FSC Faculty Success Center

FRIDAYS
SEPTEMBER 10 & 17, 2010
9:00 AM - 1:00 PM

Instructors will receive a three hour, non-instructional, hourly rate
Required to attend BOTH Fridays
Deadline to register SEPTEMBER 3, 2010

Light breakfast provided in ATL 109 at 8:45 AM.
Courtesy of FSC.

Register online: www.chaffey.edu/fsc
✓ click Workshops ✓ click Poverty and Stress ✓ click Register

KATHY ESTES
PART I
THE PSYCHOLOGICAL IMPACT OF GROWING UP IN POVERTY

Many people in the general population believe that those who grow up in the culture of poverty suffer from significant psychological disorders. Although there is little research that supports this belief, there are random, episodic and chaotic patterns of living that could present as mental disorders. The brain is a pattern seeking device and when the pattern is random and chaotic the brain duplicates that pattern. However, there are interventions that are effective in reprogramming the brain to find a more logical and less chaotic pattern of living.

ANA PLEITEZ
PART II
HOW TO RESPOND EFFECTIVELY TO STUDENTS' STRESS

The presenter will discuss eight effective strategies to cope with students’ stress. These strategies are likely to assist participants to assess students’ stressors and to respond effectively to their stress. During the workshop, participants will evaluate what worked for them in the past and how they wish to “practice” the eight strategies that were discussed when responding to students’ stressors. The presenter will also encourage participants to utilize community resources to assist students to cope more effectively with their stressors.