

This year's Annual CACCRAO conference is April 26-29, 2015. The conference will be held at the Morongo Hotel and Conference Center in Cabazon, CA. Book your registration and hotel today.

Visit the CACCRAO website at [www.caccrao.org](http://www.caccrao.org).

### Contact Information

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CACCRAO

Regional Workshop

2014

Friday, November 7

College of the Canyons  
University Center Room 258

8:30am to 2:30pm



# CACCRAO Region 5&6 Workshop

- 8:30am Check in/Continental Breakfast
- 9:00am Eat/Welcome/Housekeeping  
Welcome address by Deborah Rio, Dean of Enrollment Services at College of the Canyons.
- 9:30am Workshop #1– Evaluator’s Track –UCEN 107  
Evaluators Workshop– Part I ASSIST.org  
ASSIST Next Generation- This session will provide a demonstration of the new ASSIST.org website to be included in the ASSIST Next Generation system. ASSIST will continue to provide statewide college course articulation for California Community Colleges, California State University, and University of California campuses. See a preview of how the ASSIST website will display this information in an updated and modernized format along with a look at some of the new features available.
- Workshop #2– Health and Wellness Track—UCEN 258  
CalPERS– Benefit Basics  
Are you thinking of retiring in the next few years? Or are you interested in what retirement means? This session will be given by Mayra Ravelo from the Glendale CalPERS office.
- 10:30am Workshop #1– Evaluator’s Track –UCEN 107  
This workshop is for all evaluators. Please join your colleagues, CSU representatives, and an ASSIST.org representative. We will discuss many items including, but not limited to, IGETC certification, CSU certification, religious coursework, non-degree applicable classes, transfer repeats, and much more.
- Workshop #2– Health and Wellness Track– UCEN 206  
Nutrition and Healthy Living– Lisa Hooper, Health Instructor  
Gone are the days of running into mountain lions. Today, our stressors are workload issues, traffic, personnel... Our bodies still respond like we are facing a lion, but we are not afforded the physiological release that fighting or fleeing would provide. In this workshop, we will consider the physiological and psychological responses to stress and explore some management techniques a

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- working professional might employ.
- Workshop #3—Admissions and Records Track—UCEN 207  
*Innovation in A&R*– Steve Erwin will present this workshop to thwart the demons of complacency and, in turn, provide tools and a perspective that thrives on change and fun in the workplace. Each and every A&R department has a wealth of knowledge, talent, and experience. The key to tapping into this reservoir is in developing a culture that embraces change and fosters innovation.
- 11:30am Workshop #1– Evaluator’s Track  
Continue Evaluators Workshop
- Workshop #2– Health and Wellness Track –UCEN 206  
*Mindfulness in the workplace*- Garrett Hooper, COC Counseling Dept. Chair  
Garrett will assist you in identifying your stressors, how to deal with stress, and being mindful in your everyday work. This is a workshop you do not want to miss.
- Workshop #3– Admissions and Records Track—UCEN 207  
Residency– Presented by Jasmine Ruys. We can never have enough residency training. There is a lot to keep track of with all the new changes and regulations. We will go over the basics and look at the news laws.
- 12:30 Lunch
- 1:00pm Keynote Speaker– Dan Angelo—UCEN 258  
*Customer Service - Again? REALLY???*  
Serving our students is both our highest privilege and our greatest challenge. On any given day, it's why we can't wait to get in the car – or why we just want to curl up and pull the covers over our head. You've been to all the workshops, but really... Another one?
- 2:15pm Closing/Prizes