

CLASSIFIED

SENATE

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GROSSMONT COLLEGE

Let's Get Involved!

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I've heard recently on campus that our sense of community has wavered and faltered. Our college no longer shines with the outpouring of enthusiasm and excitement that it's had in the past. We're tired and often feel that we're isolated from our comrades while we simultaneously feel chained down by the work on our desks. We're stuck in a metaphorical rut and we're not sure how to get out of it.

An answer to our predicament is that we need to slowly change the way we think and rewire ourselves to look at how we can serve ourselves and our college community at the same time. In order to help ourselves, we need to take charge and rebuild our community from the inside out. It's time to get involved with our campus and create a place where we feel more empowered and close-knit. If we aren't the ones to speak up and build our community, our voices, our concerns, and our ideas will remain unheard.

Involvement in our Grossmont community can take on many forms. At this point, just realizing that we need to be accountable and systematic in our approach to reconnecting our community is huge. By being involved, we're deciding that it's our turn to come to the table and to take ownership of having our joys and sorrows understood. Inserting ourselves into the campus community by being vulnerable, open to change, and allowing ourselves to be immersed in our campus activities can change everything.

So how can we become more involved? How can we achieve our goal of becoming a closer-knit group? Well, there are many ways. We can take a few moments to breathe and step away from our desks to visit coworkers we haven't seen recently. We can join committees that have piqued our interest, but we've been too timid to commit to. We can participate in professional development offerings that are offered throughout the year both on- and off-campus. We can participate in events such as Campus Connect so that we can get to know our colleagues and what they do better. We can also become involved with the Professional Development Office's "We're All In" campaign.



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Let's Get Involved!...

“We’re All In” pertains to us as classified professionals. Students may interact with faculty members for more hours during week, but without classified professionals, this college doesn’t run. As a result, our ultimate responsibility is to build a supportive and interconnected community for our students so that they can be successful in their academic pursuits. We have to show them that we care by connecting them to resources on campus, showing our Grossmont pride, and being positive role models in our day to day interactions.

So let’s do it. Let’s wear our Grossmont green and get out there because who can make Grossmont College a better place--for ourselves and our students--than us?



“Life is change, growth is optional, choose wisely”



Kurt Brauer
Custodial Supervisor



Facilities setups for Convocation are always special. But this convocation was going to be different. After a lot of thought we decided to implement some new and exciting ideas to strengthen the campus community. From my perspective that meant finding another location and comfortable seating because we were going to meet as a community of support staff and educational staff. The President, for the first time in convocation history, closed buildings so everyone would have the opportunity to attend.

On the day of the event operations set up 450 chairs in the main gym to accommodate everyone. Breakfast was well attended. Staff shared the summer's travels and memorable events while drinking coffee and eating breakfast. The feeling was upbeat and excited. Grossmont was about to turn a corner. There was change in the air. Our college community was ready to engage.

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Positive points and thoughts

- Glad we had an interactive keynote speaker. This allowed staff to talk and meet in person for the first time.
- During the break out sessions we were given the opportunity to have special one on one interaction.
- A large number of staff participated in the group discussion during the keynote speaker.
- Coffee and water were made available during the guest speaker. This was well received.
- It was great to see support staff and educational staff working and interacting together.
- We were given the opportunity to grow together as a community college.
- We serve a diverse group of students that range from high school, to middle-high-school-college, to continuing education and adult reentry programs.
- We have learned if support staff are given options to attend, they will.

"The biggest room in the world, is the room for improvement."

- We have areas we need to improve. The opportunity for us to have a follow-up meeting with key role players was very productive and showed we have a good solid group of individuals that are "all in" and willing to step up to make us all successful.
- We are working on professional development that will allow classified and faculty to attend together and individually.
- Working on ways to increase seating for more people to attend.
- Making sure all classified staff are invited and steps to communicate to buildings other than building 10.
- Work towards providing all staff with a better knowledge of departments and resources on campus.
- Supply maps, and provide tours of the campus.
- Survey the campus community for ideas.
- Be open to all ideas



We're All In... Are you?

4

simple + proactive *campus community* practices* to increase student engagement and retention

* *these already common practices (things we know many of you do everyday) – the campaign hopes – will become even **more common** or enacted even **more deliberately**, AND will seed conversations to facilitate the sharing of **more practices** all over our campus.*

▶ SHOWING STUDENTS THAT YOU CARE

- ✓ introducing yourself to students, and asking and using their names
- ✓ sharing your smile
- ✓ listening carefully and responding thoughtfully to student needs, concerns, experiences, and questions
- ✓ showing your genuine interest and support through simple interactions with students: "How are you?" "How are your classes going?" "Glad that you are here." "Keep progressing toward your goals."

▶ CONNECTING STUDENTS TO CAMPUS SUPPORT SERVICES, RESOURCES, AND ENGAGEMENT OPPORTUNITIES

- ✓ increasing your own familiarity with the campus student support services, resources, and engagement opportunities through participation in professional development opportunities (S3, campus connect, and what's hap?) to do so
- ✓ having on hand and sharing with students when needed:
 - the *Specialized Services for Students* flier so that students are aware of campus support services. Available at <http://www.grossmont.edu/faculty-staff/default.aspx>
 - a campus map

▶ SHOWING YOUR GROSSMONT COLLEGE PRIDE

- ✓ sharing with students how your work contributes to student success
- ✓ wearing Grossmont College apparel, swag, or colors on Wednesdays

▶ LEADING BY EXAMPLE TO CREATE A POSITIVE COLLEGE CLIMATE

- ✓ treating all with kindness, dignity, and respect
- ✓ creating and maintaining positive working relationships with colleagues
- ✓ participating in the campus community

Click here to take the pledge

fall 2017 campaign ○ phase two
the offices of pd + student success and equity



Fall Professional Development Opportunities...



9.29.2017

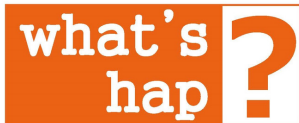
Counseling Services + Referral processes

12pm - 1:15pm; Rm 36-355

10.13.2017

The Office of Admissions

12pm - 1:15pm; Rm 36-355



10.05.2017

3pm - 4pm

Specific session topics forthcoming

10.24.2017

Presentations include: Hyde Art Gallery; fall reading series events; Career Services workshops, East County Education Alliance, East Region Adult Education Consortium, peer mentoring program, college outreach efforts, open educational resources, month of service events, Latino heritage month, Gizmo's kitchen, & more

10.06.2017

9:30am - 11am

10.27.2017

Specific session topics forthcoming

11.03.2017



The Grossmont College Wellness Initiative Committee has been hard at work developing the following programs to help you 'chart your course' this semester!



SEPTEMBER

9/7/17 8:30 am - Walk with the President

9/15/17 11-3pm - VEBA enrollment & Health Assessments

9/27/17 12:30-1:30pm - 20/20/20 Yoga/ stretch/ meditation

October

10/2/17 - 10/27/17 - Walking Challenge

10/5/17 8:30am - Walk with the President

10/18/17 12-1:30pm - World Food Day Cooking Demo

November

11/1/17 12:30-1:30pm - Nutrition Workshop

11/14/17 1-2pm Brown Bag Lunch & Learn - Diabetes

****Read the Weekly Digest**
for locations and more wellness
information!**

**WELLNESS
FALL 2017**

Walk With The President

Come join the President for his monthly walk around campus.

October 5th @ 8:30 am

This is a wonderful opportunity to hang out with each other and continue to build the relationships that make us a strong campus community!





California Schools VEBA Wellness Services

VEBA has developed a unique wellness program to motivate and encourage members to live a healthier life. What California Schools VEBA can do to help support you with your wellness efforts!

Health Coaching

- Did you know that all benefited employees and their adult family members with a qualifying risk can access on-going health coaching?
- Phone based
- Email follow ups
- Home visits for high risk
- At the worksite At our office (face-to-face)
- All employees (regardless of benefits) coaching
- We offer on-site (worksite) group coaching (must have 6 or more attendees at each meeting for the full duration of the class).
- 1-2 time sessions (usually linked with a challenge)
- Phone/email support

On-site Health Screenings (open to all employees, must have 6 or more attendees)

- Body Mass Index Body Fat Skeletal Muscle Percentage
- Visceral Fat Body Age
- Resting Metabolism Lung Capacity
- Girth Measurements Fitness Testing
- And More!

Online Tools (open to all employees)

- Readiness Quizzes
- Disease Risk Quizzes
- Behavior Risk Quizzes
- Health Calculators Tracking tools (coming soon)

Staff Development Workshops (open to all employees, must have 6 or more attendees at each meeting for the full duration of the class)

- Healthy Cooking Classes
- Exercise Classes
- Nutrition Classes Disease Prevention and/or Intervention
- Stress Management And so much more!

Rewards and Incentives

- Do you need \$100/year? You can earn up to \$100/year doing wellness activities. Request an incentive and rewards sheet today! (only for VEBA members and their families.)

Health & Wellness Challenges

- VEBA wide challenges Individual district challenges
- Competition challenges between departments, schools, districts

Work-site weight loss programs

- Weekly weigh-ins
- Weekly meetings with peer support and nutrition/physical activity education
- Strategies and resources for healthy eating, exercise, and behavior modification towards healthy lifestyle behavior. Can be theme based: weight management, mind-body connection, stress management, and more!

**Want more information? Contact a health coach today at 619-466-4386
or email
healthcoach@vebaonline.com.**

Brought To You By...

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Your ideas and suggestions are needed! If you have a story idea or you would like to ask a question regarding Classified Senate or things that colleagues might be helped by as well, let me know by emailing me at: Elaine.Adlam@gcccd.edu.

For more information about what Senate is working on go to:

* our website: <http://www.gcccd.edu/classified-senate/default.html>

