

LOVE TO LEARN

Don't you love learning something new?

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

Visit the Professional Development website at www.csuci.edu/hr/training/pdpe/in-person.htm to RSVP
*Remember to alert your Supervisor that you are attending

Applied Project Management

presented by Peter Mosinskis, Director of IT Strategy

This workshop will explore tools and techniques to improve communication about projects and project-related work. Participants will:

- Explore project communication tools & techniques
- Understand the purpose of a project charter
- Create an example project charter
- Explore tools & techniques for paperless project meeting agendas, notes and schedules

Prerequisites: myCI account and laptop computer

Cultural Appropriation vs. Appreciation: How 'Borrowing' Leads to Exploitation

presented by Jean Estevez, Manager of Institutional Equity and Motoko Kitazumi, Coordinator of Intercultural Services

Whether it's dressing up in a costume for Halloween, holding "themed" celebrations, wearing fashion "trends" or taking part in local customs, in some instances, a line is crossed and a person's attempt to partake or immerse themselves in the culture of another can become exploitative. Selecting certain aspects of another's culture while ignoring the original significance or honoring its context is commonly referred to as "cultural appropriation." Come learn about the fine line between cultural appropriation and appreciation, and some ways you can support respectful cultural exchange on campus through a greater realization that we all have different lived experiences. (Part of the "Welcoming Diversity Series" through the partnership with the Title IX & Inclusion office.)

Surviving an Active Shooter Event

presented by acting Lieutenant Chris Jetton, CSUCI Police Department

General training for members of the CI Community focused on surviving an active shooter event. Members of the community should be prepared to respond effectively in the event of an active shooter.

Thursday, Feb. 15
9-10:30am in SAGE 2030

Wednesday, Feb. 21
10-11:30am in SAGE 2030

Wednesday, Feb. 28
9-10:30am in OJAI 1986

Weekly Wellness...

JOIN THE FUN WITH WEEKLY STAFF WELLNESS ACTIVITIES

Visit the Professional Development website at www.csuci.edu/hr/training/pdpe/in-person.htm

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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.**

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.**

Wellness Wednesday

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.**

Questions, Comments, or Suggestions? Contact:

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Tuesdays & Thursdays
5:15 - 6:15pm in Rec Center Gym

On Hiatus for February

Wednesday Feb. 21
4-4:55pm in LINDERO 1874



Channel Islands
CALIFORNIA STATE UNIVERSITY