



# News and Notes

from the  
**Office of the President**

Announcements ♦ Updates ♦ Meetings ♦ Events

February 09, 2009

Volume 19

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## Meetings of the Week

<b>Monday</b>	2/09/09	10:00 a.m.	Health and Safety Meeting	D-121A	
			1:00 p.m.	Review of Services Meeting	D-121A
			2:30 p.m.	Academic Senate	D-121A
<b>Tuesday</b>	2/10/09	2:00 p.m.	President's Council	D-102	
<b>Wednesday</b>	2/11/09	2:00 p.m.	Institutional Technology Council	R-108	
		2:00 p.m.	Curriculum City Tech Review	B-104	
		3:30 p.m.	Master Planning and Resource Oversight Council	D-102	
<b>Thursday</b>	2/12/09	4:00 p.m.	Board of Trustees Meeting	District	
<b>Friday</b>	2/13/09	<b>HOLIDAY</b>			

## Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, February 12	4:00 p.m.	District
Thursday, March 12	4:00 p.m.	District
Thursday, March 26	3:30 p.m. 5:00 p.m.	Open Session Miramar
Thursday, April 16	4:00 p.m.	District
Tuesday, April 28	3:30 p.m. 5:00 p.m.	Open Session ECC
Thursday, May 14	4:00 p.m.	District
Thursday, June 11	4:00 p.m.	District

## Submissions

Please submit ALL Bulletin articles directly to Barbara Butler and Erin Flanagan in the President's Office by 12:00 p.m. on Thursdays one week prior to publication. Thank you.

**Evening and Weekend Administrator:**  
Cellular Phone  
(619) 559-3468

## Campus Construction Project Updates and Notices

On City's homepage, simply click on the AT WORK FOR CITY COLLEGE graphic on lower left column.

For all construction project updates and notices, please go to:  
<http://www.sdcity.edu/buildingupdates/default.asp>.



## Accreditation Update - [www.sdcc.edu/accreditation](http://www.sdcc.edu/accreditation)

The San Diego City College Accreditation Steering Committee is working hard this semester revising drafts and continuing to collect information for each of the Standards. If you would like to contribute to any of the following areas, or have any questions about our progress, please contact the individuals below through campus e-mail.

- Standard I:
  - ✓ Institutional Mission and Effectiveness – Salley Deaton, Jaime Estrada, Lori Erreca
- Standard II
  - ✓ Instructional Programs – Berta Harris
  - ✓ Student Support Services – Julianna Barnes, Marilyn Harvey
  - ✓ Library and Learning Support Services – Sandra Pesce
- Standard III
  - ✓ Human Resources – Gloria Lyon
  - ✓ Physical Resources – Kathy McGinnis
  - ✓ Technology Resources – Rose LaMuraglia, Sandra Pesce
  - ✓ Financial Resources – Jerry Davis (start date: March 1, 2009)
- Standard IV
  - ✓ Decision-Making Roles and Process/ Campus Governance – John Markley
  - ✓ Board and Administrative Organization – Randy Barnes

### **We want to know what you think!**

We will be asking all faculty and staff to fill out an Employee Satisfaction Survey which will be sent to you via e-mail this month. Your participation in getting this feedback to us is essential for our self-study process, so please look for the e-mail, fill out the survey and send it right back! Hard copies will be available for you to fill out if you prefer to do it that way and we'll get the information to you on where to find them and submit them.

In addition we are collecting information about many of our student services and business services through Point of Service surveys. Please respond to any of them that relate to services that you use. Student Satisfaction Surveys will be administered to a number of class sections in late February and early March as well. Faculty who will be involved in this part of the process have already been contacted.

Any questions about the Accreditation process in general? E-mail me, Roberta Alexander, at [ralexand@sdccd.edu](mailto:ralexand@sdccd.edu) or call at (619) 388-3089.

Thank you for your participation in this important process,  
Roberta Alexander, Faculty Co-chair, Peter White, Administrative Co-chair

## Student Learning Outcomes

Program level Student Learning Outcomes are coming to the City College Catalog. Help students understand your program better! Identify valued learning in your program through faculty dialog. Assess and share outcomes for program improvement.

Ask your department chair for more information about your progress. The deadline for getting your Student Learning Outcomes to Dotti Cordell [dcordell@sdccd.edu](mailto:dcordell@sdccd.edu) X3903 or Berta Harris X3578 is March 2nd.

SLO Salons can be arranged for any department or discipline at any time to assist you in meeting the deadline. Call or visit the Institutional Assessment Committee (where SLO facilitation is developed) website for forms and more information.  
(Berta Harris)

Values - Assessment - Results - Improvement



SD City College Institutional Assessment  
Grassroots from cycle to cycle  
[www.sdcc.edu/iac](http://www.sdcc.edu/iac)

## Faculty - Staff Resources at City College

For current updates: [www.sdcity.edu/faculty-staff.asp](http://www.sdcity.edu/faculty-staff.asp)

- ◆ District Resources ◆ Directories ◆ Web Site Updating and Development
- ◆ Communication/Publications Guidelines ◆ Forms/Procedures/Applications
- ◆ President's Bulletin ◆ Meetings Calendar ◆ Faculty/Staff Fitness Center Calendar
- ◆ Sites of Interest We Host

## Campus Events

Many new events are added throughout the semester. To add your event, simply click on the SUBMIT YOUR EVENT graphic at [www.sdcity.edu/events.asp](http://www.sdcity.edu/events.asp).



Saville Theatre: [www.sdcity.edu/saville\\_theatre](http://www.sdcity.edu/saville_theatre)

World Cultures: <http://www.sdcity.edu/worldcultures/pdf/WC-EVENTS.pdf>

Monday, February 9 -Major Malou, "A Conversation About Darfu", 9:30 a.m., D-121 A/B

Wednesday, February 11 - Captain Charles Moore, "Plastics in the Ocean", 11:10 a.m., D-121 A/B

Athletic events: <http://www.sdcity.edu/athletics>

## City's Greatest Talent Show

San Diego City College is having "The City's Greatest Talent Show"!

The Talent Show will be on Saturday, February 28, 2009 in City's Saville Theatre at 7:00 p.m. The tickets will be sold at the box office, \$10.00 for students and \$12.00 for general public. Prizes will be awarded for 1st Place, 2nd Place, and 3rd Place.

If you would like to be a participant in the talent show and for more information, please contact **Tandy Ward in A-110 (Counseling dept.)** or call (619) 388-3679.

**All proceeds will go for our Counseling Department's Scholarships.**

The Talent Show will be hosted by Tandy Ward, counselor at City and a member of the Counseling Scholarship Committee. (Ward)



## Committee Reports

Committee Reports can be found in your Outlook mail under Public Folders.

Academic Senate [www.sdcity.edu/academicsenate](http://www.sdcity.edu/academicsenate)  
Chairs' CabineT  
Curriculum  
Curriculum Tech Review  
Environmental Stewardship Committee [www.sdcity.edu/esc](http://www.sdcity.edu/esc)  
Flex Committee [www.sdcity.edu/faculty-staff.asp](http://www.sdcity.edu/faculty-staff.asp)  
Foundation Board Meeting

Institutional Assessment Committee [www.sdcity.edu/iac](http://www.sdcity.edu/iac)  
Instructional Services Council  
Institutional Technology Council  
Master Planning & Resources Oversight Council  
Review of Services  
Student Services Council

## Sabbatical Leaves

Applications are due by Friday, February 20th. Please allow your Dean or manager at least 10 working days to review and sign your application before you turn it in to Barbara Butler in the President's Office.

Deans, please submit Sabbatical Leave forms by Monday, March 9th. PD must forward them by Monday, March 16th. (Lopez)

## CIEE Faculty/Administrators Summer International Seminars (IFDS)

CIEE International Seminars are intensive educational experiences that feature site visits, lectures, and discussions with overseas academics and colleagues. These seminars are open to faculty and administrators. Particular attention is being given to those from community colleges. Participants return to campus poised to incorporate an international dimension into administration, course design, research and teaching.

96% of attendees polled indicated that the seminar had a significant impact on his/her professional life. The CCIE web-page [www.ccieworld.org](http://www.ccieworld.org) will have a link for information on all the Faculty Seminars for 2009. You can also visit [www.ciee.org/IFDS.aspx](http://www.ciee.org/IFDS.aspx) for applications. CIEE is offering CCIE members a 5% discount if five or more members from CCIE colleges participate in any of the Seminars. **Application deadline is February 15, 2009.**

For additional information, please contact: Teri Coviello, Manager, International Faculty Development Seminars, CIEE International Work & Study Programs. Tel: +1.207.553.4042, Fax: +1.207.553.5042, Email: [tcoviello@ciee.org](mailto:tcoviello@ciee.org), Web: [www.ciee.org/ifds](http://www.ciee.org/ifds)

### The following Seminars are being offered for 2009:

May 23 - May 30	Social and Political Challenges of the New Russia
May 24 - June 1	India: Religion in Society
May 24-June 2	Social and Political Transformations in Botswana
May 25 - June 5	Exploring the Coexistence and Challenges of Neighboring Cultures: Spain and Morocco
May 28 - June 6	A Fusion of Identities: Examining Peru's Complex Past, Present, and Future
May 31 - June 10	Building a Multiracial, Multicultural Society in South Africa
June 1- June 11	Economic Reform, Regional Integration, and Democratization: Chile and Argentina
June 4 - June 11	Religious Diversity and Conflict in France
June 4 - June 12	Contemporary History and Society in the United Arab Emirates and Oman
June 7 - June 15	Jordan: Middle East Conflict and Cooperation
June 7 - 18	Senegal: Balancing Tradition and Change in Senegal
June 8 - June 19	China: Diversity and Social Change on the Southwest Frontier (add-on tour, 6/19-24 in Tibet).
June 9 - June 18	Building a New Reality in Poland and Ukraine: Challenges, Successes, and Failures
June 10 - June 18	Korea: Understanding Modern Korea
June 10 - June 18	Contemporary Italy: A Country in Crisis?
June 11 - June 23	China's Silk Road
June 14 - June 25	Ghana: Challenges of a Developing Nation
June 16 - June 27	Identity, Community, and Culture in Contemporary Turkey
June 21 - June 28	Contemporary Mexico through Art, Literature and Cinema
June 21 - July 1	Empire, Democracy, and Contemporary Mongolian Culture (add-on tour: Trans-Siberian Railroad to Gobi Desert, July 1 - 5).
July 21 - July 31	Climate Change: The Reefs and Waterways of Australia
June 28 - July 5	After the Celtic Tiger: The Politics and Sociology of Ireland
June 30 - July 7 (Froehlich)	Revolution and Neoliberal Reform in Nicaragua

## Teach in Florence, Italy Spring 2010

The SDICCCA study abroad consortium is recruiting two faculty from its member colleges to teach in Florence, Italy during Spring 2010, under the auspices of Southwestern College. Faculty in the area of the arts, humanities, social sciences, and literature are preferred. Tenured faculty members are eligible to apply. Selection criteria include appropriateness of teaching your proposed IGETC classes abroad, proposed adaptation of courses to delivery in Italy, experience in and/or knowledge of the host country, demonstrated cultural awareness, sensitivity and competence, experience as a group leader including problem solving, a strong desire to work with students during extracurricular activities, and awareness and competence in non-academic roles to be assumed during the program.

Application deadline is **Thursday, March 5 at 4:00 p.m.** For application materials and questions, please contact Marion Froehlich, 619.388.3652, [mfroehli@sdccd.edu](mailto:mfroehli@sdccd.edu). (Froehlich)

## Athletic Information

### **Fitness Tip: Examples of Post-Exercise Snacks**

Once someone is able to eat, the post exercise meal should consist of approximately 60% carbohydrates, 20% protein and 20% fat. The carbohydrate can be a combination of low, moderate and high glycemic index foods. People need to realize the importance of eating adequate energy and there are times when that energy intake should be primarily from carbohydrates. It also allows someone to spread food consumption more evenly throughout the day. Provided below are examples of post-exercise snacks:

1. (1) large muffin with a banana
2. (1) granola bar with a fruit yogurt
3. (3) rice cakes with a large apple
4. Bowl of cereal with low fat milk or yogurt
5. (2) pieces of pizza
6. Whole wheat salad sandwich or roll with a slice of lean meat or cheese and a fruit
7. Bowl of thick vegetable soup with a large wheat roll
8. Bowl of fruit salad with a carton of fruit yogurt

Recovery nutrition combined with proper training, sleep and stress management can lead to optimal exercise performance. When recovery nutrition is accurately implemented, a person will see a big difference in their overall performance and energy throughout the day. (Greer)