



# TIME TO LEARN

## Falling into Winter...

ATTEND OUR DECEMBER WORKSHOPS SPONSORED BY  
CI'S PROFESSIONAL DEVELOPMENT AND PERSONAL ENRICHMENT (PDPE) PROGRAM

Visit the Professional Development website at [www.csuci.edu/hr/training.htm](http://www.csuci.edu/hr/training.htm) to RSVP

\*Remember to alert your Supervisor that you are attending

Monday, Dec. 5th  
4-4:55pm in LINDERO HALL 1776

### Monthly Mindfulness Monday Series

*presented by Dr. Kirsten Olson, Director of Counseling and Disability Services*

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, and non-judgmentally. Mindfulness of thoughts, feelings, and physical sensations, combined with cognitive interventions such as making changes to ineffective patterns of thinking, are useful tools for managing distress. Participants will learn mindfulness practices designed to calm the mind and relax the body. Whether you are a true beginner to meditation or are willing to have a beginner's mind, all faculty and staff are welcome! Feel free to drop in for one session or join us for all of the monthly sessions. **No RSVP necessary**

Mindfulness Mondays are co-sponsored with the Wellness and Athletics area.

Tuesday, Dec. 6th  
9-11am in SAGE HALL 2030

### Understanding Free Speech on a College Campus

*presented by Chelsea Benté, Student Conduct Administrator & Claire Langeveldt, Student Conduct Specialist*

Is hate speech protected? What are fighting words? What's the difference between libel and slander? Are student's comments protected or unprotected speech in a classroom? In an office environment?

The right to free speech is a fundamental value of our democracy and an important pillar on our college campuses. Across the country we are seeing waves of protests, demonstrations, and discourse on our college campuses initiated by students that address important issues surrounding race, class, gender, sexual orientation, the 2016 election, guns on campus and more. Join the Student Conduct and Community Responsibility staff for a workshop to learn how educators, administrators and staff can navigate these complexities when responding to free speech on college campuses.

- Attendees will examine protected and unprotected speech on college campuses
- Attendees will analyze current issues involving free speech issues
- Attendees will learn to interpret and apply forum analysis to issues of free speech

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# Weekly Wellness...

JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES

Visit the Professional Development website at [www.csuci.edu/hr/training.htm](http://www.csuci.edu/hr/training.htm)  
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Fridays in El Dorado Hall  
7:15 - 8:20am

## Yoga Fridays

Improve cardiovascular fitness, balancing the nervous system and improving brain function with Himalayan yogic techniques. Bring a yoga mat and water bottle. Taught by Dr. Christina Pabers in sponsorship with CI Wellness and Athletics. **No RSVP necessary**

On Hiatus...

**Staff Zumba is on hiatus until January**



Channel Islands  
CALIFORNIA STATE UNIVERSITY

**Questions, Comments, or Suggestions? Contact:**

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