



**Sacramento City College  
Staff Resource Center  
2008-2009 Flex Workshop Proposals**

**C A L L F O R F L E X  
P R O P O S A L S**

The Staff Resource Center requests your proposals or suggestions for programs. Our plan for this year is to request presenters to be scheduled throughout the year. This format will assist in presenting a more cohesive program as well as allow attendees to more easily plan how they fulfill their flex obligations or meet their training needs. We will also specify workshops of particular interest to Classified employees. Please fill out a separate form for each workshop planned.

After gathering the completed Flex Proposal Forms, we will schedule events throughout the year.

Your Name:

Department and/or Unit:

Campus Phone Number:

Please select time period in which your workshop will occur. If you can repeat your workshop for multiple time frames, please indicate below.

Spring Semester, 2008

Fall Semester, 2008

Summer, 2008

Spring Flex, 2009 (January)

Fall Flex, 2008 (August)

Spring Semester, 2009

Presenter & Co-Presenter(s):

Suggested Audience:      Faculty                      Managers                      Classified                      All

Proposed Workshop Title:

Workshop Description:

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## Workshop Preferences

### Program Length

1 hour      1 ½ hours      2 hours      3 hours      6 hours      Other

### Time of Day

Morning      Afternoon      Evening

### Number of Participants

No Max      20      30      Other

### Pre-registration Required?

Yes      No

### Facility Requirements

Classroom      Computer Lab      Preferred Location

### Equipment Needs

Computer      Overhead Projector      VCR  
Projector      Audio System  
Software  
Other

### Recording Consent

Would you consent to having your workshop/presentation recorded in order to provide the campus with a podcast version accessible via the internet?

Yes      No

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The Staff Resource Center is also intensifying our practice of linking presentations to Sacramento City College and Los Rios Community College District goals. These goals are reflected by our theme for the year which is:

*Innovation: Exploring Beyond Our Comfort Zone*

### Please select the College Goal(s) related to this workshop:

The First Year Experience	Enrollment Management
Basic Skills	Distance Education and Outreach
Meeting Emerging Community Needs	Accreditation
Cultural Democracy / Proficiency	Staff Processes
Learner Centered Programs and Services	

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Please Note: In order for workshops to qualify for flex credit, the activity must fit into one or more of the following categories.

**Category Related To This Workshop** (Please check all that apply)

Improvement of Teaching

Maintenance of current academic and technical knowledge and skills

In-service training for vocational education and employment preparation programs

Re-training to meet changing institutional needs

Intersegmental exchange programs

Other activities determined to be related to educational and professional development pursuant to criteria established by the Board of Governors of the California Community Colleges, including, but not necessarily limited to, programs designed to develop self-esteem.

Development of innovations in instructional and administrative techniques and program effectiveness

Computer and technological proficiency programs

Courses and training implementing affirmative action and upward mobility programs

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We need suggestions for programs. Although all ideas are welcome, we are especially interested in speakers or workshops that highlight and explore the areas listed above. In addition, if individual departments or divisions would like to develop discipline-specific workshops, to include all colleges in the LRCCD area, please let us know.

We request that all proposals be returned to the Staff Resource Center not later than  
**Friday, April 11, 2008**

For questions, please contact **Gerri Scott** (x 2165), **Lisa Gunderson** (x 2165),  
**Sharon Terry** (x 2176), or **Elaine Ader** (x 2062).