

# TIME TO LEARN

## "FALL BACK" INTO LEARNING...

ATTEND OUR NOVEMBER 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



Tuesday, Nov. 7th  
10:30am-12pm in Sage 2030

### **Phishing with Fisch: How not to get hooked and reeled!**

*Presented by Neal Fisch, Director, Enterprise Services and Security*

CI's resident expert in Cyber Security leads a group discussion through the latest cyber security issues affecting the CI community including email phishing, social engineering and what you can do to help safeguard against cyber-attacks. Some additional items to be discussed are: security related to Dropbox and the continued fallout from the Equifax breach.

Tuesday, Nov. 14th  
9-10:30am in Sage 2030

### **Show Me the Money! An Overview of Research and Sponsored Projects**

*Presented by Scott Perez, Director, Research and Sponsored Programs*

Join us to learn about the tools and services the Office of Research and Sponsored Programs has to help identify potential funding opportunities, develop your proposals and administer awards. This workshop/discussion will familiarize attendees with the office and allow them to ask questions about the grants/contracts process here at CSUCI.

Research and Sponsored Programs (RSP) provides support for faculty and staff to submit grant proposals and administer externally funded projects. The four primary areas of responsibility in RSP are research development, pre-award (grants and contracts) administration, post-award non-financial administration, and regulatory compliance.

Thursday, Nov. 30th  
9:30 - 11:30am in Sage 2030

### **"At the Table or On the Menu" – Being an Ally or Accomplice for Change**

*Presented by Britney Summerville, Coordinator of Residential Education*

When there is a call to action is being an ally enough? At the Table or On the Menu aims to examine the differences between ally-ship and accomplice-ship. We will discuss a new social justice concept that will change the way we advocate for our students and those around us. Lila Watson once said, "If you have come here to help me, you are wasting your time. But if you are here because your liberation is bound up with mine, then let us work together. Let's work together to make positive change."

CONTINUED ON NEXT PAGE ►

Finance 101 Workshops  
Nov. 13-15 • Various Locations/Times

## Professional Development Partners Finance 101 Workshop Series

Come and learn the ins and outs of Financial Services topics, including:

- Understanding Accounting Strings
- Position Management
- Requisitions and Purchase Orders

More information coming soon.

Wednesday, Nov. 29th  
4-4:55pm in Lindero 2810

## Wellness Wednesdays

*Presented by Holly Sacks, Mindfulness Facilitator*

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.**

## 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)

\*Remember to alert your Supervisor that you are attending

Fridays in November  
7:15 - 8:30am

## 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. [Check the weekly schedule for locations as they are subject to change.](#) **No RSVP necessary.**

Tue/Thu in Rec Center Gym  
5:15 - 6:15pm

## Staff Zumba

Dance along with great tunes and wonderful colleagues. Taught by licensed instructor, Louise Siefert in sponsorship with CI Wellness and Athletics. **No RSVP necessary.**



Channel Islands  
CALIFORNIA STATE UNIVERSITY

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

Brian Lindgren • Organizational Effectiveness Specialist/Trainer  
CSU Channel Islands • Lindero Hall, Room 1766 • 1 University Dr., Camarillo, CA 93012  
805-437-8442 • [www.csuci.edu/hr/training](http://www.csuci.edu/hr/training) • [brian.lindgren@csuci.edu](mailto:brian.lindgren@csuci.edu)