

Professional Development Seminar

Blazing Pathways for Change:
Zooming Into a New Decade

MONDAY, OCTOBER 26, 2020
THROUGH
THURSDAY, OCTOBER 29, 2020

westopsocal.org



PROFESSIONAL DEVELOPMENT SEMINAR



SoCal Chapter President



Greetings WESTOP SoCal Members and Guests,

Welcome to our first-ever virtual Professional Development Seminar that is being unofficially sponsored by Zoom.

We are excited to have you join us from your remote work locations as we celebrate our annual Professional Development Seminar (PDS). This year's PDS theme "Blazing Pathways for Change: Zooming into a New Decade" focuses on the current social issues that will shape our work for the

foreseeable future.

Our PDS Committee has put together a great program for you and we hope that the speakers and workshop sessions provide you valuable information and resources to support you, your programs, and the communities you serve. If you are a new member or this is your first PDS, I look forward to "seeing" you at our President's and Alumni Networking Reception and meeting you in the near future. It is the mission of the PDS committee that you leave this year's PDS empowered and ready to implement the ideas and strategies learned here to further serve your students in a virtual setting. I am confident that through your participation in PDS, you will gain leverage for professional growth and program participation.

Please join me in thanking our 2020 PDS Co-Chairs, Elizabeth Duarte and Eddie Paje, Past President, Dalia Hernandez, as well as the rest of the PDS committee for their commitment, dedication and hard work. Enjoy PDS and continue to invest in you!

Thank you for attending PDS and most importantly thank you for your commitment to the success of the students we serve.

TRIO Works!

Angie Alvarez

WESTOP SoCal Chapter President

PROFESSIONAL DEVELOPMENT SEMINAR



Conference Co-Chairs

Greetings WESTOP Members and Guests,

We want to welcome you all to our 1st Virtual Professional Development Seminar, (PDS 2020). Our PDS this year encompasses the following crucial strands:

- Virtual Programming and Distant Learning
- Equity, Diversity, and Inclusion: Serving Each and Every Student
- Wellness Self-Care and Mindfulness

This year's theme "Blazing Pathways for Change: Zooming into a New Decade" was designed with the intent to address challenges in our professional and personal lives due to the pandemic and socio-political environment. Our speakers and workshops were selected to provide information, resources, and tools to move educational professionals forward in developing innovative strategies and best practices to bridge the equity gap.

Many thanks to our entire WESTOP SoCAL PDS Committee for their collaboration, leading us towards another successful event while balancing their personal life and additional professional commitments. Each person has been instrumental to making this experience rewarding.

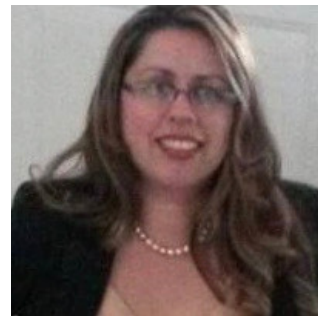
It has been a unique experience to serve as co-chairs for our historical Online PDS and thank you all for your attendance. We look forward to connecting with you on a virtual platform during the event. We welcome and applaud you for your decision to continue to develop professionally, giving you the opportunity to benefit from valuable insights on how to better serve your students.

Enjoy the seminar!



Eddie L. Paje, Co-Chair

Eddie L. Paje



Elizabeth Duarte, Co-Chair

Elizabeth Duarte

PROFESSIONAL DEVELOPMENT SEMINAR



KEYNOTE SPEAKER

DR. NATHAN J. SESSOMS, PH.D



Dr. Nathan J. Sessoms' commitment to the fields of Urban Planning, Race Relations, and Educational Equity, have been evident throughout his stellar twenty-five year career. Within the realm of non-profit programming and service delivery, he designed, managed, and assessed enrichment programs focused on the provision of intensive mentoring, socio-behavioral instruction, college preparation, and professional readiness for middle school, high school, and college students (and parents) of diverse racial and socio-economic backgrounds across the United States.

A community scholar, Dr. Sessoms has conducted research on race relations at Harvard University's Kennedy School of Government, contributed to several National Science Foundation-funded reports, and published in several peer-reviewed journals, including *Urban Geography*, *The Professional Geographer*, and *Kalfou*. He has also served as an Adjunct Professor in the Departments of Sociology at California State University, Fullerton and Loyola Marymount University in Los Angeles, while teaching courses, such as *Race & Ethnic Relations*, *Poverty & Place*, *Urban Sociology*, *Social Inequality*, *The Sociology of Families*, and *The Sociology of Writing*.

Most recently, he served as the Director of the Office of Black Student Services at Loyola Marymount University. There, he provided leadership to the Black Community, served as a liaison to and worked closely with University President, Dr. Timothy Law Snyder, and assisted the campus community in navigating the realities of race and racism. He also worked intimately with the University's Latinx, Asian, Pacific Islander, Jewish, Muslim, and LGBTQIA Communities. In 2017, he was honored by the National Congress of Black Women - Los Angeles Chapter for his noteworthy accomplishments on-campus and in the South Los Angeles Community.

A native of Cleveland, Ohio, Dr. Sessoms is a graduate of Ohio University (Bachelor's degree in Marketing) and the University of Toledo (Master's degree in Geography & Urban Planning). He earned his doctorate in Geography from the University of Southern California, where his dissertation focused on race, class, and the changing dynamics of poverty and affluence concentration throughout the United States between 1990 and 2000. He continues to teach at Loyola Marymount University and serves as a consultant to community-based organizations and other institutions interested in combating systemic racism and creating equitable outcomes for all.

PROFESSIONAL DEVELOPMENT SEMINAR



SPECIAL GUEST & TRIO CHAMPION JOHN QUIÑONES



John Quiñones is the anchor of "What Would You Do?," one of the highest-rated newsmagazine franchises of recent years. During his 35 year tenure at ABC News, he has reported extensively for all programs and platforms and served as anchor of "Primetime."

Quiñones' reports for "20/20" have included an in-depth look at the unprecedented lawsuit against the Cuban government by a woman who claimed she unknowingly married a spy and an exclusive interview with a Florida teenager who brutally killed her adoptive mother. He

was honored with a Gabriel Award for his poignant report that followed a young man to Colombia as he made an emotional journey to reunite with his birth mother after two decades. Other stories originating from Central America include political and economic turmoil in Argentina and civil war in El Salvador. During the 1980s, he spent nearly a decade in Nicaragua, El Salvador, Guatemala, Honduras and Panama reporting for "World News Tonight." Quiñones has won seven national Emmy Awards for his "Primetime Live," "Burning Questions" and "20/20" work. He was awarded an Emmy for his coverage of the Congo's virgin rainforest, which also won the Ark Trust Wildlife Award, and in 1990 he received an Emmy for "Window in the Past," a look at the Yanomamo Indians. He received a National Emmy Award for his work on the ABC documentary "Burning Questions—The Poisoning of America," which aired in September 1988 and was also honored with a World Hunger Media Award and a Citation from the Robert F. Kennedy Journalism Awards for "To Save the Children," his 1990 report on the homeless children of Bogota. Among his other prestigious awards are the First Prize in International Reporting and Robert F. Kennedy Prize for his piece on "Modern Slavery -- Children Sugar Cane Cutters in the Dominican Republic."

Quiñones received a bachelor of arts in speech communications from St. Mary's University, San Antonio, Texas. He received a master's from the Columbia School of Journalism. Quiñones has also received two honorary degrees: in 2016 he received an Honorary Doctorate of Humane Letters from Utah Valley University and in 2014 a Doctor of Letters degree from Davis & Elkins College.

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 1

Monday, October 26, 2020

9:00 AM – 11:30 PM



DAVID FERGUSON

TRIO Training Director

Talent Search Pre-Conference
Session I

1:30 PM – 2:00 PM

WELCOME



DALIA HERNANDEZ

SoCal Chapter Past President



EDDIE PAJE

PDS Co-Chair



ELIZABETH DUARTE

PDS Co-Chair



ANGIE ALVAREZ

SoCal Chapter President

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 1

Monday, October 26, 2020

2:00 PM – 3:00 PM



KEYNOTE SPEAKER DR. NATHAN SESSOMS, PH.D

*Adjunct Professor, Dept. of Sociology,
Loyola Marymount University*

3:15 PM – 3:50 PM



HOT TOPICS SESSIONS

Pre-College Programs
& College Programs

4:00 PM – 4:45 PM



TRIO CHAMPION JOHN QUIÑONES

Anchor, What Would You Do?

5:00 PM – 6:00 PM



PRESIDENT'S AND TRIO ALUMNI NETWORKING SESSION

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 2

Tuesday, October 27, 2020

9:00 AM - 10:00 AM

WORKSHOP SESSION 1 **WORKSHOP STRANDS**

Addressing Equity Gaps for Underrepresented Minorities (URMs) in STEM



Alberto Vasquez

Join UC San Diego's Center for Research on Educational Equity, Assessment & Teaching Excellence (CREATE) for a workshop that will provide an opportunity to learn more about issues surrounding equity, diversity and inclusion through a STEM lens. STEM diversity contributes to exploration, innovation, and our ability to remain competitive as a nation. Come learn how you can help support URMs in STEM and increase a sense of belonging, validation and engagement.



Richard L. Taylor Jr.

We All Have A Mental Health

TRiO SSS Alum Richard Taylor Jr. presents a brand new conversation from his new book the "31 Day's of Power: A Simplified Approach To Mental & Emotional Health". This Workshop will cover important conversations on ways to be proactive with our mental health and the mental health of our students. It will also cover identifying & addressing burnout & ways to help in suicide prevention.

10:30 AM - 11:30 AM



Jonathan Elkin

Vice President, Public Policy for COE

SOCAL LEGISLATIVE AND FAIR SHARE UPDATE **COE UPDATE**

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 2

Tuesday, October 27, 2020

1:00 PM – 2:00 PM

WORKSHOP SESSION 2 WORKSHOP STRANDS



**Dr. Nathan J. Sessoms,
Ph.D.**

Anti-Racism as a Tool for Supporting Underrepresented Students During a Racial Reckoning

As a means of connecting with and supporting historically underrepresented students, this workshop will consider the current struggle for racial justice in the U.S., while highlighting the roles of historical and more recent catalysts. Additionally, it will emphasize Anti-Racism, as a strategy for recognizing racism, dismantling systems of oppression and marginalization, and maintaining personal accountability.



Eva Amezola

Yoga for Social Change: Change Yourself, Change the World Around You!

Now more than ever we are asked to step out of ourselves and into the world to create change. This workshop is about how to take yoga off the mat and help create change in all that you in your life. Learn strategies and techniques that you can apply in both your personal and career life while we are zooming into this new decade. It is intended for all those of you who would like to see change in yourself, your students, and society.



Michael Arteaga

Switching to Virtual Workshops/Programing

Moving from in-person programming (workshops, special events, and group meeting) to the virtual world can bring up lots of questions on: what platforms to use? What setting? How to keep the conversation going? I will also be going over this and more.

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 2

Tuesday, October 27, 2020

2:15 PM – 3:15 PM

WORKSHOP SESSION 3 **WORKSHOP STRANDS**



Benisha Carr, Ed.D.

Equity: Evolution, Elevation, & Innovation

The objective of the workshop is to address: (1) how perceptions of equity have changed over the years, (2) how educators have elevated their response to equity gaps, and (3) how COVID 19 has increased innovative strategies to address student needs in today's society.



Jack Friedman

Providing Effective and Engaging Virtual Programming

In this workshop, participants will explore strategies and guiding frameworks to make online interactions with students and among staff effective and engaging. Participants will learn best practices from inside and outside the TRIO community to promote attendance and retention.



Marieclare M Sia, MBA

Mastering Mindfulness & Peace

Mindfulness is a scientifically proven way of taking control of your life by taking control of your mind. Through the practice of mindfulness and meditation, learn to overcome the noise and programming that keep you from attaining your goals. When you cultivate not only your body but also your mind and spirit, your entire self functions as an integrated whole, where there is only the present moment and effortless action.

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 3

Wednesday, October 28, 2020

9:00 AM - 10:00 AM

WORKSHOP SESSION 1 **WORKSHOP STRANDS**



Michael Arteaga

Switching to Virtual Workshops/Programing

Moving from in-person programming (workshops, special events, and group meeting) to the virtual world can bring up lots of questions on: what platforms to use? What setting? How to keep the conversation going? I will also be going over this and more.



April Mayorga

Building Resiliency through Mindfulness & Meditation

Learn to overcome difficult emotions through the practice of mindfulness and meditation. Learn to build resiliency, especially in this time of a pandemic, by engaging and utilizing tools to enhance physical and mental awareness. Then, take these tools back to your home, community, and workplace in order to enhance your well-being.

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 3

Wednesday, October 28, 2020

10:30 AM – 11:30 AM

WORKSHOP SESSION 2 WORKSHOP STRANDS



Nidya Paredes, JD

Accessibility in Higher Education: #WhyDisabledStudentsDropOut

We will look at the barriers preventing students with disabilities from persisting in higher education and what you can do to help your students have access and success.



Dr. Carla Camacho

The Importance of Self-Care and a Healthy Work-Balance

Although stress is a normal part of life, excessive stress can elicit serious consequences to our mental and physical health. More importantly, those who work in public service careers (i.e. directors, academic advisors, tutors, etc.) are more likely to encounter additional stress that can lead to burnout due to the nature of their job responsibilities. This workshop will help educators understand the signs and symptoms of job burnout, the importance of self-care, how to utilize mindfulness to cope with job burnout, and learn strategies they can utilize to prioritize stress management in their personal lives and when working with students.

Wednesday, October 28, 2020

WORKSHOP SESSION 3

WORKSHOP STRANDS

Volunteer Leadership

Essential to the sustainability of any entity are volunteer leaders. As we continue in this remote environment, the opportunities to engage as volunteer leaders have broaden. Join our panel discussion to gain insights on how you can maximize these opportunities to ensure that we are "serving each and every student" through an equitable, diverse and inclusive approach. The conversation will address the following questions:

1. What is Volunteer Leadership?
2. What are the benefits? What's in it for me? What's in it for my students? What's in it for my program/organization?
3. Whether you are new, have some experience or are a seasoned professional, there is a plethora of opportunities but how do you start?
4. How can we use our volunteer leadership roles to better serve each and every student through an equitable, inclusive and diverse approach?

Mastering Mindfulness & Peace

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Cristina Aguirre
CFO, Barrio Logan
College Institute



Jesus Maldonado
Director, Occidental College
Upward Bound



Marieclare M Sia, MBA

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 3

Wednesday, October 28, 2020

2:15 PM – 3:15 PM

WORKSHOP SESSION 4 **WORKSHOP STRANDS**

Holy Motion-Meetings Gone Wild!



Kevin Baker

Meetings can become quite chaotic if motions are made when they are not allowed, or members don't know what motions to make in order to do something. Robert's Rules of Order has a systematic method, called precedence of motions, to determine what motions can be offered and when they are in order. This session will cover the classes of motions, precedence of motions, and an overview of the most popular motions used in a meeting. Participants will learn how to avoid the pitfalls of getting stuck and not knowing how to move ahead.

PROFESSIONAL DEVELOPMENT SEMINAR



DAY4

Thursday, October 29, 2020

9:00 AM - 10:00 AM

WORKSHOP SESSION 1 WORKSHOP STRANDS

Virtual/Remote Resources Roundtable

Join us for a roundtable conversation about virtual/remote resources used by programs to deliver programming and eservices.



Amel Khan



Leslie Serpas

10:30 AM - 11:30 AM

WORKSHOP SESSION 2 WORKSHOP STRANDS

To Doctor or Not to Doctor: Counterstories of First Generation Doctoral Professionals

Attendees will gain an insight on the doctoral program process and journey. They will be able to identify tangible support systems and resources needed to be a successful post graduate student. Attendees will identify potential challenges and means to address them. They will develop a holistic perspective utilizing a strength based approach.



Berenice Jau



Cuauhtemoc Solorio

Mastering Mindfulness & Peace

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Marieclare M Sia, MBA

PROFESSIONAL DEVELOPMENT SEMINAR



DAY 4

Thursday, October 29, 2020

12:00 PM – 2:30 PM



WESTOP UPDATE DR. KIMBERLY WILLIAMS

WESTOP President

AWARDS LUNCHEON DOREEN DE LOS SANTOS SERVICE AWARD OUTSTANDING NEW MEMBER AWARD

2:30 PM

CLOSING



EDDIE PAJE

PDS Co-Chair



ELIZABETH DUARTE

PDS Co-Chair



HORACIO ACEVES

SoCal Chapter President Elect

PROFESSIONAL DEVELOPMENT SEMINAR



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CONFERENCE CO-CHAIRS

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Eddie Paje, Assistant Director, UCSD SSS

CHAPTER PRESIDENT & PDS ADVISOR

Angie Alvarez, Outreach Specialist, PCC Pathways

CHAPTER PRESIDENT ELECT AND PDS ADVISOR

Horacio Aceves, Assistant Director, OXY UB

CHAPTER PAST PRESIDENT ELECT AND PDS ADVISOR

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Leonel Sanchez, Program Manager, OXY UB

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