

<https://www.youtube.com/watch?v=mraLsg-G4wA>

Ice Breaker Activity – Circle to Circle



Circle to Circle Questions:

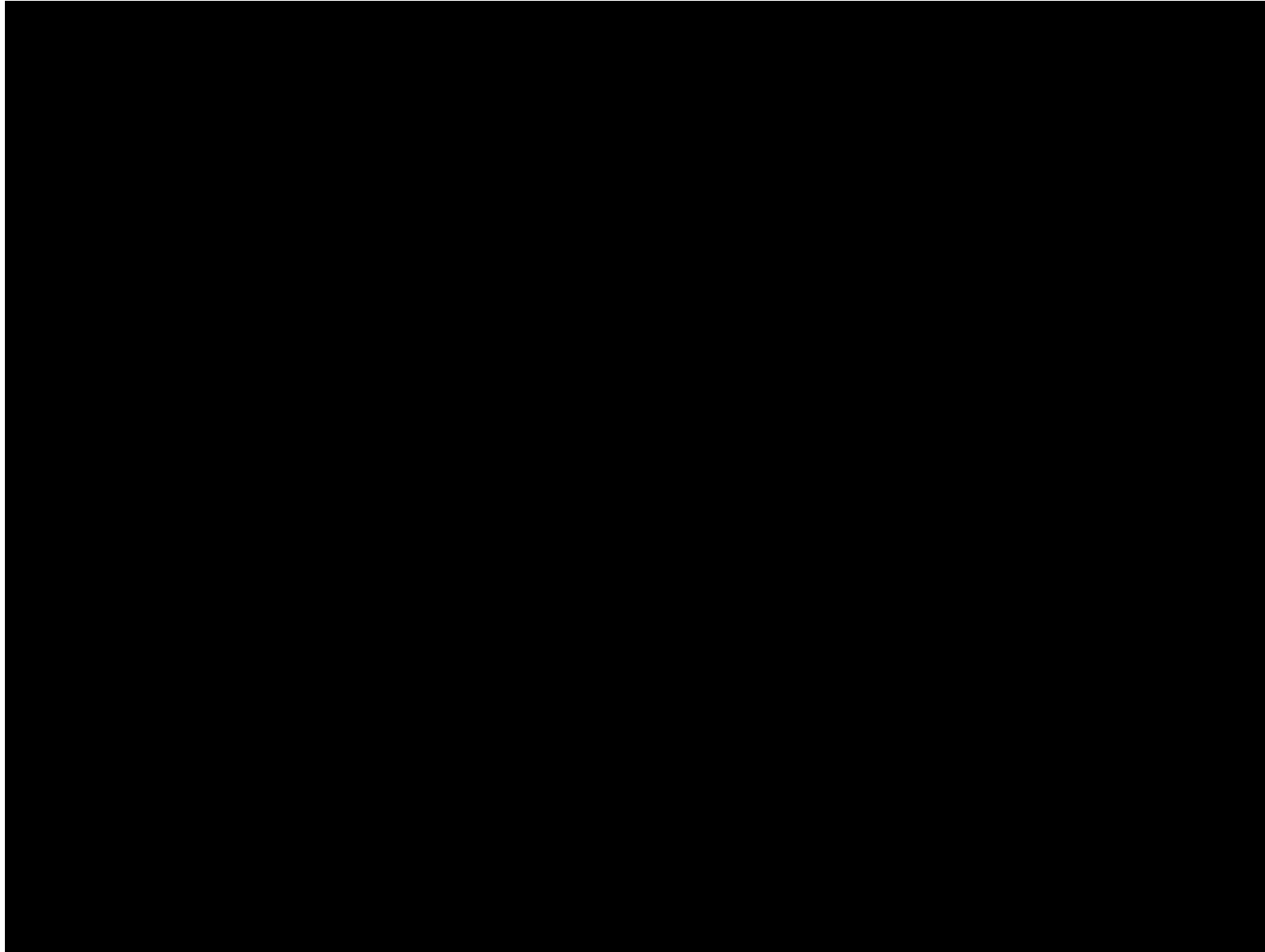
1. What is your favorite song and why?
2. What song title is the theme for you - your life and your purpose?
3. What would be the title of the song you would write?

**Make Your Own Kind of Music,
Sing Your Own Special Song,
Follow Your Own Dreams!**

**2023 Fall FLEX Session
Facilitator: Dr. Dianne Van Hook**



Apple – Think Different – 1:00



“Make your own kind of music, sing your own special song...even if nobody else sings along.”

~ Cass Elliot

The song *“Make Your Own Kind of Music”* is an ode to individuality. It is an inspirational message about:

- Placing value on yourself
- Celebrating your uniqueness
- Following your own path – not what others tell you
- Pursuing your own dreams



**“The privilege of a
lifetime is being
who you are.”**

~ Joseph Campbell

Now, More Than Ever Before, It is Time to Live Your Best Life – Dance to Your Own Beat

You are free to live your best life. The world will never sing the same song together at the same time. It's up to you to:

- Sing your own special song
- Create your own notes, beats, and lyrics – even if no one else joins in.



Pursue Your Own Dreams

The limits are endless for you to become who you want.

- You don't have to be who others want you to be.
- Do not be deterred from your journey.
- This is the road to your destination, not anyone else's.
- You may feel alone and like nobody understands you but does that matter?
- Pursue your own dreams, you will be proud of yourself!



Here is What We Will Cover Today

- Attitude and Outlook Matter
- You Become What You Think You Can Become – What You Listen To and Tell Yourself Becomes Your Path
- Who Set the Limits on You? You Do!
- Remember, You Are a Role Model for Others
- Determine Your Destiny Each Day through the Choices You Make
- Dream It. Design It. Do It – The Magic is in **YOU**

**What Magic Will YOU Inspire and Create This Year for:
Your Department? Your Students? Our College? Our Community?**

Let's Start at the Beginning

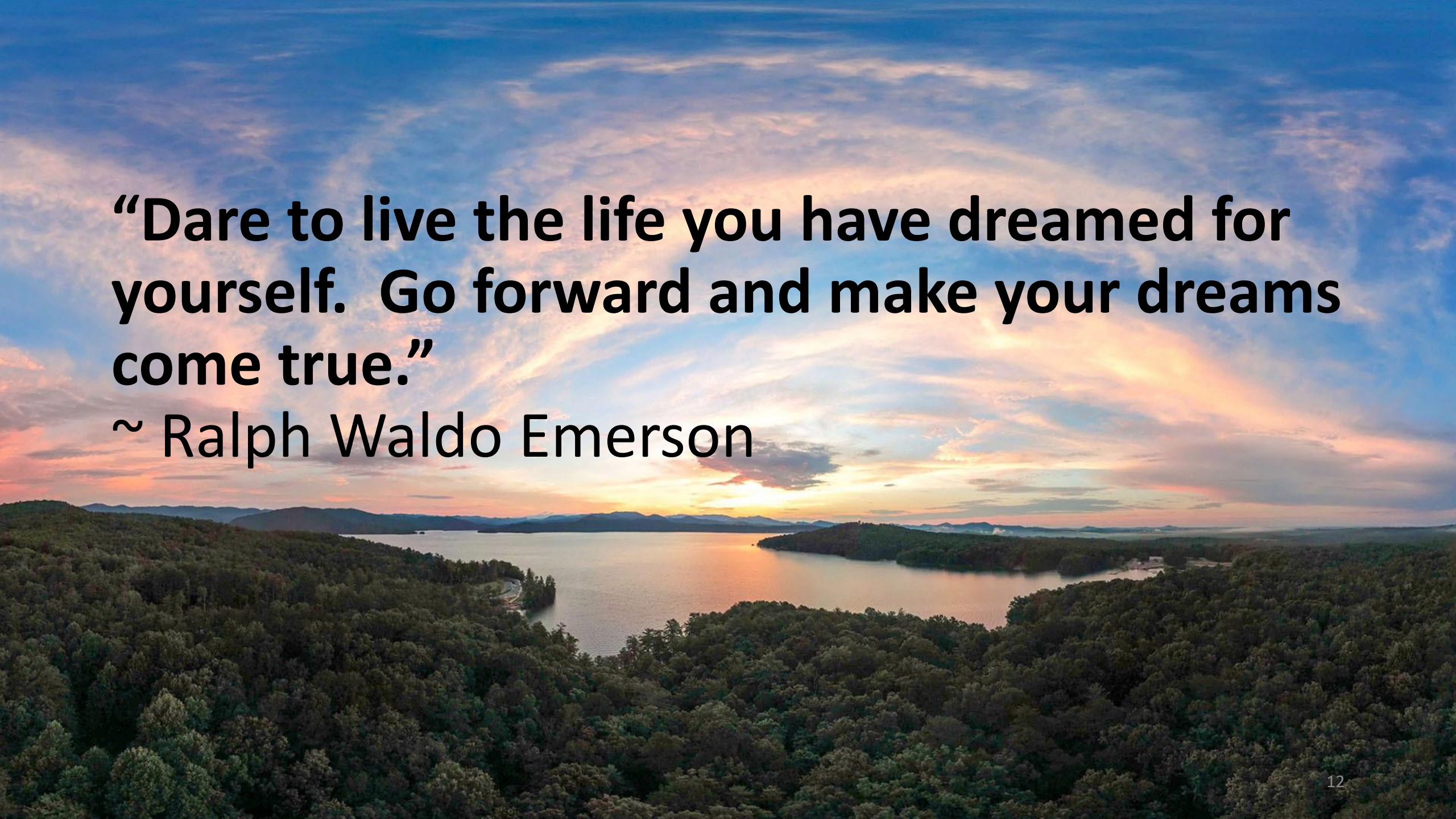
Turning your dreams into reality and living your best life begins with how you think. You have to **THINK BIG**.

“Thinking big” means being able to dream and visualize on a big, bold scale – with no limits on your thinking and with courage.

- It is about being open-minded, positive, creative and seeing opportunity in the big picture.
- If you underestimate what you can achieve, you will “lower the bar” and underestimate your true capability.
- When you stretch beyond what you believe you can achieve, you are going to achieve more.

THINK BIG





“Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.”

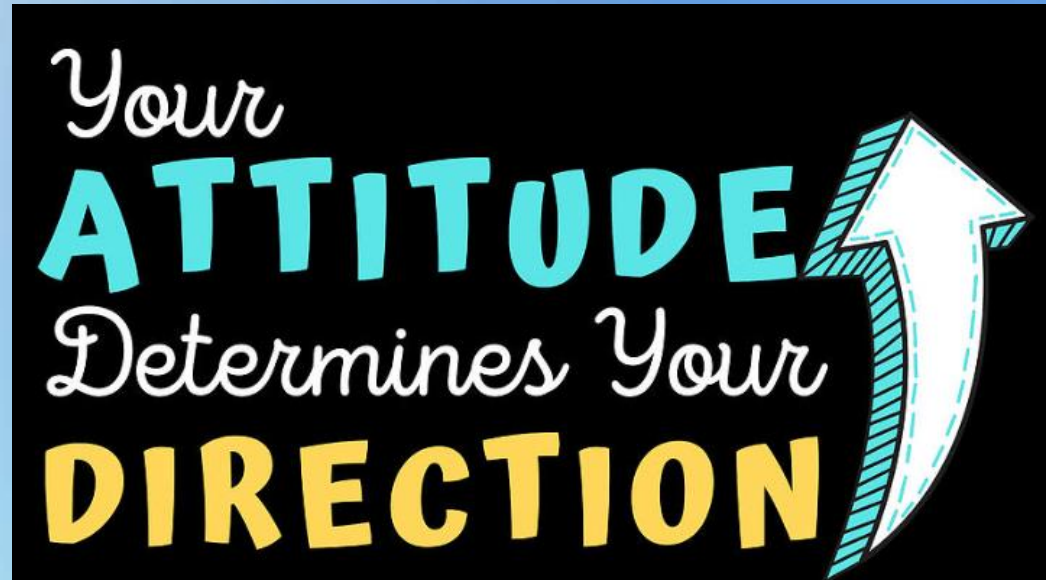
~ Ralph Waldo Emerson

Attitude and Outlook Matter

A Positive Attitude Really Can Make Dreams Come True

Attitude

Attitude is a feeling, manner, or way of thinking that is expressed in your behavior.



“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.”

~ William James

Your Attitude is Not Your Personality

Your personality is comprised of everything you feel, value and believe. It is deeply engrained and isn't something you can change quickly.

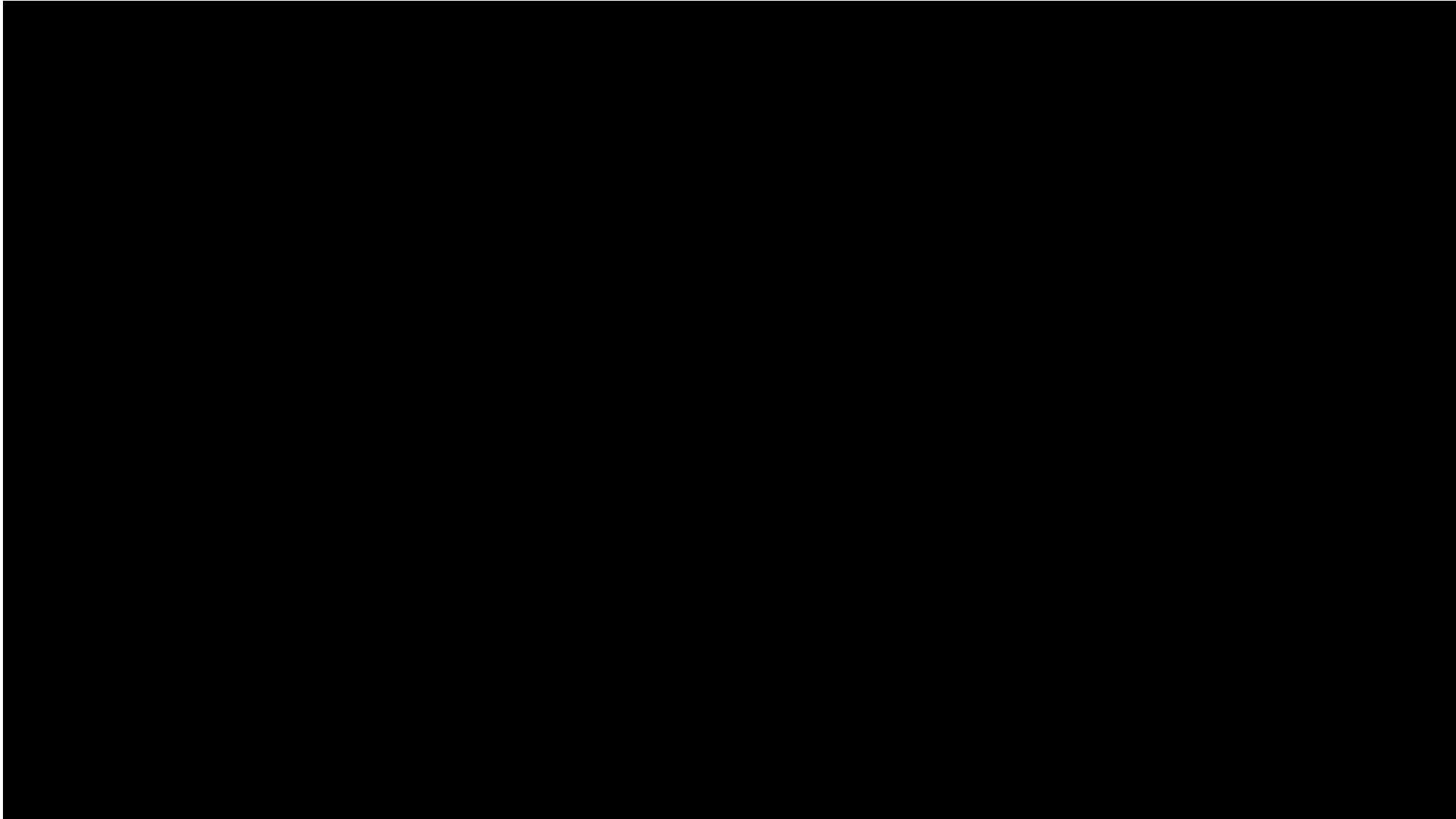
- Attitude is separate from personality **and much easier to control**. You can change your attitude without changing who you are.

How do you do so?

- ✓ Change your thoughts and your point of view (look for the good).
- ✓ Develop good habits.
- ✓ Find other positive people who bring out the best in you.
- ✓ Guard yourself with optimism in all you do and with whom you interact.



Fear Not/Nike: Find Your Greatness – 1:15



What Happens When You Decide to Change Your Attitude?

When you change your attitude and begin to think in terms of how you can improve, you allow yourself to become curious and spend time learning how to become better.

As you gain knowledge and experience, you become more confident and you begin to:

- Speak up
- Share ideas
- Offer suggestions for solutions
- View challenges as opportunities

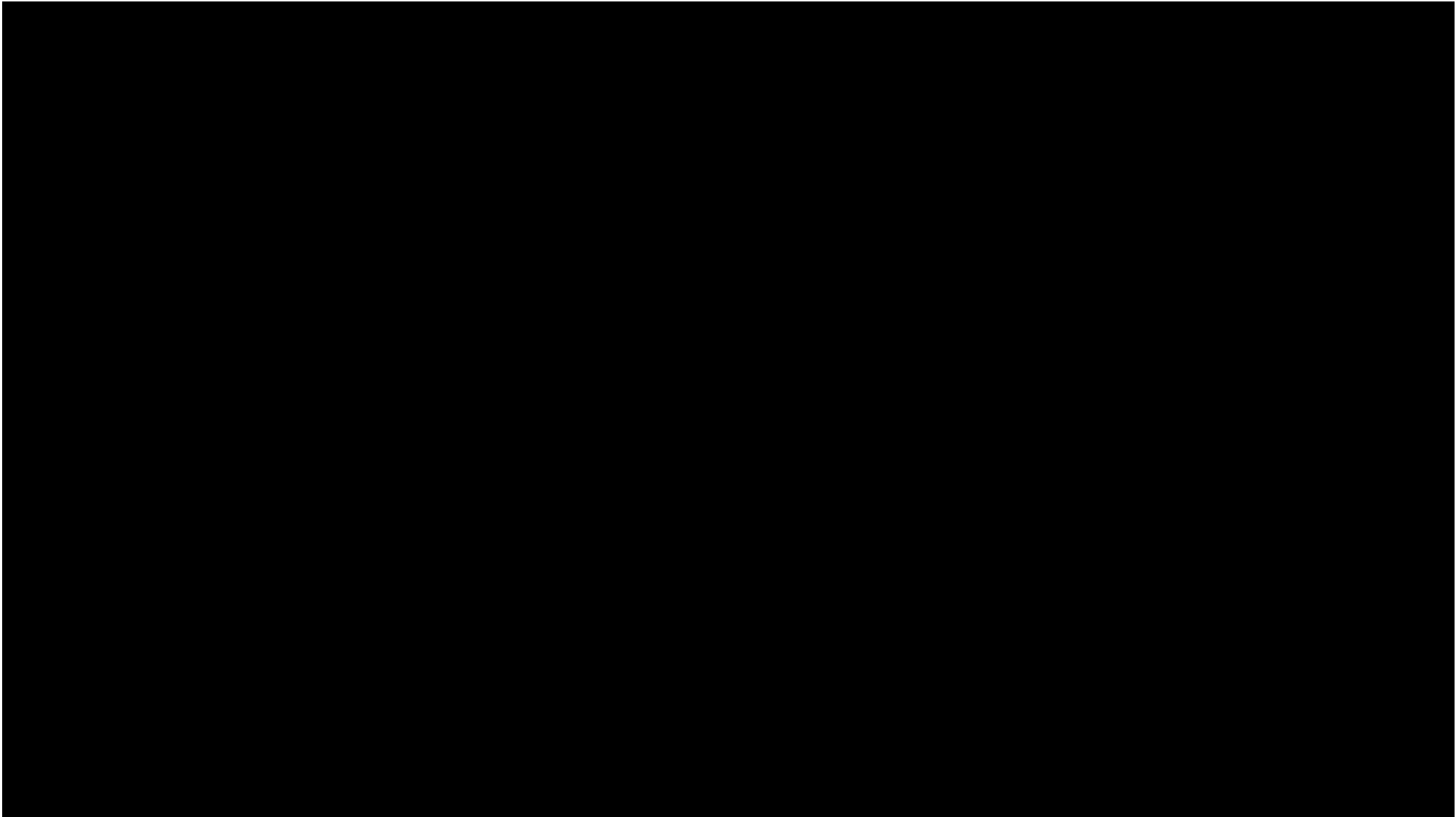


**“Persistence is the most powerful force on earth,
it can move mountains.”**

~ Albert Einstein



Climb Every Mountain



You Become What You Think You Can Become

**The Power of Self-Belief, Positive Thinking, and
Confidence**

Self-Belief

Self-belief is believing and trusting your abilities and judgments; the belief that you can meet the demands of a task.



Believing in
Yourself is
the First Secret
to Success!

“Whether you think you can or whether you think you can’t, you’re right.” ~ Henry Ford

When You Believe, Your Mind Will Create a Way

- To do anything, **we must first believe it can be done:**
 - ✓ Believing something can be done sets the mind in motion to find a way to achieve.
 - ✓ It paves the way for creative solutions.
- Your mind will create a way if you let it:
 - ✓ If you believe something is impossible, then it is.
 - ✓ If you believe something is possible, a solution will come.



Believe You Can Succeed and You Will

A “I’m-positive-I-can” attitude generates the power, skill, and energy needed to **do**. The *how-to-do-it* always comes to you when you believe you can do it.

- Many of us “wish” that someday we will reach our career goals. But, without the belief that you can reach the top, you are not motivated to identify and pursue the steps that lead to your effectiveness.
- When you believe in your ability to succeed, you approach your work with the “I’m-going-to-get-there” attitude.
 - ✓ You believe it’s possible.
 - ✓ You study and observe the attitudes of successful people, their behavior and how they approach problems and make decisions.
- Strong belief triggers the mind to figure ways and means and how-to.

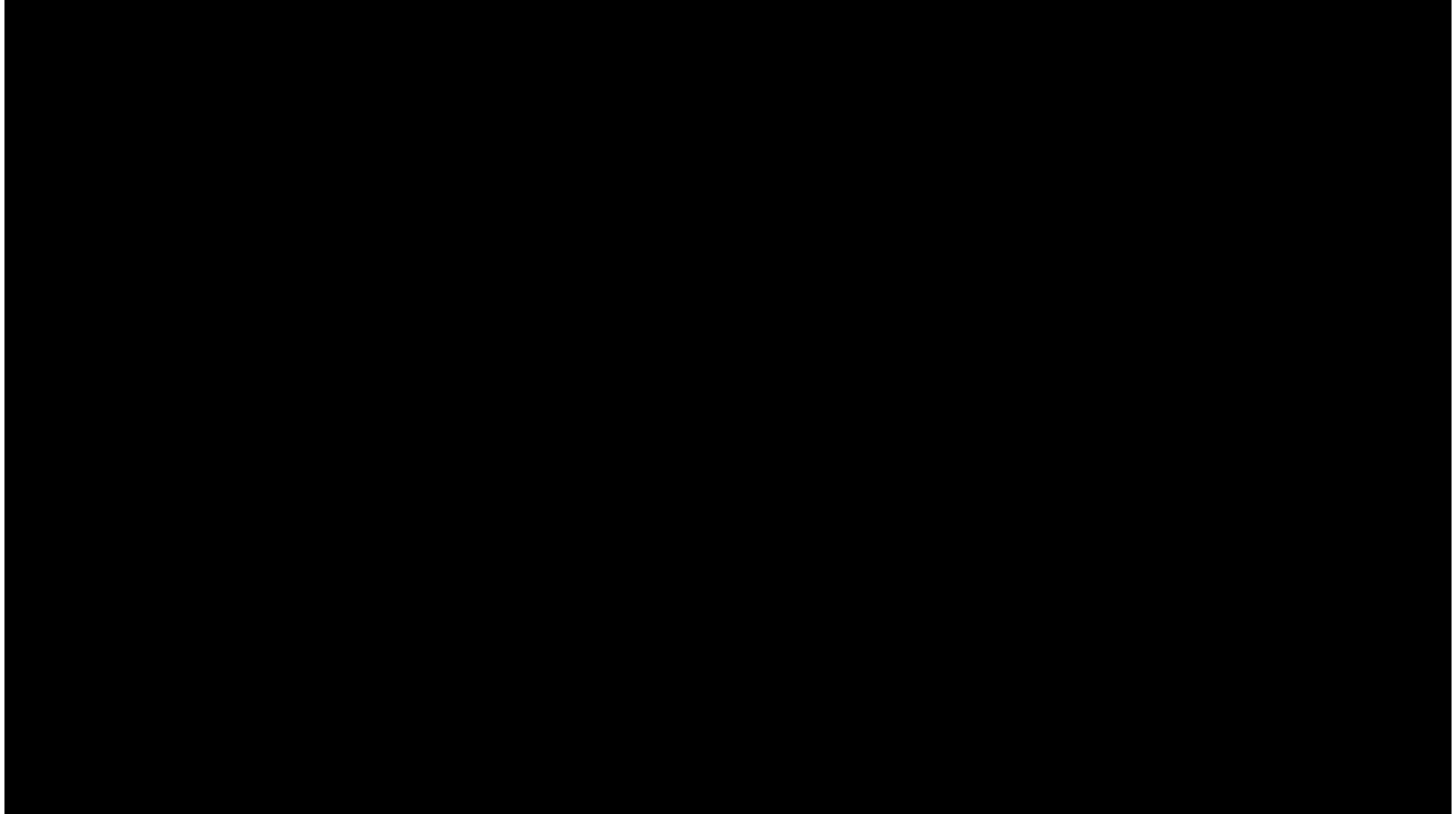
Believe Big and Grow

When you believe big, your mind attracts “reasons” to support the belief.

- Think victory and succeed on your own steam – not at someone else’s expense
 - ✓ Believe you can handle big, difficult assignments and you will be able to do so.
 - ✓ Believe you are among the best, and you will act and perform the best.
 - ✓ Believe you are worth much and you will receive much.
- You are a product of your own thoughts:
 - ✓ Adjust your thermostat forward.
 - ✓ Launch your success with honest, sincere beliefs that you will succeed.



Michael Jordan "Failure" - .32



Don't Sell Yourself Short

Do not hold yourself back by doubting your self worth.

- Instead of dwelling on reasons why you can't get ahead, think of reasons **why you can**.
- No one else is going to believe in you until you believe in yourself.
- Appreciate all of the things that make you unique, special and valuable – others will recognize those things too and good things will start happening.



Table Exercise

Think of something you've been wanting to achieve but felt you couldn't.

Make a list of reasons why you **can** do it.

Input from the audience.



Nike Courage – 1:02



COC Student Fights for Her Dreams

During the Spring 2023 semester, as Laura Llamas was attending classes at COC, unbeknownst to all, she was battling Stage 3 triple negative breast cancer.

With the help of her family and the support of COC counselors and instructors, Laura fulfilled her lifelong dream on June 2, 2023 when she graduated with an associate degree in Paralegal Studies.

Along the way to realizing her dream, the 33-year-old mother of two experienced setbacks:

- Her first husband died in a motorcycle accident and she subsequently experienced homelessness.
- She was diagnosed with cancer.
- She endured rounds of chemotherapy and radiation that left her exhausted and sick.

She attributes her success to her COC counselor, Liz Shaker, who regularly called to check in on her progress; gave her pep talks; and always left her feeling invigorated.

Laura hopes her story encourages others to ask for help when they are facing challenges.

“You have to fight for your dreams; and seek help because the more people know what you are going through, the more they will be able to help you. I am eternally grateful to COC for their support, their help, and their care. They won’t let you fail if you don’t let yourself.”

~ Laura Llamas, Paralegal Graduate, COC Class of 2023



You Are What You *Think* You Are

Others see in us what we see in ourselves.

- How you think determines how you act.
- How you act in turn determines: *How others react to you.*

The key to winning what you want lies in thinking positively toward yourself.

- The only real basis other people have for judging your abilities is your actions.
- And, your actions are controlled by your thoughts.
- Think:
 - ✓ *I am important*
 - ✓ *I do have what it takes*
 - ✓ *I am a first-class performer*
 - ✓ *My work is important*
 - ✓ *I can ask for help*
 - ✓ *Others will step up and help me*

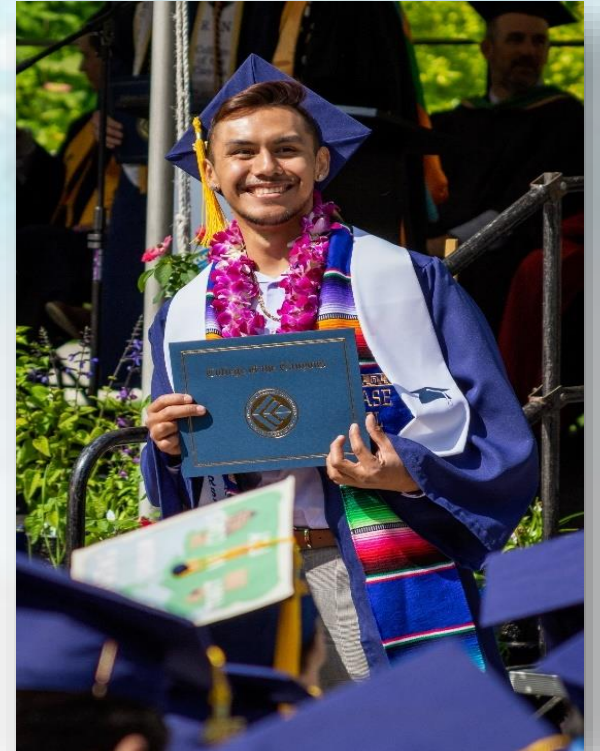


Think this way, and you're on the way to success!


Believing in Yourself Creates Positive Attitude and Confidence

Believing in yourself creates a positive attitude and confidence which opens you up to new opportunities.

- You say “no” less often – you start instead with “yes”.
- You set yourself up to solve problems and experience new things.
- When faced with a challenge, you think, *I can figure this out.*



Starting to believe in yourself is a small step towards changing – and improving – the opportunities that come your way.




“The biggest adventure you can take is to live the life of your dreams.” ~ Oprah Winfrey

In the Spotlight

The Challenge – Student Homelessness
The Opportunity - Student Housing

Ryan Theule

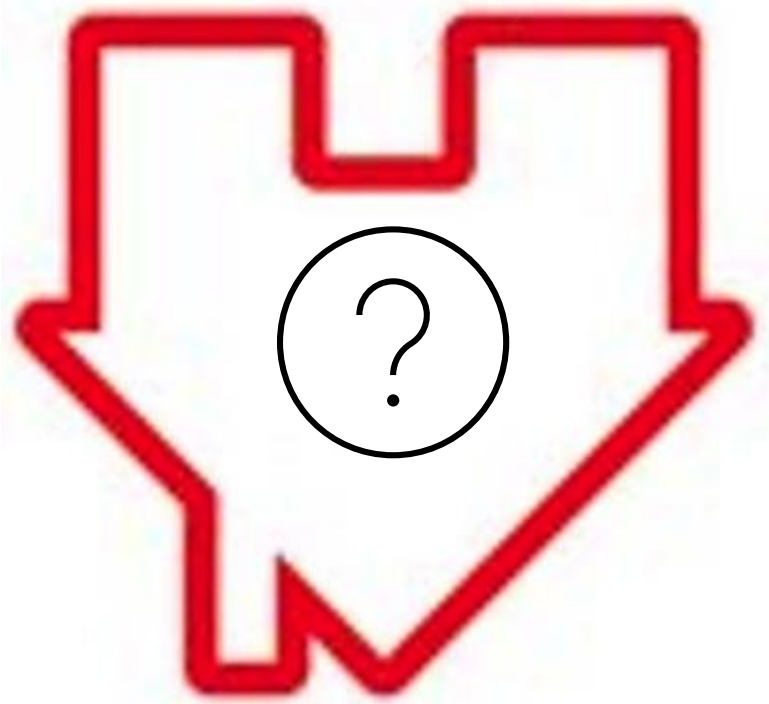


Innovating New
Opportunities:
Student Housing

Student Housing

- Statewide discussions of student housing starting in 2019 with the CCC CEO's Taskforce discussions of Basic Needs
- COC discussions have included Board Meetings, webinars, participation in the SCV Housing Taskforce and feasibility study, among many other related efforts
- In Fall 2021, a Request for Proposal was issued per AB/SB-169 through the Department of Finance
- COC nimbly responded within 5 days of the DOF opportunity and was in the queue for consideration for 22/23 construction projects.





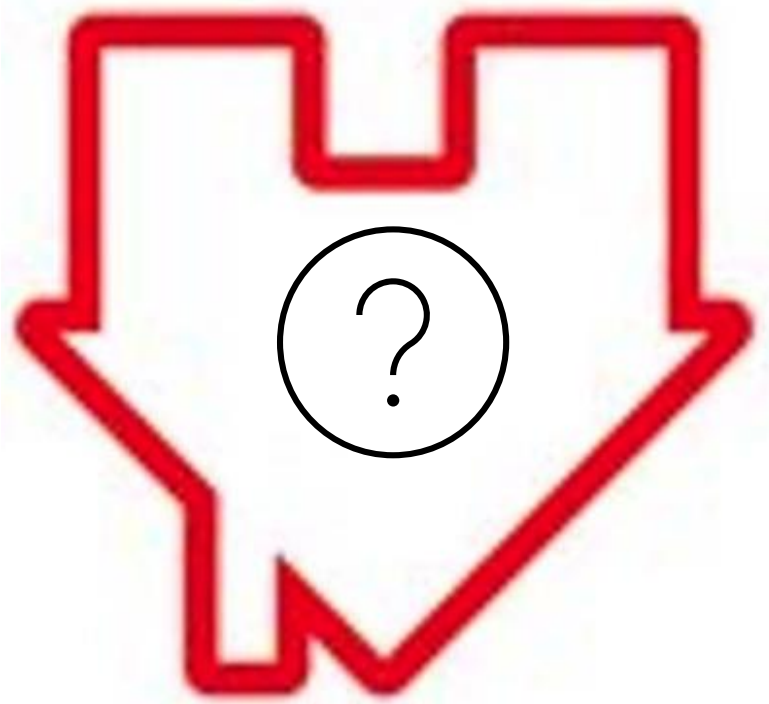
...then things got interesting

- COC was notified in Spring 2022 that it was not on the first round of funding.
- Only 5 colleges—none of which were in LA County—were recommended for funding on the first round.
- It appeared that COC would not be part of this innovative and important opportunity for students....

...but COC never gives up!

- Dr. Van Hook led a housing/advocacy coalition with other college CEOs and made the case for additional student housing needs
- The May Revise in 2022 was amended by \$332M to include 7 additional construction approvals for student housing, including COC!
- In June 2022, COC's project was officially included in the Legislature's budget recommended for funding and was awarded in the state 22/23 budget for \$61,858,000.
- Ongoing discussions/charettes leveraged expertise from COC and other colleges to refine the concept and specific plans.





...but new twists/turns emerged

- COC moved forward on additional District planning, architect work, and adjustments to expand beds from 100 to 204 with some multi-person unit configurations.
- COC's project would be approx. 91K sf, 3-story, 200+ bed facility located at the Valencia Campus Lot 6.
- But then the 2023 state budget trailer bill came out with a proposal to take back the money from the colleges that were building housing as well as what was due to be allocated for future 24/25 starts as well.
- Meetings are underway with legislative contacts (Schiavo and Wilk) as well as advocacy with the CCCCO and CEOs to amend this in a future "junior" budget trailer bill to fix this.
- Dr. Van Hook continues to lead multi-college efforts to fix this challenge with determination!

Student Housing and *Stick-to-itiveness* Summarized

- First, it didn't seem like there would be a state housing opportunity
- Then suddenly there was an opportunity with an incredibly short timeline and lack of clear directions/details
- COC applied, but then was waitlisted, but then was selected!
- COC was then funded, but then also notified that potentially all projects would be drawn back by the state pending a different budget solution (lease revenue bonds).
- Now, there is a proposal to fix this statewide with a new budget bill.
- The plot has thickened but COC remains nimble, determined, and creative in both advocacy and action designed to help our students.

Student housing is a great example of the role that determination, tenacity, and not accepting "no" has on our future and demonstrates the high capacity we have to make a difference through perseverance and innovation in action!



Positivity

Positivity means thinking in an optimistic way, looking for solutions and expecting good results and success.



Turn Away from Negative Thinking – Be Tenacious

Negative thoughts and memories create worry, frustration, fear and feelings of inferiority. So:

- Refuse to recall unpleasant events or situations.
- When you remember situations, concentrate on the good part of the experience, what you learned and how you solved the problem. Forget the bad - bury it.
- Think about what you have to be thankful for; the good things going on around you; and your victories and accomplishments.
- Stop thinking unpleasant thoughts by simply refusing to entertain them.
- When you opt to focus on positive thoughts and memories, the others will fade away and your confidence will soar.

The Impact of Negative Thinking

Negative thinking:

- Makes you feel blue about the world, about yourself, about the future.
- Contributes to low self-worth.
- Makes you feel you're not effective in the world.

Negative thinking is linked to:

- Depression
- Anxiety
- Chronic worry
- Guilt
- Blaming
- Defending
- Lack of purpose



Nike ad: If You Let Me Play



Master Your Thoughts

According to *Success Consciousness*, experts estimate that the mind produces **50,000** thoughts a day and **70% to 80%** of those are negative. This translates to **40,000** negative thoughts a day that need managing and filtering.

- You signal which thoughts will step forward and go to work.
- A positive signal produces reasons why you can and why you will achieve and succeed.
- A negative signal produces reasons why you're weak, why you're inadequate, and why you can't succeed.
- The more attention you give to your thoughts, the stronger they become and the more space they take up in your mind.
- You have the power to choose which thoughts will occupy space in your head and to think yourself to success.

CHOOSE POSITIVITY!

Positivity is Contagious

Positivity is contagious in two ways.

- First, it multiplies within yourself. The more you do it, the easier it becomes.
- Second, it's contagious for those around you.
 - ✓ When others see you being more upbeat and positive, they start feeling that energy too.
 - ✓ They begin to mirror your attitude.



Activity

Share the last time you “savored the moment”.

Examples provided below:

- Appreciated beautiful surroundings
- Enjoyed the flavor and aroma of fresh cup of coffee or your favorite meal
- Took pleasure in lying in a nice cozy bed and reading a good book
- Laughed out loud

Stopping to savor the moment and recalling that memory is a great way to stop negative thoughts from swirling around in your mind.



Positivity Improves Workplaces

When we become more positive more often, those around us also have a more positive attitude, our work environments improve tremendously. You simply *like* going to work more.

You:

- Enjoy being around your colleagues and they enjoy being around you.
- Have more fun, more engaging conversations, and more laughter.
- Foster deeper relationships, stronger bonds, and a sense of camaraderie.



Positivity Creates Confidence

Positivity is about believing there is always a way to solve a problem and figure things out.

- When you have a positive attitude, you know you will find a way over or around hurdles.
- You trust yourself to do the research, and you invest time and energy into learning.
- You feel more confident tackling challenges.



As you work on **keeping on a positive attitude**, you also indirectly work on **building confidence!**

Confidence

Confidence means feeling sure of yourself and your abilities. It's a quiet inner knowledge that you're capable.



“With confidence, you have won before you have started.”

~ Marcus Garvey

**“Go confidently in the direction of your dreams!
Live the life you've imagined.”**

~Henry David Thoreau

Confident action produces confident thinking. To think competently, act confidently, act the way that you want to feel.

To Think Confidently, Act Confidently

Here is a psychological principle that is worth repeating over and over and over again:

To think confidently, act confidently.

You change your attitudes by changing your actions.

- You actually feel more like smiling if you make yourself smile.
- You feel better about yourself when you make yourself stand tall instead of slouching.

Act the way you want to feel. Make a conscious effort to practice confidence-building techniques and watch your confidence grow!

In the Spotlight

Confidence, Overcoming Barriers & Achieving That Which Seemed Impossible

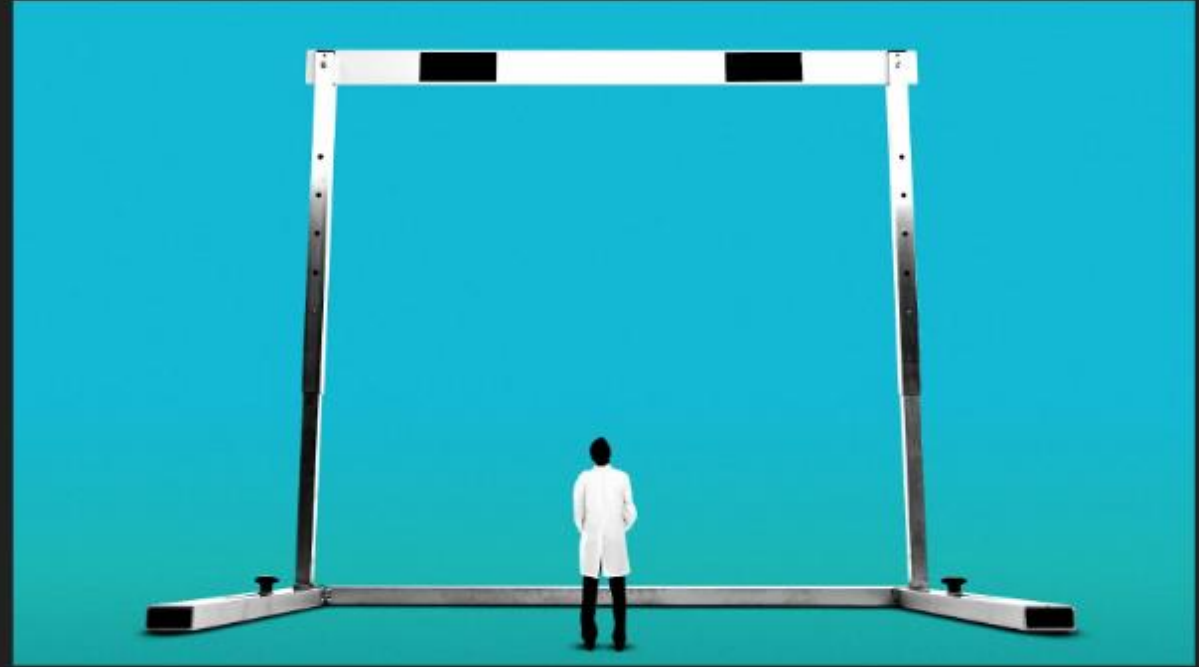
Jesse McClure

Jesse McClure

My Life, the Barrier



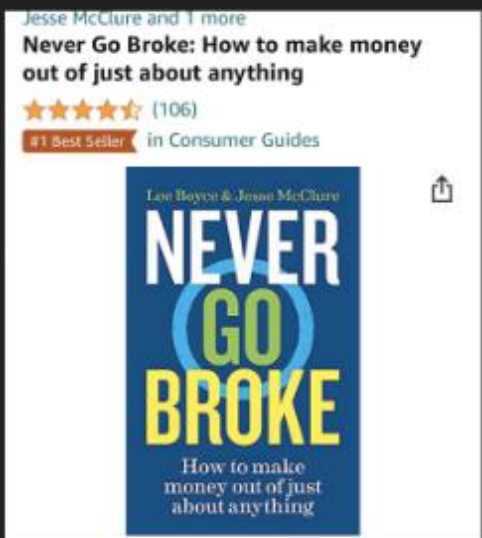
Life is a series of barriers



BRING ON THE WALL!



I do not have confidence, or even dreams, but a passion to live life to its fullest.



“He who fears death will never do anything worthy of a man who is alive.” - Seneca

Confidence-Building Techniques

Practice these techniques and watch your confidence grow!

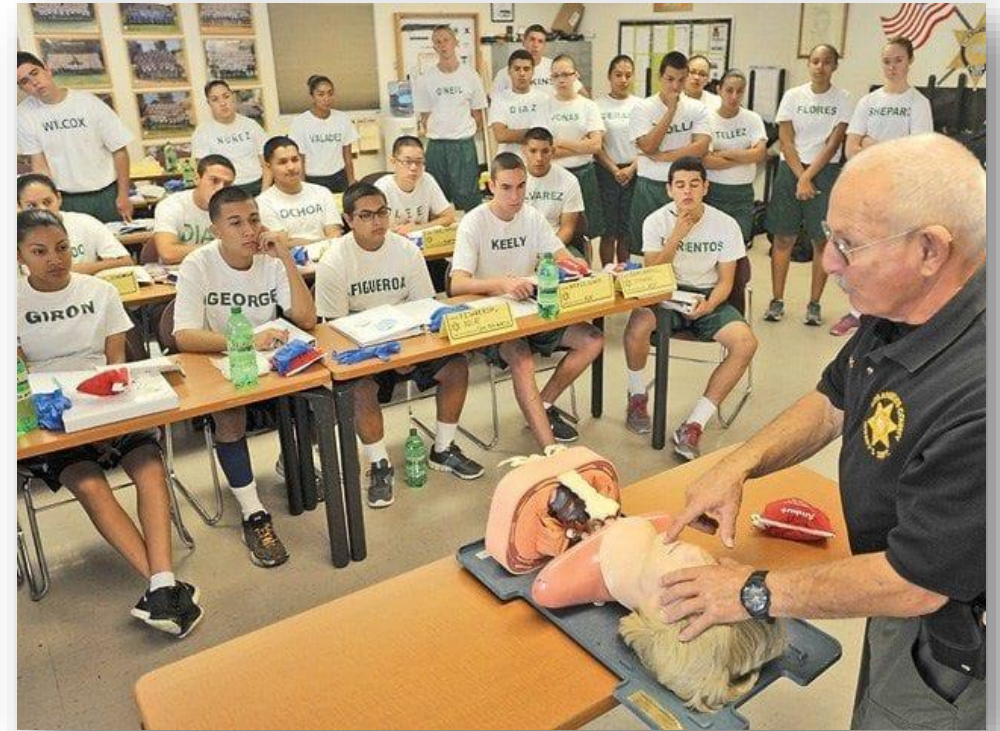
- Be a Front Seater
- Make Eye Contact
- Improve Your Posture and Walk Faster
- Speak Up
- Smile Big
- Keep Learning!



Be a Front Seater

Sitting up front builds confidence.

- Make it a rule to sit as close to the front as you can in conferences, classrooms, and other kinds of assemblies.
- Many people scramble to sit in the back rows so they won't be too noticeable.
- **Sitting up front builds confidence** – there is nothing unnoticeable about success!



Make Eye Contact

Looking other people in the eyes not only gives you confidence, it wins you confidence too.

- Failure to make eye contact communicates fear, low confidence, and feelings of weakness and inferiority.
- Making eye contact conveys that you are honest and aboveboard; that you believe in yourself and are self-confident.
- Make your eyes work for you – look right into the other person's eyes!



Improve Your Posture and Walk Faster

Slovenly posture and sluggish walking is linked to unpleasant attitudes towards oneself, work, and the people around us.

- Changing your posture and speed of movement can change how you feel about yourself.
- Shuffling and stumbling along conveys zero confidence.
- Walking faster than average conveys super-confidence. Fast walkers tell the world, *“I’ve got somewhere important to go, something important to do.”*
- Throw your shoulders back, lift up your head, strand straight, move ahead just a little faster, and feel your self confidence grow.



Speak Up

The fear of speaking up or participating in group discussions is quite common. The biggest reason people have for freezing up and failing to participate in discussions is the fear of looking foolish.

- Each time you fail to speak up, you become less confident in yourself.
- The more you speak up, the more you add to your confidence and the easier it becomes to speak up the next time.
- Make an effort to speak up at every meeting you attend. Say something: comment, make a suggestion, or ask a question.
- You will eventually develop confidence and begin to feel at ease talking with and to people.



Smile Big

A real, big smile is an excellent way to boost confidence.

A big smile:

- Beats fear
- Rolls away worry
- Defeats sadness
- Melts away the opposition of others

The secret is to smile big (a half smile won't work).

The next time you feel fear or anger, smile – even when you don't feel like it.



Harness the power of smiling!

Keep Learning!

The process of trying and learning something new and developing new skills, builds confidence.

- You have the ability to do, learn, and discover other skills.
- Realize that it is possible to grow beyond your current comfort zone.
- Start learning new things and prove to yourself that you can do it.



Believe you can do new things and you will do new things!

“Don’t Rain on My Parade”



A night sky with the Milky Way galaxy and snow-capped mountains. The Milky Way is visible as a bright, colorful band of stars stretching across the sky, with colors ranging from purple and blue to yellow and orange. The mountains in the foreground are dark, with snow on their peaks and ridges. The overall scene is a beautiful, serene landscape under a starry night sky.

“Don’t let people discourage you from living your dreams.” ~ David DeNotaris

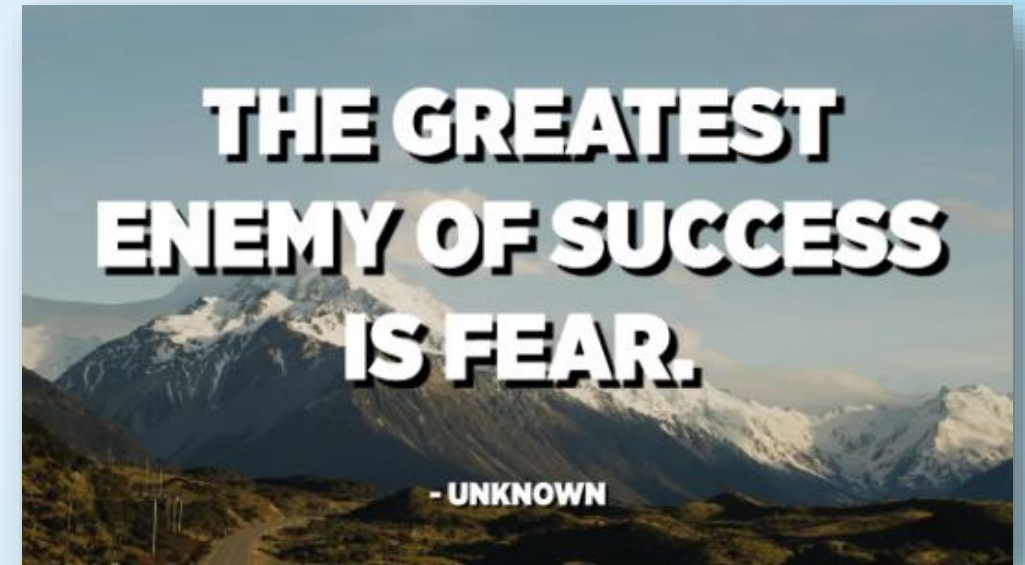
Who Sets Limits on You? You Do.

What would you do if you could not fail?

Fear is Success Enemy Number One

Fear is a powerful force as it can limit you in the following ways:

- Stops you from capitalizing on opportunities
- Wears down your physical vitality
- Makes you sick
- Closes your mouth when you want to speak



In one way or another, **fear prevents you from getting what you want in life.**

NIKE – “Play New” ad – 1:00



In the Spotlight

Artificial Intelligence

Shane Ramey & Ruth Rassool

WHAT ARTIFICIAL INTELLIGENCE CAN DO FOR YOU: EFFECTIVE USE OF AI

Why us?

Associate Professor, Dr. Shane Ramey - Biology

Professor Ruth Rassool - English

Currently serving on the Academic Integrity Taskforce

Faculty Panelists at CISOA Advanced Seminar 2023

Faculty Panelists on Generative AI at COC

Convocation 2023

OUTLINE

- Brief intro to generative AI (Large language models like ChatGPT)
- How AI can be used effectively to enhance the learning process for students
- How AI can be used effectively as a teaching assistant for faculty

WHAT IS GENERATIVE AI IN THE CONTEXT OF EDUCATION?

- ChatGPT is a large language model (LLM) that was developed by OpenAI and launched on November 30, 2022.
- LLMs are trained on vast repositories of human writing.
- LLMs can perform various natural language processing tasks, such as text generation, machine translation, summarization, chatbots, and more.

The genie is already out of the box, we can't put it back.

-Dr. Dianne Van Hook



Image created using Bing AI with the prompt “create an image of a black box, the black box commonly used as as idiom to refer to something that we don't know what is in it or how it works”

The genie is already out of the box, we can't put it back.

-Dr. Dianne Van Hook



Image generated using Leonardo.Ai with the prompt “An evil genie slowly rising from a pitch-black box, its eyes glowing with a malicious intent.”



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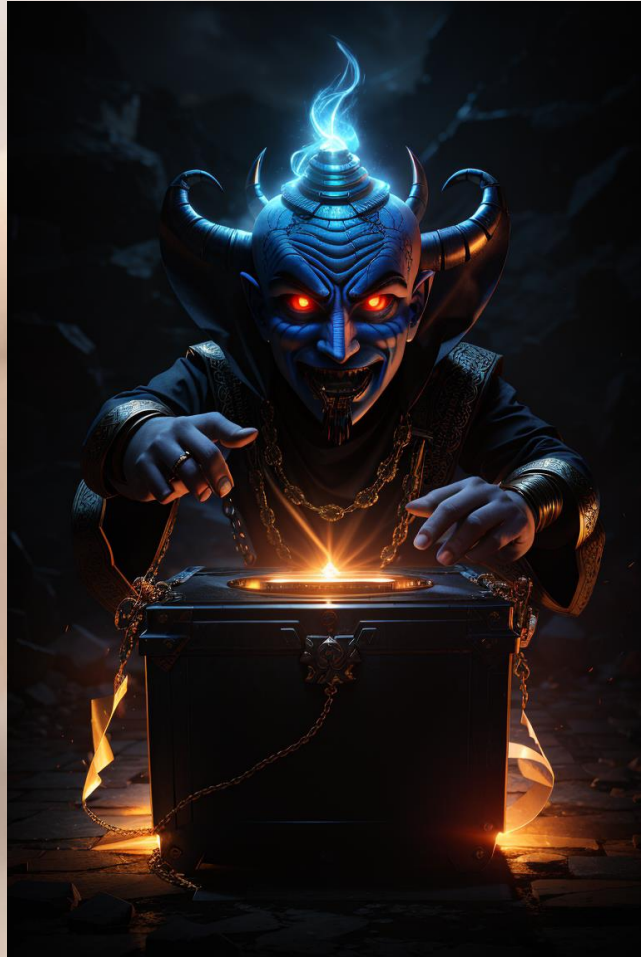


Image generated using Leonardo.Ai with the prompt "An evil genie slowly rising from a pitch-black box, its eyes glowing with a malicious intent."



Image created using Bing AI with the prompt "create an image of a black box, the black box commonly used as an idiom to refer to something that we don't know what is in it or how it works"



Image generated using Leonardo.Ai with the prompt "A friendly genie materializing from a dark box, its face illuminated by a warm, inviting smile.."

STUDENT FACING AI

Our concerns are that we incorporate AI into our classes in such a way that is:

Relevant

Equitable . . .

FACULTY FACING AI

. . . and also includes

Safety

Training



Image generated using Leonardo.Ai with the prompt “A robotic assistant helping a teacher in a classroom, surrounded by curious students.”

HOW CAN AI BE USED EFFECTIVELY AS A TEACHING ASSISTANT FOR FACULTY?

Welcome to the new Bing

Your AI-powered copilot for the web

 Ask complex questions

"What are some meals I can make for my picky toddler who only eats orange-colored food?"

 Get better answers

"What are the pros and cons of the top 3 selling pet vacuums?"

 Get creative inspiration

"Write a haiku about crocodiles in outer space in the voice of a pirate"

Let's learn together. Bing is powered by AI that can understand and generate text and images, so surprises and mistakes are possible. Make sure to check the facts, and [share feedback](#) so we can learn and improve!

[Terms](#) | [Privacy](#)

Choose a conversation style

More
Creative

More
Balanced

More
Precise

 New topic

 Ask me anything...

0/4000



GOOD PROMPT ENGINEERING HELPS!

Choose a conversation style

More
Creative

More
Balanced

More
Precise

You are a quiz creator of highly diagnostic quizzes. You will look up how to develop low-stakes tests and diagnostics. You will construct 2 multiple choice questions, 2 fill-in-the-blank questions, and 2 short answer questions (short answer questions can be answered in 1 to 3 sentences) to quiz the audience on the topic of the web page <https://openstax.org/books/microbiology/pages/3-3-unique-characteristics-of-prokaryotic-cells>. The questions should be highly relevant and go beyond just facts. Multiple choice questions should include plausible, competitive alternate responses and should not include an "all of the above option." At the end of the quiz, you will provide an answer key and explain the right answer.

- ✓ Searching for: **how to develop low-stakes tests and diagnostics**
- ✓ Searching for: **unique characteristics of prokaryotic cells**
- ✓ Generating answers for you...

AI OUTPUT

Quiz: Unique Characteristics of Prokaryotic Cells

1. Which of the following is a common cell morphology and cellular arrangement typical of prokaryotic cells?

- A. A) Coccus and diplococcus
- B. B) Bacillus and streptobacillus
- C. C) Spirillum and spirochete
- D. D) All of the above

Answer: D

2. The cell wall of prokaryotic cells is composed of _____, a complex polymer of sugars and amino acids.

- Answer: peptidoglycan

3. How do bacterial cells differ from archaeal cells in terms of their cell envelope components?

- Answer: Bacterial cells have peptidoglycan in their cell wall, whereas archaeal cells do not. Instead, archaeal cells have pseudopeptidoglycan or other polysaccharides in their cell wall. Bacterial cells also have ester-linked phospholipids in their plasma membrane, whereas archaeal cells have ether-linked phospholipids with branched chains.

Answer key and explanation:

1. A) They synthesize proteins using mRNA as a template. Ribosomes are organelles that consist of rRNA and protein subunits. They use the information encoded in mRNA to assemble amino acids into polypeptide chains¹².
2. Peptidoglycan. The cell wall of prokaryotic cells is composed of peptidoglycan, a complex polymer of sugars (N-acetylglucosamine and N-acetylmuramic acid) and amino acids (D- and L-alanine, D-glutamic acid, and either lysine or diaminopimelic acid). Peptidoglycan provides structural support and protection from osmotic lysis¹².
3. Selectively permeable. The plasma membrane of prokaryotic cells is selectively permeable, meaning that it allows some substances to cross while blocking others. The plasma membrane is composed of a phospholipid bilayer with embedded proteins that regulate transport, communication, and enzymatic activity¹².

WHAT DOES THE FUTURE HOLD?

The future is here. AI is not going to take over, but you can't allow it to run unregulated.

We can learn how to incorporate AI into our teaching, in the same way that learning took a giant leap forward with the written word and the internet.

OUR SPECIAL SONG IS A REFRAIN . . .

Relevance

Equity

Safety

Training



Thank you, Dr. Van Hook, for allowing us to sing back up

The Exciting World of Artificial Intelligence

Human-centered AI is all about designing AI systems with people in mind. It's not just about making them work well, but making them accessible, adaptable, and respectful of human values and diversity.



- This means AI can help enhance human decision-making by providing personalized insights and recommendations based on individual preferences and data.
- AI is not meant to take over human interactions but rather to work alongside them, promoting mutual learning and collaboration.

Another AI Approach – Generative AI

Generative AI uses deep learning to create new content or output, such as text, images, music, and videos.

- ChatGPT is a tool under Generative AI that has interactive conversations with humans using natural language processing. It's useful for generating text responses based on user input.
- However, keep in mind that ChatGPT is not a substitution for human interaction but merely a tool that helps facilitate learning and support.



In the Spotlight

Virtual Reality Demonstration

Mauricio Escobar



“Fear is a reaction. Courage is a decision.”
~ Winston Churchill

Think Success, Don't Think Failure

Substitute success thinking for failure thinking. When you face difficult situations, think:

- I'll win.
- I'm equal to the best.
- I can do it.



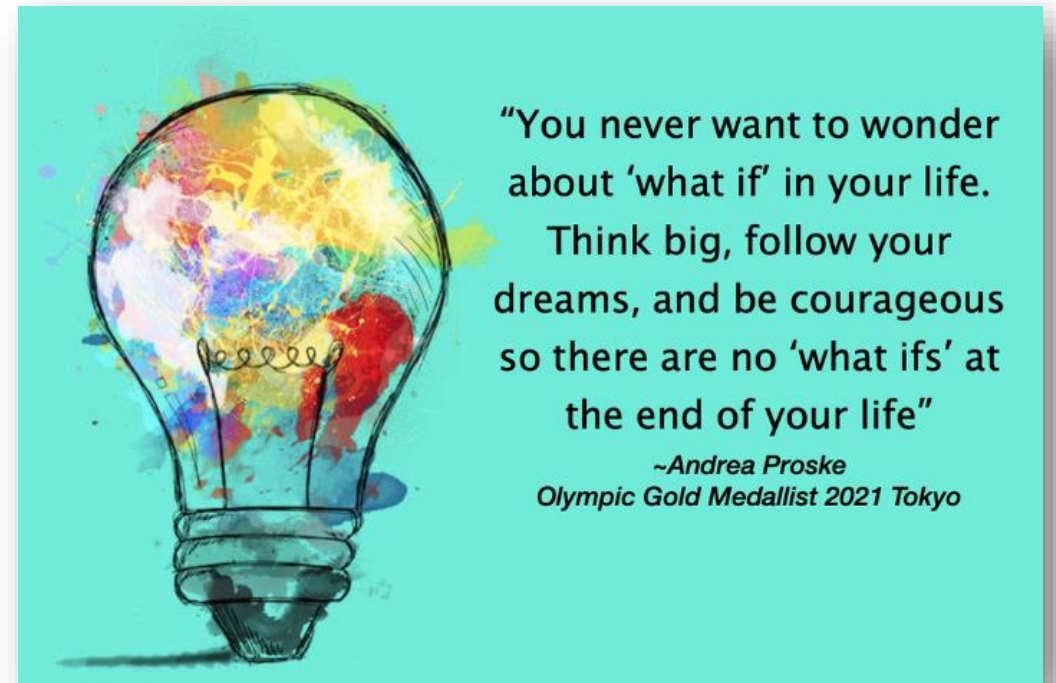
Let the master thought **“I will succeed”** dominate your thinking process.

Do Not Allow Fear to Make Decisions for You

Sometimes, it's the "*what-ifs*" that hold us back – the fear of what might happen or the fear of the unknown.

To overcome fear, talk through what you're afraid of. Ask yourself: *What's the worst that could happen if you start pursuing your dream?*

- You could fail. But we've already learned that failure can be a positive thing. We learn from it and grow from it.
- Accept that people will laugh at you. That is totally possible.
 - ✓ Are you pursuing this goal for the approval of others?
 - ✓ Or are you doing this to feed a longing inside of you?
 - ✓ Do the opinions of other define you?



“Courage is Being Scared to Death
and Saddling Up Anyway.”

~John Wayne

Courage is the willingness to risk hurt or failure.
Learn to push through the discomfort. It's never
easy, but we're always grateful and stronger when
we're done.

Courage is doing the right thing even though you are terrified.



Video – Doing Good Things



Excuses Close the Door to Opportunities

Many of us have excuses to hide behind that stop us from achieving our dreams:

- Poor health
- Lack of education
- Too old or too young
- Bad luck
- Personal misfortune
- The way my family brought me up
- It's never been done before
- No one agrees with me



Making excuses is a trap. Each time you make the excuse, it becomes imbedded deeper within your subconsciousness. You become more convinced that it is completely true, that the alibi is the real reason for you not realizing your success.

Overcoming Fear

When we face tough problems, we stay mired in the mud until we take action. Hoping that things will turn around is not enough. Hope needs action to win victories.

Action cures fear. Inaction – doing nothing about a situation – strengthens fear and destroys confidence.

A formula for curing fear and winning confidence is to:

- Isolate your fear. Pin it down. Determine exactly what you are afraid of.
- Then take constructive action. There is some kind of action for any kind of fear.



Accept Fear and Continue On

Do the thing that you are afraid to fail at, even when you're scared. To overcome fear, accept that it's there and continue on.

- Don't wait for the moment when you're no longer afraid...that moment will never come.
- Find that person who will encourage you when fear tries to stop you.
- Surround yourself with positive voices and like-minded dreamers.



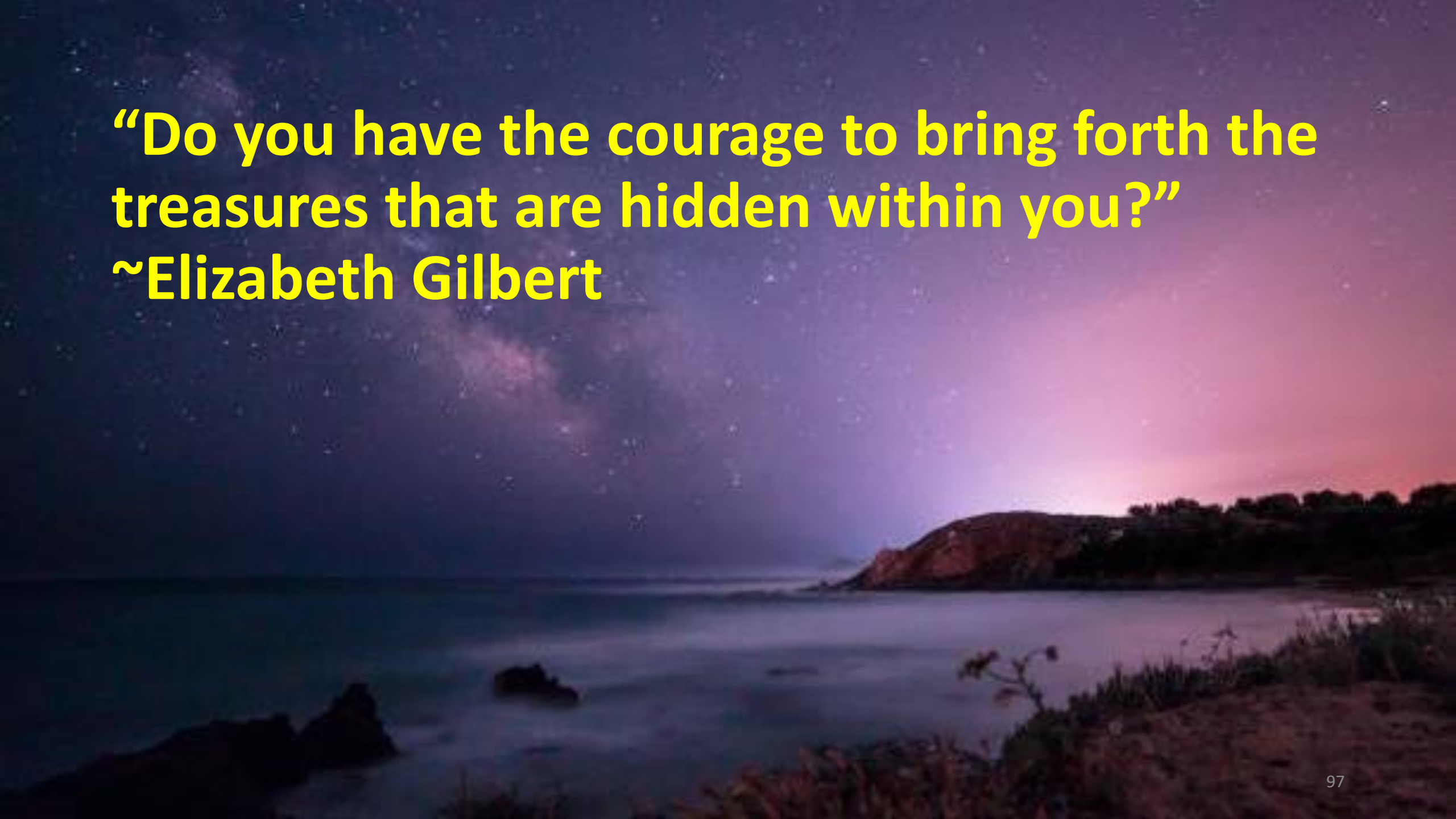
Feel the Fear...and Do It Anyway

Often we think, “I’ll do it when I am not so afraid.”

- But in reality, it works the other way around.
- The “doing it” comes before the fear goes away.

The only way to get rid of the fear of doing something is to go out and do it!





**“Do you have the courage to bring forth the treasures that are hidden within you?”
~Elizabeth Gilbert**

Don't Fear Failure

Failure is usually temporary; it passes like a storm.

So, why let the fear paralyze you?

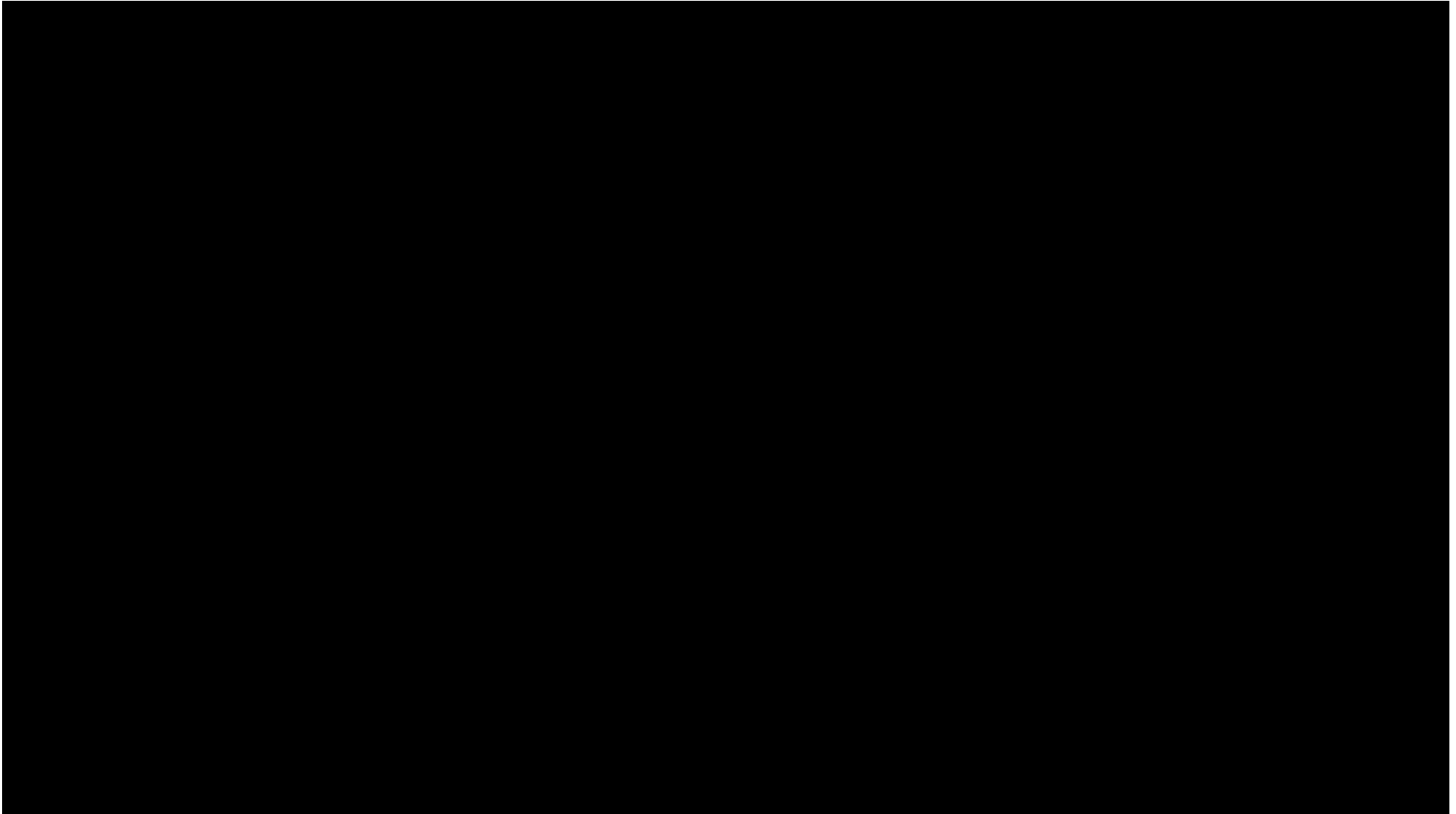
The questions you need to ask yourselves are:

- If you do not give into your fears, what would you be able to accomplish?
- What would happen if you inspire courage among your colleagues and across our campus community?

Courage doesn't
mean you don't
get afraid.
Courage means
you don't let fear
stop you.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach the stars, to change the world.” ~ Harriet Tubman

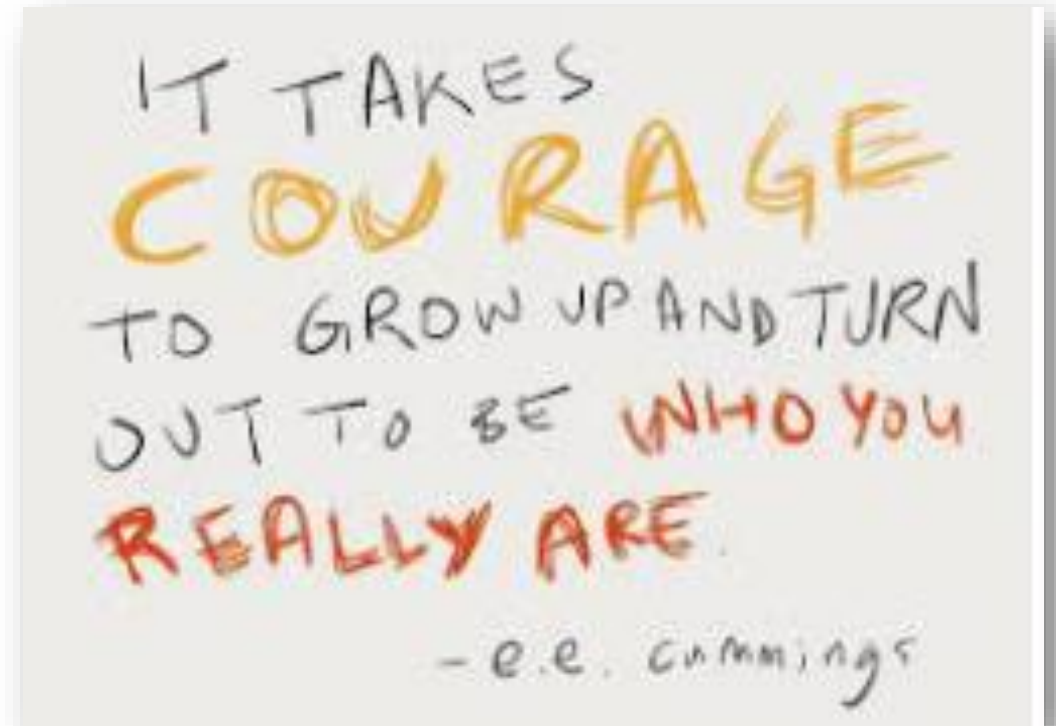
Bridge Over Troubled Waters



**Remember, You Are a Role
Model for Others**

Awareness of How We Impact Others

Those who have the courage to look within themselves – to disrupt previous patterns and confront fears – will lead themselves and others to new and higher ground, seizing the opportunities.



Your Positive Attitude and Confidence Inspires and Motivates Others

When you change your thinking, your habits, and your actions, you are not only helping yourself, you are influencing those around you.

Your passion for pursuing your dreams stirs up curiosity. People will see you living your best life – they will take notice and listen to what you have to say.

- Offer to share your personal stories.
- Teach them things you've learned along the way.
- Talk about your failures and achievements.
- Help them avoid the mistakes you've made in the past.



DAVID BRILL



LIVE NOW: CANYONS NEWS EVENING EDITION

**“It’s Choice – Not Chance – That Determines
Your Destiny.”**

~ Jean Nidetch



I Did It My Way



**Determine Your Destiny Each
Day through the Choices You
Make**

Shape Your Own Destiny

Ralph Waldo Emerson said, *“The only person you are destined to become is the person you decide to be.”*

Destiny is ultimately determined by our decisions.

- Our destiny is not something we can sit by and let happen to us. We need to take action on the opportunities with which we are presented.
- Have you ever wondered what it would be like to do something different? But when you think about actually taking action, you make all kinds of excuses why you “can’t”. Sometimes, you need to be brave enough to act.



Why not shift your destiny in that new direction if that’s what you want?

Fate is Not Your Destiny

When we become accustomed to letting fate lead our path, it can be hard to think of destiny as being separate from fate.

- Fate presents us with opportunities to create our destiny. But, we still get to choose what destiny we want.
- If you think about your destiny as something you have control over, you can make deliberate actions to create your desired destiny.
- This means:
 - ✓ Being true to yourself
 - ✓ Not being passive or only following other people's opinions



Being authentic is the best way to determine the destiny that's meant for YOU!

“If You Do Not Change Direction, You May End Up Where You are Heading.”

~ Buddha



Drive Towards Your Destination

Isn't it better to believe you can control your own destiny by making deliberate, conscious decisions rather than being a passive bystander in your own life?

Here are some tips for creating your own destiny:

- Ask yourself where you want your life to be in five years and work backwards.
- Understand what you value and what makes you tick.
- Decide what and who you want to keep in your life, and what has run its course.

Don't let someone else guide you along, take the wheel and drive towards your own destination.



“All of our dreams can come true, if we have the courage to pursue them.

~ Walt Disney



Dream It. Design It. Do It.
The Magic is in YOU!

DREAM IT

“Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality.”

~ Jonas Salk


Designing Your Future Starts With a Dream

Can you create a better future for yourself and others? Indeed, you can!

John F. Kennedy could see a future in which we walked on the moon.

In his *"I have a dream"* speech in 1963, Dr. Martin Luther King shared his vision of a future where people would be treated equally.

They believed in the futures of which they dreamed. Through hard work, power of persuasion, and sheer force of personality, they moved mountains to create the future they wanted.



"IT IS NOT IN THE STARS
TO HOLD OUR DESTINY
BUT IN OURSELVES."

~ William Shakespeare

You are the Ultimate Creator of Your Own Future

You have the ability to shape and design your future into something special. The formula is quite simple:

- **Dream Big** – envision the type of future you want to create
- **Take Action** – make choices and take actions that will help make your vision a reality.

Imagine your life as a blank canvas, you only have one canvas. Rather than filling it haphazardly, visualize the masterpiece you want to create ahead of time.

Realizing that you are the designer of your own future is a powerful way to live your life.

**YOUR
ATTENTION
PLEASE:**

**No one is
coming to
save you.**

**This life of
yours is
100% your
responsibility.**

In the Spotlight

ISP High School Outreach

Jia-Yi Cheng-Levine



International Services & Programs (ISP)

Partnership Building: Our Core Value



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Dr. Jia-Yi Cheng-Levine, Prof. Christina Chung, Dr. Saburo Matsumoto,
Dr. Brent Riffel, and Linus Wu

Exploring International Partnerships : Taiwan

- Taiwan: National Educational Policy, Bilingual by 2030
- Government funding available
- COVID
- 2021 Pilot class with COC
- 2022 Sociology
- 2023 Business and Counseling

Introduction to Business
BUS 100 Course

Begins September 5, 2023
5 weeks Online + weekly LIVE
Zoom classes

Cross-Cultural Collaboration
Taiwan & California



COURSE DESCRIPTION

- Explore all aspects of business
- Learn about Management, Marketing, Accounting, Operations, Finance, Entrepreneurship & more...

CHRISTINA CHUNG
Business Professor
22 years business experience |
15 years teaching experience

[ENROLL TODAY](#)

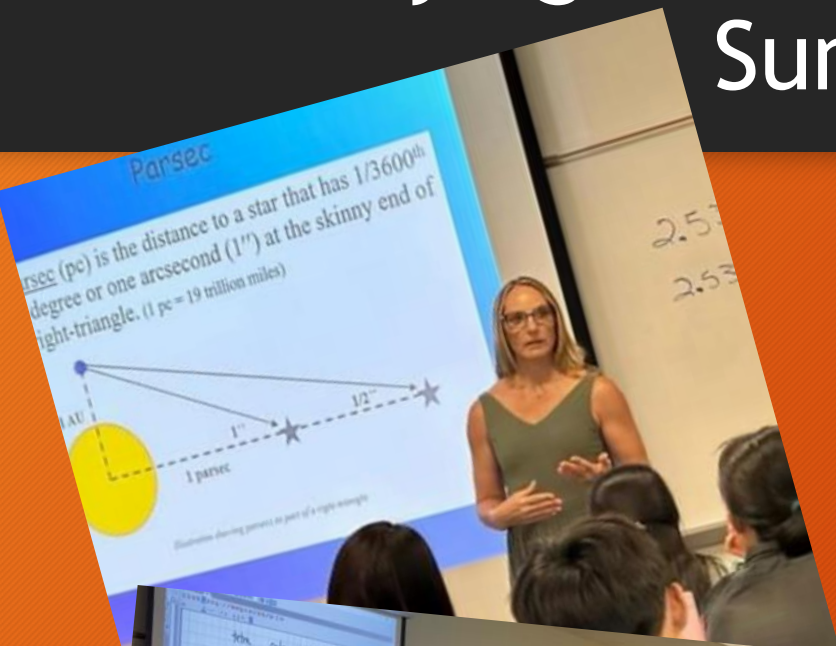
 COLLEGE OF THE CANYONS

Building International Partnerships: Creating a Network of Advocates for COC

- Leverage connections (old and new)
- Working with a charity foundation in Taiwan and the U.S. Department of Commerce
- Recruit students for summer programs (27 students in July) and online (GOL)



Solidifying Partnerships: Summer & Exchange Programs





Expanding Partnerships Beyond Taiwan



Linus: Bringing it Full Circle

The Power of Dreams – Design Your Future

A dream is an inspiring picture of the future that energizes your mind, will and emotions, empowering you to do everything you can to achieve it.

Dreams:

- Propel us forward
- Give us energy
- Make us enthusiastic
- Require us to stretch, to go beyond average.

You can't reach for a dream and remain safely mediocre at the same time – the two are incompatible!



Honda – The Cog – 2:00



In the Spotlight

Uniquely Abled Academy

John Milburn

What Do You Dream About Doing?

In order to have a dream, you need to engage your thoughts and imagination. This means thinking deeply about:

- What you want to achieve
- Where you want to go

You start with a dream and nurture it in your mind until it becomes a burning desire that you are ready to pursue.

Once you become clear about what you really want, your dream can go from imagination to reality.



What you start has a ripple effect. You will never know where your influence stops.

Activity

Take 15 minutes to share:

- What would you do if you could not fail?
- What will you regret not doing if you don't try?

Write your answers down on paper.



DESIGN IT

“Dreams without goals are just dreams.”

~ Denzel Washington

Dreams Provide The Vision of Where You Want to Go

You realize your dreams by creating goals around them. You then pursue each goal by **making a plan and taking action.**

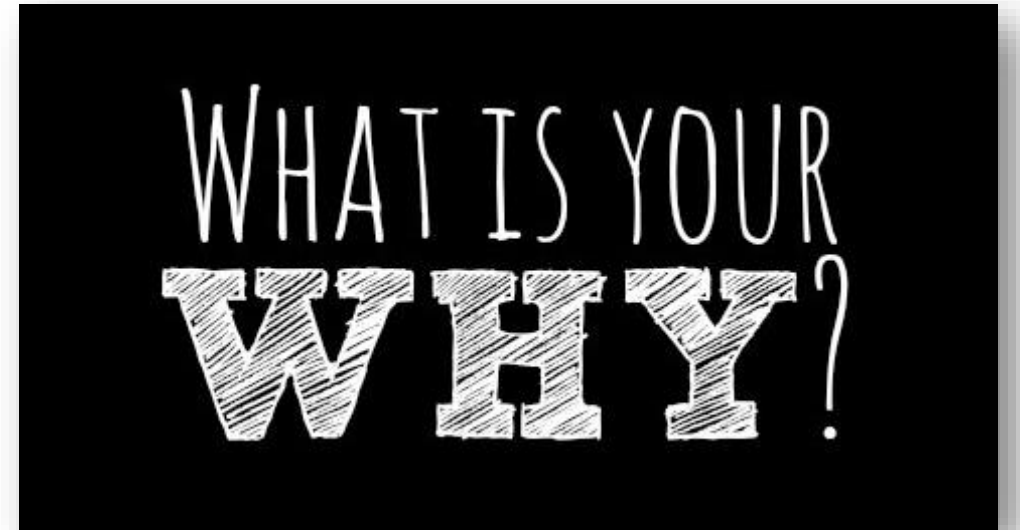
- When you work on a goal with a plan of how to achieve it, your efforts are more focused.
- You build a plan to get you from where you are to where you to go. Your plan will keep you on track to progress toward your goal.
- A plan involves setting specific objectives, outlining the necessary steps, setting deadlines, and considering potential obstacles.



Find Your “Why”

Discovering your “why” helps you:

- Achieve a deeper understanding of yourself
- Learn what matters most to you
- Develop greater motivation and resilience
- Align your passions, interests, and values
- Become clear about what you want in life
- Get specific about what your dream really is and **chart the path to getting there!**



A large, powerful ocean wave is crashing over a rocky shore. The water is a deep, vibrant blue-green color, and the wave is curling over itself, creating a tunnel-like structure. The sky is filled with dramatic, dark clouds, and the sun is visible in the upper left, casting a bright glow over the scene. The overall mood is one of raw power and natural beauty.

DO IT

**“A dream doesn’t become reality through magic; it takes sweat, determination, and hard work.” ~
Colin Powell**

It's Time To Do the Work

Dreams alone are not enough; **action** is required to turn those dreams into reality.

- To make your dreams a reality, you've got to work your plan and plan your work!
- There is no way around this – you've got to do what's necessary to achieve your dreams and it's going to involve work.
- Dreams come true as a result of hard work, determination, and perseverance.



Exercise to Help You Create the Future of Your Dreams!

Imagine your life at the end of your career - you've lived a good, fulfilling life. Fear has not stopped you from doing what's important in your life. You've lived a life that you are proud of; one that has brought you much happiness and a deep sense of meaning.

Thinking back on your life, answer the following questions:

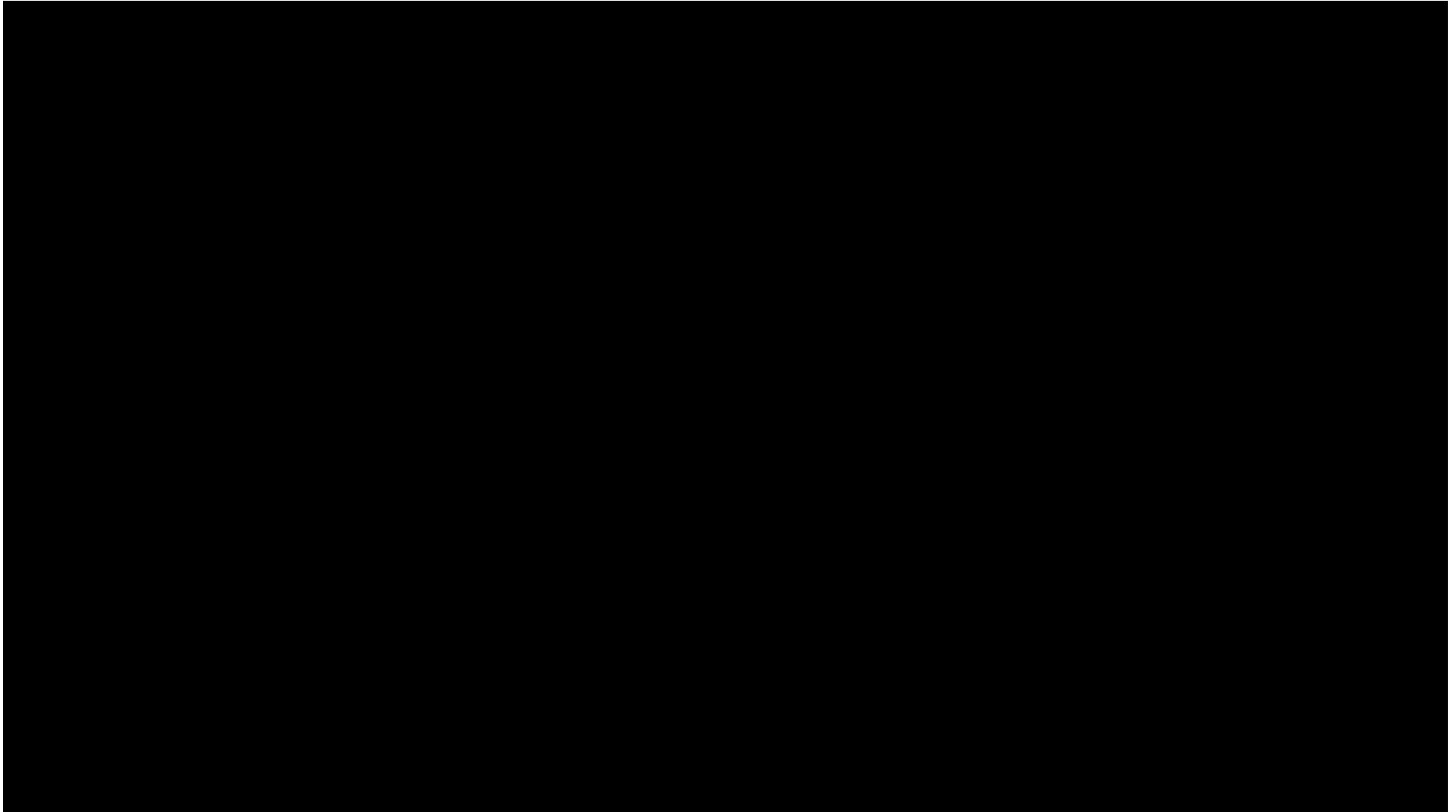
- What are your biggest accomplishments?
- What have you achieved?
- What have you created or done?

Next, imagine your future in 10-years time. To be on track with your "end of career" future, what should your life look like in 10 years? What are your accomplishments in 10 years? What have you achieved or done?

Next, imagine your life in one year's time. To be on track with your 10-year future, what should your life look in one year? What are your accomplishments in one year? What have you achieved or done?

Now, come back to the present moment. What's one thing you can do today to create this future? Write it down. Just do this one thing today and see how it feels.


Make Your Own Kind of Music Reprise



The Magic is In You

You possess the inner strength, creativity, potential, unique qualities and abilities that can lead to incredible accomplishments.

All you have to do is believe in yourself!



“Be fearless in the pursuit of what sets your soul on fire.” ~ Jennifer Lee

