



AFT Sponsored Professional Development Activities Spring 2018

[AFT: Managing Stress: Passion, Longevity and Mental Health in the Community College Environment](#). An out-of-balance life can contribute to high levels of stress. Participants will have an opportunity to complete the Optum™ Lifescale® Survey and identify resources that can be used to meet their needs and effectively manage multiple responsibilities. This workshop is co-sponsored by VEBA.

- * **Tues 1/23**, 2:30-4:00 Miramar College, Room L309, *Presented by:* Loran Thompson, *Activity #95527*
- * **Wed 1/24**, 12:00-1:30, City College, Room MS 140, *Presented by:* Billie Allen, *Activity #95603*
- * **Wed 1/24**, 2:30-4:00, Mesa College, Room G-101, *Presented by:* Billie Allen, *Activity #95648*
- * **Thurs 1/25**, 1:30-3:00, Cuyamaca College, Room F-702, *Presented by:* Billie Allen
- * **Fri 1/26**, 9:00-10:30, Grossmont College, Room 55-526, *Presented by:* Patti Aretz
- * **Mon 1/29**, 1:30-3:00 Educational Cultural Complex, Room 181, *Presented by:* Billie Allen, *Activity # 20278*

[AFT: Community Building in the Age of Technology Addiction](#): Is technology addiction negatively affecting your health, personal and collegial relationships and your classroom? In this interactive workshop we will have a conversation about this trending issue and develop a personal plan on how to address it. Bring your colleagues! Presented by Elva Salinas and Jose A. Rodriguez.

- * **Tues 1/23**, 1:00-2:30, Miramar College, Room L302, *Activity #95526*
- * **Wed 1/24**, 10:30-12:00, City College, Room MS 140, *Activity #95602*
- * **Wed 1/24**, 1:00-2:30, Mesa College, Room G-101, *Activity #95647*
- * **Thurs 1/25**, 3:00-4:30, Cuyamaca College, Room F-702
- * **Fri 1/26**, 10:30-12:00, Grossmont College, Room 55-526
- * **Mon 1/29**, 3:00-4:30 Educational Cultural Complex, Room 182, *Activity # 20779*

[College Convocations-Connect With Your College AFT Site Reps](#) at YOUR convocation. You are invited to share ideas, ask questions and get the latest information regarding your union negotiated salary, benefits, and terms of employment. *Look for the AFT table!*

[More!](#) AFT Representatives will be presenting and/or available during the following activities in addition to the Convocations:

- * **Mon 1/22**, 3:00-5:00, Welcome to Grossmont College: A Practical Guide for New(ish) Adjunct Faculty, 51-574
- * **Mon, 1/22**, 5:00-8:00, New Faculty Orientation, Cuyamaca College, Room I-209,
- * **Tues, 1/23**, 9:00-11:00, Welcome to Grossmont College: A Practical Guide for New(ish) Adjunct Faculty, 51-574
- * **Tues, 23 & Wed 24**, 10:00-2:00, New Faculty Institute, Mesa College, The Loft
- * **Tues, 1/23**, 5:30-7:30, All Adjunct Welcome, Miramar, Room L-105
- * **Wed, 1/24**, 5:30-8:30, All Adjunct Welcome, City College, Room MS 140
- * **Thurs, 1/25**, 12:00-1:30, General Union Meeting w/lunch, Cuyamaca College, Student Center, 2nd Floor
- * **Thurs, 1/25** 3:00-4:00, AFT: Part Time Faculty Meeting, Cuyamaca College, Room F 702
- * **Mon, 1/29**, 12:00-1:30, AFT Guild, Local 1931 General Membership Union Meeting w/lunch, ECC Foyer Activity # 20277

For more information or support, contact your union!

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