



2025 Fall Flex Day(s) & Opening Day

Learning Without Limits: Ensuring A Culture of Access for All

Dear Southwestern College Community,

We are looking forward to gathering with all of you at Flex Day(s) and Opening Day Fall 2025 from August 20th to August 22nd.

Our theme for this academic year, “Learning Without Limits: Ensuring a Culture of Access for All,” celebrates our community college’s unwavering commitment to ensuring success for every learner. As we honor the 35th anniversary of the Americans with Disabilities Act (ADA), we reaffirm our dedication to upholding its spirit—not just as a legal standard, but as a moral imperative. In today’s challenging political climate, where access to education and civil rights are increasingly under pressure, we stand firm in our belief that students of all abilities, identities, and backgrounds deserve a learning environment free of barriers. This year’s theme is both a reflection and a call to action: to expand access, reimagine support, and foster a campus culture where every student can thrive—without limits.

We have exciting news! The Bookstore Team is offering us a 20% discount on all apparel from August 18-22, 2025. You can shop in-store or online using the code **GIVEME20**. Please note that this discount cannot be combined with any other offers.

Important

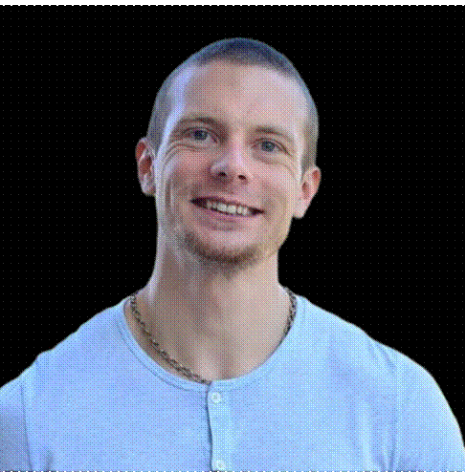
- Please register via Cornerstone by clicking on the Cornerstone icon in your MySWC Portal to guarantee your space for the session(s) of your choice.
- If you cannot register due to the sign-on error, please, go to the room of the session(s) you would like to participate in and make sure that you sign in so that we can confirm your attendance later.
- Register in Cornerstone. We recommend using browsers such as Chrome and Firefox to access Cornerstone for registration.

If you have questions, please see the “Frequently Asked Questions” section (on pg. 2) or send an email to the Office of Equity and Engagement at swcoee@swccd.edu.

Please use the Cornerstone system to register for Convocation, Workshop by Keynote Speaker or SLO Work, and your Center/School/Office Meeting. Your attendance will be confirmed when you complete the attendance form that will be provided at the end of each session via the QR-code and/or the paper attendance form. If you cannot participate in Opening Day activities (due to illness, in-service leave, or any other approved leave), please contact your immediate supervisor and administrative staff to report your absence.

Agenda

7:30 a.m. – 8:00 a.m.	Continental Breakfast (optional participation)
8:10 a.m. – 8:50 a.m.	Constituent Meetings (optional participation)
Opening Day Begins at 9:00 a.m.	
9:00 a.m. – 10:15 a.m.	Convocation (All) Welcome President's Address Keynote Address - <i>35 Years of the ADA: From Disability Compliance to Disability Connection</i>
10:30 a.m. – 12:15 p.m.	Workshop - <i>Unseen Barriers: Addressing Ableism to Create Inclusive Schools</i> (All other employees)
10:30 a.m. – 12:30 p.m.	SLO Work (Faculty that teach courses and their Deans)
12:30 p.m. – 1:00 p.m.	Center/School/Office Meeting (All)
Opening Day Concludes at 1:00 p.m.	
1:00 p.m. – 1:50 p.m.	Employee Networking/Lunch (optional participation)



Keynote Speaker

Russell Lehmann
Disability Rights Advocate, UCLA Tarjan Center for Disabilities

Russell Lehmann is the International Disability Rights Advocate at UCLA’s Tarjan Center for Disabilities. Perhaps known best for his raw transparency and candid authenticity, Russell shares his intense and painful personal journey of being diagnosed with autism at the age of 12 after 5 weeks in a lockdown psychiatric ward for severe OCD and phobias. These struggles, on top of a lack of support, compassion, and understanding led him to withdraw from the world for the next 15 years. He co-facilitates a groundbreaking neurodiversity course under UCLA’s new disability major, has delivered TEDx Talks, and serves on numerous national boards.

Happy Fall 2025!

Office of Equity and Engagement
Advancing Equity Program | Professional Development Program | Training Services
Email: swcoee@swccd.edu

Accommodations

If you are in need of accommodations (e.g., American Sign Language, accessible space within rooms), to participate during in-person sessions, send an email with “Accommodations” in the subject line to swcoee@swccd.edu at least 15 business days in advance of the session(s) you are planning to participate in. Please include the type of accommodations needed and the title, date, and time of the session(s).

If you are in need of accommodations to participate in virtual sessions, send an email with “Accommodations” in the subject line to SWCADA@swccd.edu at least five

business days in advance of the session(s) you are planning to participate in. Please include the type of accommodations needed and the title, date, and time of the session(s).

Please note, ASL interpretation will be available for convocation in the Gymnasium (Building 70). If you are in need of ASL interpretation and would prefer reserved seating in the Gymnasium with the interpreters, please send an email with “Accommodations” in the subject line to swcoee@swccd.edu at least five business days in advance.

To view accessible spaces for convocation please click on the following link for images of venue: [Venue Images](#) (link will be made available by the end of 8/12/25).

Frequently Asked Questions

Where will Convocation take place?
Convocation will take place at the **Gymnasium, Building 70**

Opening Day is an in-person event. If you are in need of medical accommodation, please contact Ruby Ayala in Human Resources at 619-216-6630 or at rayala@swccd.edu. If you are not able to attend Opening Day activities, please contact your immediate supervisor (and cc the administrative support team member) to report your absence.

Picture Below: Gymnasium Front Entrance



Where can I find the Program Outline?

On the upper left corner of this document, you will find the  “Show tabs & outlines” icon. Please click on this icon to see “Tab 1” and the program outline.

Participation Modality on Flex Days – Wednesday, August 20th and Thursday August 21st
In-person: Please use this program to locate rooms for in-person sessions.
Virtual: Please use this program to locate links for virtual sessions.

Participation Modality on Opening Day – Friday, August 22, 2025
In-Person Only: Please use this program to locate rooms for Opening Day sessions. You may find a copy of the Chula Vista Campus Map on the last page of this program.

How can I register on the Cornerstone website?
You will be able to find the following events and their respective sessions in the Cornerstone App located in the MySWC portal of the SWC web site. On the Cornerstone home page, please type the name of the event in the search text box: SWC | 2025 Fall Flex Day & SWC | 2025 Fall Opening Day

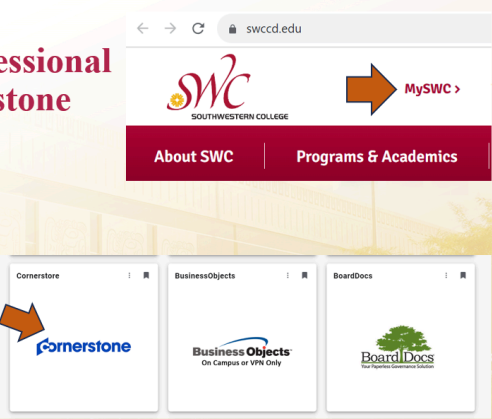
Written Instructions: Please visit the SWC web site at swccd.edu, click on MySWC, enter log-in credentials, scroll down to locate the Cornerstone App, click on the Cornerstone App, on the Welcome page of Cornerstone hover over to the search text box, type the title of one of the events, click on the event, you will see a list of sessions under this event, locate desired session(s), click on the “View Details” button, and click on “Request” to register in desired sessions.

Video with Instructions: [How To Register For Sessions Using Cornerstone](#)

Slides with Instructions: How To Pictures

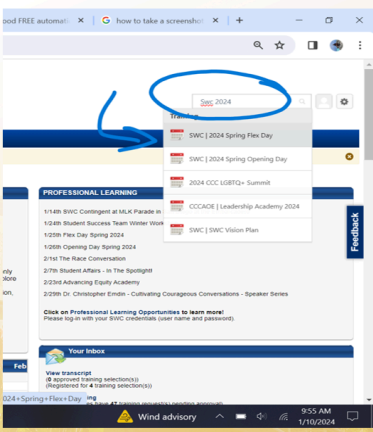
How To: Register For Professional Learning Through Cornerstone

- Log-In To Your **MySWC** page located at www.swccd.edu
- Scroll down, click on the “**Cornerstone**” icon.



How To: Register For Professional Learning Through Cornerstone

- Locate the **search bar** on the top right-hand side of the Cornerstone homepage.
- Type “**SWC 2025**” in the drop-down menu click on “**SWC | 2025 Fall Flex Day**” or “**SWC | 2025 Fall Opening Day**”

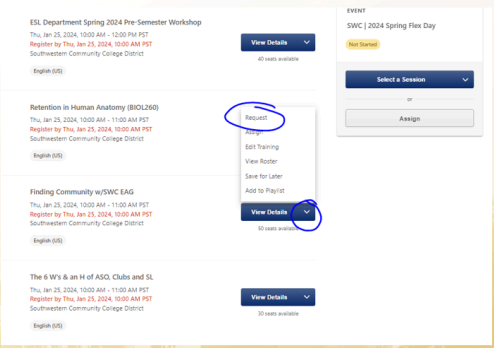


How To: Register For Professional Learning Through Cornerstone

5. Scroll down to find the session that you would like to attend.

6. Click on the **arrow icon** next to “view details.” Click on the icon labeled “**Request**” in the drop-down menu.

7. Congratulations! You are registered for your session!



Attendance for Virtual and In-Person Sessions

Virtual Sessions
Facilitators and Virtual Room Monitors will provide a copy of the attendance list generated by Zoom to the Office of Equity and Engagement at the conclusion sessions on 8/20 and 8/21.

In-Person Sessions
Facilitators and Room Monitors will provide you an attendance form (paper form and/or QR Code). The attendance forms (paper form/QR-code) will be provided to the Office of Equity and Engagement at the conclusion of each session on 8/22.

Absence Report
Part-time Faculty: If you are not able to participate during Flex Day(s) and/or Opening Day activities, please contact your immediate supervisor and administrative staff to report your absence. Please fulfill your 4-hour Flex obligation prior to the end of each semester by participating in [Professional Learning](#) opportunities offered throughout the semester.

Full-time Faculty, Classified, Confidential, and Administrators: If you are not able to participate during Opening Day activities, please contact your immediate supervisor and administrative staff to report your absence.

Evaluation
Once attendance is confirmed (manually), you will be able to evaluate each session (a global email will be sent to let you know it is time to evaluate sessions).

How many PD/Flex hours do I need to complete during the semester/academic year?
Classified Professionals, Confidentials, and Administrators participate in Opening Day activities each semester.

Full-time Faculty have a 28-hour Flex requirement per academic year. SCEA Article IV, Section 4.2, Pg. 7: 4.2.1.3. Full-time instructional faculty unit members will be required to complete a total of 28 hours of professional development activities each year: four (4) hours per opening day activities in each semester, plus twenty (20) hours of professional development activities between July 1 – June 30. Flexible calendar activities must take place outside the individual faculty member’s accountable hours.

Part-time Faculty have a 4-hour Flex requirement per semester. SCEA Article XV, Section 15.4, Pg. 65: 15.4.1 All part-time Unit Members shall attend four (4) hours of Opening Day session(s) in each of the Fall and Spring Semesters that the Unit Member has an assignment. The part-time Unit Member will be compensated at the Unit Member’s current hourly lab rate as published on the Part-Time Equity Salary Schedule.

How To Check Flex Records
Video Tutorial Coming Soon

2025 Fall Opening Day

Friday, August 22, 2025

Time	Continental Breakfast - Participation is optional. - Registration is not required.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
7:30 a.m. – 8:00 a.m.	Continental Breakfast (optional participation)	Patio at Performing Arts Center

Time	Constituent Group Meetings - Participation is optional. - Registration is not required.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
8:10 a.m. – 8:50 a.m.	C.S.E.A. Meeting (optional participation)	Room: 80-117 Performing Arts Center, Bldg. 80
8:10 a.m. – 8:50 a.m.	S.C.E.A. Meeting (optional participation)	Room: PAC-Theater Performing Arts Center, Bldg. 80
8:10 a.m. – 8:50 a.m.	S.C.C.D.A.A. Meeting (optional participation)	Room: 80-204 Performing Arts Center, Bldg. 80

Opening Day Begins at 9:00 a.m.

Time	Convocation (All) - Participants: Classified, Confidential, Full-time Faculty, Part-time Faculty, and Administrators. - Registration available in Cornerstone. - Attendance will be recorded via QR Code and/or attendance form. Please contact your immediate supervisor and administrative staff if you will not be able to	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
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	participate in Opening Day activities to report your absence.	
9:00 a.m. - 10:15 a.m.	Convocation Welcome President's Address Keynote Address - 35 Years of the ADA: From Disability Compliance to Disability Connection	Gymnasium, Bldg. 70

Time	Unseen Barriers: Addressing Ableism to Create Inclusive Schools (All other employees) - Participants: Classified, Confidential, Administrators, and Full-time Faculty and Part-time Faculty who do not teach courses. - Registration available in Cornerstone. If you are not able to register, please go to the room listed below to participate in the corresponding session(s). - Attendance will be recorded via QR Code and/or attendance form. Please contact your immediate supervisor and administrative staff if you will not be able to participate in Opening Day activities to report your absence.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
10:30 a.m. – 12:15 p.m.	Workshop by Keynote Speaker	Gymnasium, Bldg. 70

Time	SLO Work (Faculty who teach and their Deans) - Participation is required for Full-time Faculty and Part-time Faculty who teach courses, and their deans. - Registration available in Cornerstone. If you are not able to register, please go to the room listed below to participate in the corresponding session(s). - Attendance will be recorded via sign-in sheet provided by your immediate supervisor and administrative staff. Please contact your immediate supervisor and administrative staff if you will not be able to participate in Opening Day activities to report your absence.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
10:30 a.m. – 12:30 p.m.	Instructional Support Services	Room: Third Floor of Library, Bldg. 64
10:30 a.m. – 12:30 p.m.	Higher Education Centers–National City/Otay Mesa/San Ysidro	Room: 71-312, Bldg. 71
10:30 a.m. – 12:30 p.m.	School of Applied Technology and Hospitality Management	Room: 59A-102 Bldg. 59A
10:30 a.m. – 12:30 p.m.	School of Arts, Communication, Design, and Media	Room: 80-117, Bldg. 80
10:30 a.m. – 12:30 p.m.	School of Business	Room: 25-105, Bldg. 25
10:30 a.m. – 12:30 p.m.	School of Education, Humanities, Social and Behavioral Sciences	Room-24-217 (Second Floor) Bldg. 24
10:30 a.m. – 12:30 p.m.	School of Language and Literature	Room: 64-238 N/S, Bldg. 64
10:30 a.m. – 12:30 p.m.	School of Mathematics, Science, and Engineering	Room: 60-134/135, Bldg. 60
10:30 a.m. – 12:30 p.m.	School of Wellness, Exercise Science, and Athletic	Room: 71-303, Bldg. 71
10:30 a.m. – 12:30 p.m.	School of Counseling and Student Support Programs	Room: 24-206, Bldg. 24

Time	Center/School/Office Meetings (All) - Participants: Classified, Confidential, Full-time Faculty, Part-time Faculty, and Administrators. - Please see the list below to locate your team’s meeting. - Registration available in Cornerstone. If you are not able to register, please go to the room listed below to participate in the corresponding session(s). - Attendance will be recorded via sign-in sheet provided by your immediate supervisor and administrative staff. Please contact your immediate supervisor and administrative staff if you will not be able to participate in Opening Day activities to report your absence.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
Superintendent/President & Areas		
12:30 p.m. – 1:00 p.m.	Office of the Superintendent/President	Room: 12-105, Bldg. 12
12:30 p.m. – 1:00 p.m.	Advancement and Community Engagement	Room: 12-105, Bldg. Bldg. 12
12:30 p.m. – 1:00 p.m.	Foundation	Room: 12-105, Bldg. Bldg. 12
12:30 p.m. – 1:00 p.m.	Institutional Research and Planning	Room: 23-134, Bldg. 23
12:30 p.m. – 1:00 p.m.	Institutional Technology	Room: 23-112, Bldg. 23
Academic Affairs & Areas		
12:30 p.m. – 1:00 p.m.	Office of the Assistant Superintendent/Vice President, Academic Affairs	Room: 12-101, Bldg. 12
12:30 p.m. – 1:00 p.m.	Higher Education Centers–National City/Otay Mesa/San Ysidro	Room: 71-312, Bldg. 71
12:30 p.m. – 1:00 p.m.	Instructional Support Services	Room: Third Floor of Library, Bldg. 64
12:30 p.m. – 1:00 p.m.	School of Applied Technology and Hospitality Management	Room: 40-103, Bldg. 40
12:30 p.m. – 1:00 p.m.	School of Arts, Communication, Design, and Media	Room: 80-117, Bldg. 80
12:30 p.m. – 1:00 p.m.	School of Business	Room: 25-105, Bldg. 25

12:30 p.m. – 1:00 p.m.	School of Education, Humanities, Social and Behavioral Sciences	Room-24-217 (Second Floor) Bldg. 24
12:30 p.m. – 1:00 p.m.	School of Language and Literature	Room: 64-238 N/S, Bldg. 64
12:30 p.m. – 1:00 p.m.	School of Mathematics, Science, and Engineering	Room: 60-134/135, Bldg. 60
12:30 p.m. – 1:00 p.m.	School of Wellness, Exercise Science, and Athletic	Room: 71-303, Bldg. 71
Business and Financial Affairs & Areas		
12:30 p.m. – 1:00 p.m.	Financial Services	Room: 46C-102, Bldg. 46C
12:30 p.m. – 1:00 p.m.	Procurement, Central Services, and Risk Management	Room: 46E-170, Bldg. 46E
Human Resources & Areas		
12:30 p.m. – 1:00 p.m.	Office of the Assistant Superintendent/Vice President, Human Resources - HR Operations - Benefits - Payroll - Title IX & EEO	Room: 46F-131, Bldg. 46F
Student Affairs & Areas		
12:30 p.m. – 1:00 p.m.	Office of the Assistant Superintendent/Vice President, Student Affairs	Room: 68-105A, Bldg. 68
12:30 p.m. – 1:00 p.m.	School of Counseling and Student Support Programs	Room: 24-206, Bldg. 24
12:30 p.m. – 1:00 p.m.	Office of Enrollment Services	Room: 16-102, Bldg. 16
12:30 p.m. – 1:00 p.m.	Office of Student Engagement and Completion	Room: 60-124, Bldg. 60
12:30 p.m. – 1:00 p.m.	Office of Student Services & Areas	Room: 67-254 Bldg. 67

Opening Day Concludes at 1:00 p.m.

Time	Employee Networking - Participation is optional. - Registration is not required.	In-Person Please see the last page of the program for an updated Chula Vista Campus Map.
1:00 p.m. – 1:50 p.m.	Employee Networking/Lunch (optional participation)	Student Union, Bldg. 67

Department Meetings & Additional FLEX Opportunities

Various Times	Session Registration available in Cornerstone. If you are not able to register, please click on the link or go to the room listed below to participate in the desired session(s).	Various Modalities Please see the last page of the program for an updated Chula Vista Campus Map.
2:00 p.m. – 3:00 p.m.	Architecture & CADD Disciplines Pre-Semester Meeting Description: Session for all Architecture & CADD faculty and staff to discuss and plan Fall semester. Presenter(s): Grazyna Kubis, Assistant Professor Eric Johnson, Professor Recommended Audience: Full-time Faculty and Part-time Faculty	Hybrid Room: 38-104 Link: https://swccd-edu.zoom.us/j/85052977883
2:00 p.m. – 3:00 p.m.	Photography and Digital Imaging Department meeting Description: This is for faculty and staff who teach classes or support classes in the Photography and Digital Imaging Program. Presenter(s): Micajah Truitt, Professor Recommended Audience: Full-time Faculty, Part-time Faculty, and support staff	Hybrid Room: 52-103 Link: https://swccd-edu.zoom.us/j/5252220009?pwd=Mkw2MEgvS0hIbXF4d00zQ1E2ZmZOdz09&omn=86082795568
2:15 p.m. – 3:15 p.m.	Crafting for Self-Care: Using Creativity to Destress Description: Crafting for Self-Care: Using Creativity to Destress is designed to demonstrate how crafting and creativity can be used as a form of self-care. During this session, participants will learn how to create simple paper craft projects in efforts to destress. As a result of participating in this session, SWC employees will be able to gain new creative skills that can be used in their self-care routine. Presenter(s): Dr. Eun Jung Park, Professor Annette Rempt, Counselor	In-Person Room: 60-223

	Recommended Audience: Classified, Confidential, Full-time Faculty, Part-time Faculty, and Administrators	
2:15 p.m. - 3:15 p.m.	Performing Arts Pre-Semester Meeting Description: Session for all Performing Arts faculty and staff to discuss and plan Fall events including facilities use Presenter(s): Dr. Jeff Nevin Recommended Audience: P.A Full-time Faculty, Part-time Faculty, and support staff	In-Person Room: Building 80

Map of the Chula Vista Campus



Interest List for Community Events

Dear SWC Community,

We are reaching out to gauge interest in two upcoming community events. We are working with VEBA to secure sponsorship — this could mean SWC Employees may be able to participate for free! If you're interested in participating in one or both events, please send an email to Patricia Hinck at phinck@swccd.edu.

- “Susan G. Komen” Walk on November, 2, 2025
- “MLK” Walk/Run on January 18, 2026

SWC Contingent at 44th Dr. Martin Luther King Jr. Parade

Dear SWC Community,

Join Us for the 44th Annual Dr. Martin Luther King Jr. Parade!

The Southwestern Community College District is excited to invite YOU to be part of our contingent in the **44th Annual Dr. Martin Luther King Jr. Parade** in San Diego, CA! **We’re calling on alumni, students, faculty, staff, family, and friends** to come together. Whether you're marching, cheering, or simply showing your support, this is your chance to be part of something meaningful and powerful. Bring your energy, your spirit, and your passion!



SWC
Contingent at

MLK
PARADE

Sunday,
January 18,
2026



Register





SWC Well-being Program

Be part of the wellness movement at SWC!

Second Wednesday or Third Thursday of the month

Join us each month on the second Wednesday or third Thursday of each month! We’ve got some fun and rejuvenating ideas to help you feel your best. Be part of the wellness movement at SWC!

Suggested ways to practice wellness on your own or with your team!

- Let us know your recommendations via the [Employee Wellness Interest Survey](#)
- Outdoor 1-on-1 meetings
- Explore the SWC Botanical Garden
- Take a power-walk prior to or after lunch
- Enjoy healthy snacks
- Host a healthy potluck in your office
- Initiate a wellness challenge with your colleagues
- Learn and participate in [SWC JAWS](#) wellness sessions
- Register for SWC Exercise Science courses
- Write in a gratitude-mindfulness journal
- Learn about [VEBA Resource Centers](#)
- Improve your water intake
- Read wellness articles
- Stretch
- Reset!