba-ba-ba ba-ba-ba-ba
Ba-ba-ba-ba ba-ba-ba-ba ba-ba-ba ba-ba-ba-ba

SMC for you and me
No matter how they toss the dice, it has to be,
The only school for me and you is SMC,
So happy together

So happy together
We love the weather!
So happy together
Still first in Transfers!!!
So happy together
Will the budget get better???

So happy together (ba-ba-ba-ba-ba-ba-ba-ba-ba-ba)

Fall 2011 Opening Day

Health, Wellness and the Pursuit of Happiness



Santa Monica College
Thursday, August 25, 2011
Main Campus

Schedule

- 8am Coffee/Networking in the Pavilion (Main Campus)
8:30–10am Opening Ceremony in the Pavilion
10:15–11am Defining, Explaining and Celebrating Happiness
11:15–noon Workshops options #1
noon–1pm Lunch
Health & Wellness Resource fair in the Quad
1:15–2pm Workshops options #2
2:15–3pm Workshops options #3

10:15–11am | GROUP BREAKOUT SESSIONS:

SCI 140 - Defining Happiness...

What does the word happiness mean?

How have various writers approached the concept of happiness? Join us as SMC faculty in Modern Languages and Cultures, English and Anthropology share insights from their fields. *Presenting: Miguel Aparicio, Lawrence Driscoll, Maria Erikson, Brandon Lewis*

SCI 145 - Explaining Happiness... What leads to happiness?

As individuals, and as members of wider communities, how can we promote happiness among ourselves and our neighbors? Join us as SMC faculty in Earth Science, Psychology and Social Science share insights from their fields. *Presenting: Dianne Berman, Pete Morris, Alex Schwartz*

Main Stage - Celebrating Happiness... Expressions of Happiness through Art, Dance, Music, and Theatre

Join SMC faculty in Art, Dance, Music and Theatre as they share insights on celebrating happiness from their fields. *Presenting: Judith Douglas, Janie Jones, Adrienne Harrop, Terrin Adair-Lynch, James Martin, Walter Meyer*

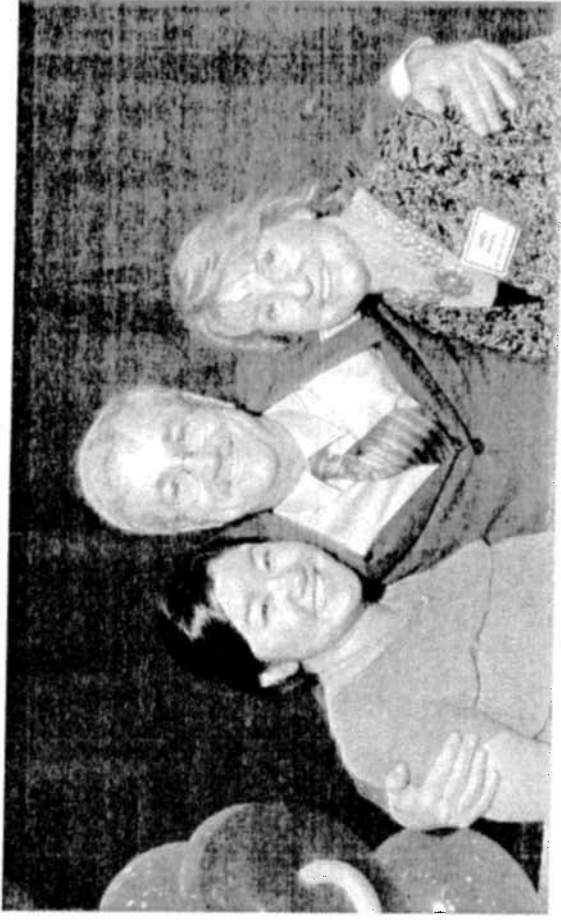
11:15am–Noon | WORKSHOPS Options #1

HSS 103 - SMC Sabbaticals

Come listen to recent recipients talk about the process and benefits that taking a sabbatical had on their professional lives and their teaching. *Presenting: Eihan Gallogly, Wendy Parise, Kathy Sucher*

HSS 104 - Veteran Success in Post-Secondary Education: Being Part of the Solution

This session will cover military culture, the transition from military to civilian life, the effects of military deployment through the lens of the ecological perspective and how staff and faculty can be a part of veterans' academic success at Santa Monica College. *Presenting: John Scott, Linda Sinclair*



HSS 105 - Innovative New Applications: Roadmap for MIS
Witness the unveiling of two SMC developed applications that catapult the college into a new technological frontier. *Presenting: Lee Johnston*

HSS 106 - Find a Way to a Better YOU! Ergonomics Workshop

Join us to find out why arranging your workspace to “fit” your body and daily activities is important and can help alleviate stress, prevent repetitive motion injury and improve your efficiency. *Presenting: David Raymond*

HSS 152 - Mental Health and Today's College Student

There has been a significant increase in the number of college students with severe mental health issues in the past decade. To increase your understanding of the impact of mental illness on our students, please join SMC Psychological Services and representatives from Daniel's Place, a service agency for young adults, and the National Alliance on Mental Illness (NAMI), a national grassroots mental health advocacy organization, for an informative and lively discussion. *Presenting: Alison Brown, Sandra Rowe and representatives from Daniel's Place and NAMI*

HSS 155 - CalSTRS Pension2 Workshop

Come learn about Santa Monica's 457 Plan. The supplemental savings plan, Pension2, offers several investment choices: 403(b), Roth 403(b), and a 457 plan to faculty and classified employees. Whether you are full time or adjunct faculty, classified staff or management, it's important to put money aside to compliment your retirement. Achieve the retirement lifestyle that you want. Come learn about these programs and why CalSTRS Pension2 was chosen by Santa Monica to be your 457 plan. Come listen and invest in your retirement today. *Presenting: Patrick Bevins*

HSS 156 - How to Teach But Not Preach: Effectively Teaching the Values of Ecological, Democratic and Global Citizenship

We all want to give our students the tools to navigate and positively impact the world by developing solutions to the global challenges all of us face. At this session we will discuss how to teach the values of ecological, democratic and global citizenship without sounding whiny, depressing or preachy. *Presenting: Guido Del Piccolo, Eric Oifer, Christine Schultz*

HSS 203 - Long Term Care Insurance Workshop

Join us to learn about a new Voluntary Long Term Care Insurance Program (VLTICIP), which will be offered campus wide this fall. This new program will be available to all full-time and part-time employees who work a minimum of 20 hours per week. Group discount rates will apply for all benefits-eligible employees. *Presenting: Teresa Campama*

HSS 204 - The Importance of Sleep

Do you get enough sleep each night? What is the right amount of sleep for you? Do you know what role quality sleep plays in day-to-day and future wellness? Join us to discover reasons to invest in restful, adequate sleep; a major component of your wellness. *Presenting: Cynthia L Gonzalez*

HSS 205 - CalSTRS Workshop for Part Time Educators

This workshop gives an overview of the two programs offered to part-time educators: the Cash Balance Program and The Defined Benefit Program. Topics include membership benefits and the unique situation of part-time educators. *Presenting: Jennifer Helfend*

HSS 206 - Classroom Focused Sexual Harassment Prevention Workshop

Join us for this workshop regarding sexual harassment prevention in the workplace and on campus. Come learn how to spot potential trouble situations in and out of the classroom and how you can avoid involvement in an incident. *Presenting: Ribhalin Kharpuri*

HSS 207 - There's an App for that!

This workshop will show users how to better understand and manage their health by using mobile applications (apps) and also explore how information technology is being used to promote consumer safety. *Presenting: Vini Angel*

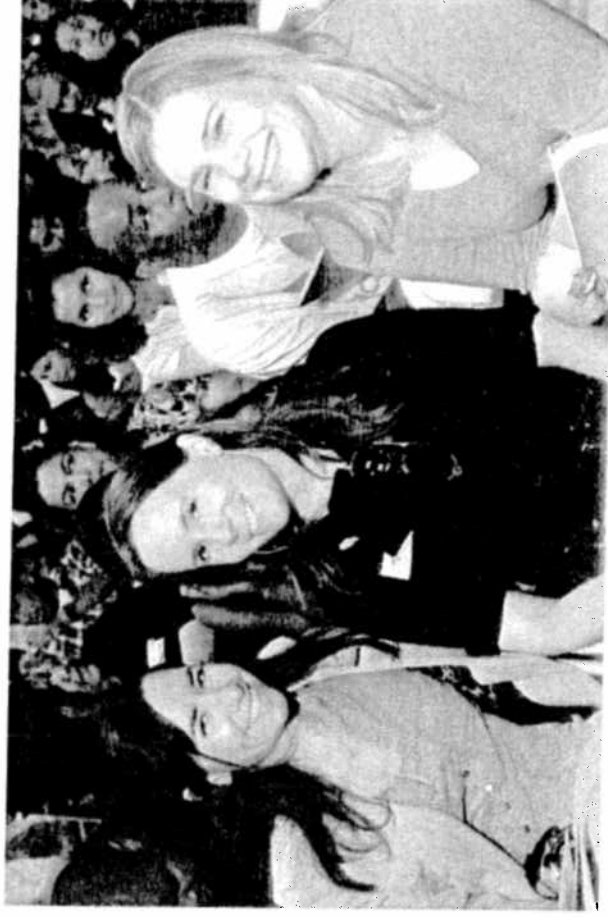
HSS 256 - Siddhartha: Global Citizenship Fiction Common Book for 2011/2012

In support of the Global Citizenship annual theme, the English Department has chosen Hermann Hesse's *Siddhartha* as one of two common reads for the year.

Learn about this classic story of one man's quest for true happiness, and share ideas about integrating it into our classes in this roundtable discussion. *Presenting: Daniel Cano, Kevin Menton, Hari Vishwanatha*

HSS 263 - Crossing the Boundaries: Navigating the Dilemmas that Arise in our Relationships with Students

This interactive workshop will provide information about the legal and ethical issues that arise as we interact with our students in the classroom, in our offices, through written communication, and elsewhere. In a supportive and collegial environment, we will share scenarios and brainstorm the pros and cons of various choices that face us when our students request and/or need help or contact that goes beyond what was intended on the syllabus. College policies and resources will also be covered. *Presenting: Tina Feiger, Teri Bernstein*



1:15pm - 2pm | WORKSHOPS Options #2

HSS 103 - Planting the Seed: SMC Organic Learning Garden Inaugural Workshop

Come tour the new SMC Organic Learning Garden. We will discuss plans for our first year of planting and integrating the Garden into the curriculum. We will also review general principles of organic gardening. Applications for allotments will be available at this workshop and at the Organic Learning Garden table during the lunch hour. *Presenting: Dana Morgan*

HSS 104 – In Their Boots

This session will give staff and faculty the opportunity to hear firsthand the experience of combat veterans currently attending Santa Monica College. Staff and faculty will be able to ask questions about the veterans' experiences and hear directly from them what has been helpful in their pursuit of post secondary education. *Presenting: John Scott and Student Veteran Panel*

HSS 105 – Relaxation Techniques

This workshop introduces you to the benefits of learning to relax and discusses and demonstrates several easy to learn and use relaxation techniques. *Presenting: Martha Reza*

HSS 106 – Find a Way to a Better YOU! Ergonomics Workshop

Join us to find out why arranging your workspace to “fit” your body and daily activities is important and can help alleviate stress, prevent repetitive motion injury and improve your efficiency. *Presenting: David Raymond*

HSS 152 – At-Risk: Dealing with Students Exhibiting Disturbing Behaviors. (Part 1 of 2)

Ever had a student in your class or office that was behaving in a concerning way or exhibiting disturbing behavior and didn't know what to do? This session is for you! Members of the SMC Crisis Prevention Team will present a 2-part simulated training using the web-based program, “At-Risk.” The training will feature simulated practice scenarios where workshop participants will review information about several students in their virtual class (e.g. their behavior, class work, and appearance) and engage in simulated conversations with virtual, fully animated students who exhibit signs of depression, anxiety, and thoughts of suicide. Workshop participants will discuss resources available to these students and how to make referrals. *Presenting: Brenda Benson, Alison Brown, Sandra Rowe*

HSS 155 – Emergency Preparedness Workshop – Emergency Tips To Help Protect Yourself at Home and In Your Classroom

Join us to learn the important information you need to know in the case of an emergency or cataclysmic natural disaster on-campus or while at home. Learn about Building Emergency Procedure Information, evacuation plans, and basic first aid information that can help keep you and your students safe. *Presenting: Sgt. Jere Romano and the American Red Cross*

HSS 156 – The Democracy Commitment: Teaching Global Citizenship at SMC

What is democracy? What is global citizenship? Earlier this year SMC became one of the first signatories of the Democracy Commitment,

which seeks to engage community-college students in civic learning and democratic practice. Learn about this new national initiative, and discuss the meanings of democracy and citizenship in our global age. *Presenting: Pete Morris, Eric Oifer*

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Join us to learn about a new Voluntary Long Term Care Insurance Program (VLTICIP), which will be offered campus wide this fall. This new program will be available to all full-time and part-time employees who work a minimum of 20 hours per week. Group discount rates will apply for all benefits-eligible employees. *Presenting: Teresa Campama*

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HSS 205 – Demystifying CalSTRS: A CalSTRS Workshop for New/Mid-Career Full Time Faculty

For new educators and members of the Defined Benefit Program. This workshop introduces members to CalSTRS membership with a focus on the three benefits available. This workshop is also a prime learning opportunity for those who have never attended a CalSTRS workshop. *Presenting: Jennifer Helfend*

HSS 256 – The Geography of Bliss: Global Citizenship Non-Fiction Common Book for 2011/2012

In support of the Global Citizenship annual theme, the English Department has chosen Eric Weiner's *The Geography of Bliss* as one of two common reads for the year. A veteran foreign correspondent for NPR, and self-described “grump”, Weiner humorously reflects on the diverse pathways to happiness (and malcontentedness) that he has observed around the world. Join us to discuss this recent book and share ideas about integrating it into our classes.

HSS 263 – Be the Buddha in the Classroom

Some days, some semesters, and perhaps even some years will be more challenging than others. But no matter the situation, it's always about getting your head in the right place first—the joy is found by looking within. Come share your most irksome classroom conundrum or mishap—whether funny, frustrating, or downright infuriating—and play a part in creating a more peaceful approach that often has more to do with your own perspective and state of mind, than the situation. Hear insights from the presenter's new book, *Buddha in the Classroom: Zen Wisdom to Inspire Teachers*. *Presenting: Donna Quesada*

Media Center/Faculty Lab - XEROX Online Printing Demo
Come join us for a demo of the new Xerox Online Print Submission System. Xerox and SMC Reprographics personnel will show you how easy, reliable and feature rich the new DSF v2 will be. Gifts and prizes on-hand for attendees!

Theater Arts - A CTE Case Study: The New Filmmaking Program at SMC

Join us for a screening of original short films and class exercises (reinterpretations of scenes from well-known feature films) produced at SMC last fall as part of SMC's new filmmaking program. The screening will be followed by Q&A with the filmmakers. *Presenting: Salvador Carrasco, Josh Kanin*



2:15pm - 3pm | WORKSHOPS Options #3

HSS 105 - Communication Styles

This workshop teaches you to identify different communication styles and how to respond to communication based on your communication style. *Presenting: Martha Reza*

HSS 106 - Find a Way to a Better YOU! Ergonomics Workshop

Join us to find out why arranging your workspace to "fit" your body and daily activities is important and can help alleviate stress, prevent repetitive motion injury and improve your efficiency. *Presenting: David Raymond*

HSS 152 - At-Risk: Dealing with Students Exhibiting Disturbing Behaviors. (Part 2 of this 1- 1/2 hour training)

Members of the SMC Crisis Prevention Team present part 2 of a simulated training using the web-based program, "At-Risk." The training will feature simulated practice scenarios where workshop participants will review information about several students in their virtual class (e.g. their behavior, class work, and appearance) and engage in simulated conversations with virtual, fully animated students who exhibit signs of depression, anxiety, and thoughts of suicide. Workshop participants will discuss resources available to these students and how to make referrals. *Presenting: Brenda Benson, Alison Brown, Sandra Rowe*

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HSS 205 - CalSTRS Retirement Check-Up: CalSTRS Workshop for Faculty 3 to 5 years from retirement

If you're getting close to retirement, CalSTRS Retirement Check-Up is for you. This workshop includes details on how your member retirement benefit is calculated, the retirement process and the required steps needed to take towards CalSTRS retirement. *Presenting: Jennifer Helfend*

HSS 206 - Understanding your Benefits

SMC provides a number of leave options and benefits for a variety of unexpected circumstances. Come learn about each from the experts. *Presenting: Vanna Ratharansy*

HSS 207 - Tales of Civility: What Would You Do?

Join us for three short discussion-starting skits about what YOU would do. Student and Faculty Honor Council Members will be putting on three skits, "Squatter's Rights," "I Know It's Late But...", and "I Pay Your Salary". Following each skit, workshop members will open the discussion to the workshop participants and explore strategies and ideas of what to do. *Presenting: Greg Brookins*

HSS 256 - Integrating Global Citizenship Into the Curriculum

Come see how global citizenship themes are being incorporated to enhance student success in 2 classes (Counseling 20 and ESL 11B) and learn how students can be engaged to think about global citizenship by participating in the Research Symposium and Tournament.

Presenting: Jose Cue, Nancy Grass Hemmert, John Hoover, Melody Nightingale

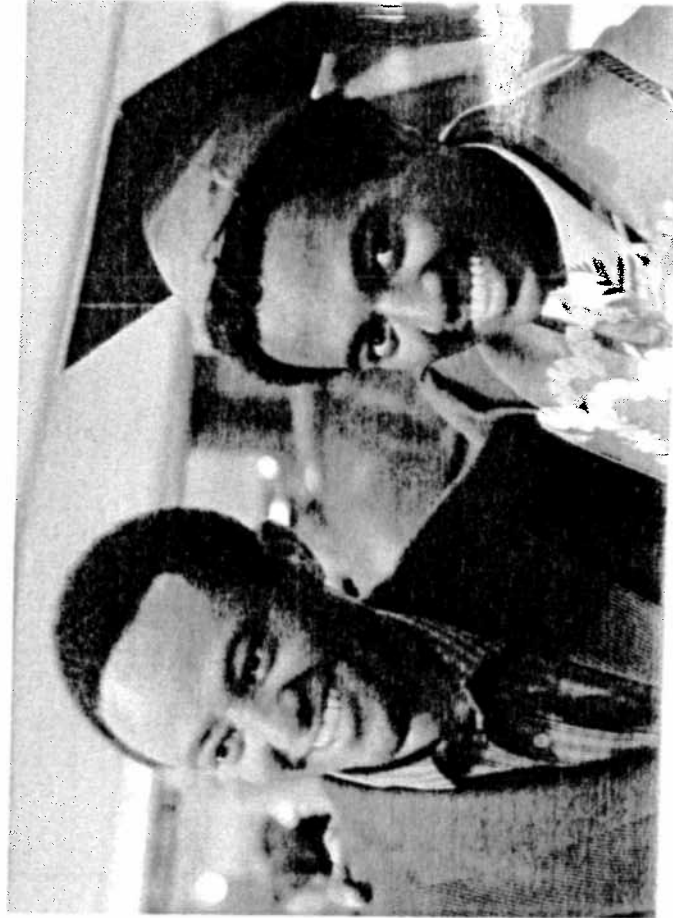
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Discovered: The Happiest Man in America

By CATHERINE RAMPPELL, NYTimes.com, March 5, 2011

For the last three years, Gallup has called 1,000 randomly selected American adults each day and asked them about their emotional status, work satisfaction, eating habits, illnesses, stress levels and other indicators of their quality of life.

It's part of an effort to measure the components of "the good life." The responses are plugged into a formula, called the Gallup-Healthways Well-Being Index, and then sorted by geographic area and other demographic criteria. The accompanying maps show where well-being is highest and lowest around the country.

The New York Times asked Gallup to come up with a statistical composite for the happiest person in America, based on the characteristics that most closely correlated with happiness in 2010. Men, for example, tend to be happier than women, older people are happier than middle-aged people, and so on.

Gallup's answer: he's a tall, Asian-American, observant Jew who is at least 65 and married, has children, lives in Hawaii, runs his own business and has a household income of more than \$120,000 a year. A few phone calls later and ...

Meet Alvin Wong. He is a 5-foot-10, 69-year-old, Chinese-American, Kosher-observing Jew, who's married with children and lives in Honolulu. He runs his own health care management business and earns more than \$120,000 a year.

Reached by phone at his home on Friday (and referred to The Times by a local synagogue), Mr. Wong said that he was indeed a very happy person. He said that perhaps he manages to be the happiest man in America because "my life philosophy is, if you can't laugh at yourself, life is going to be pretty terrible for you."

He continued: "This is a practical joke, right?"

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