

2017 Classes Without Quizzes

Class Guide and Schedule

Session 1 (9:30-10:20 a.m.)

1A: Simplified Tai Chi for Seniors

Gong Chen
Professor - Kinesiology
SJSU College of Applied Sciences and Arts

Learn the benefits of simple tai chi moves and combination moves, including breathing and meditation, in this hands-on session.

1B: The Psychology of Addiction

Megan Reuter
Postdoctoral Psychology Resident
Kaiser Permanente

This session will examine how we understand addiction to alcohol and other mind altering substances in America, with an emphasis on why people develop addictions and common approaches to recovery.

1C: What is Etiquette? Who Needs it? Who Cares?

Syndi Seid
Director
Advanced Etiquette

A brief overview of the importance of etiquette in our society and how it can break down relationships when individuals are not respectful, considerate, and honest. This will be an interactive discussion among the audience sharing examples of incivility and how to overcome the various situations they cause.

1D: How to Officiate at a Wedding

Lisa Francesca
Communications Specialist
SJSU Davidson College of Engineering

So you've been asked to officiate at the wedding of your best friend, or your nephew: how do you even begin? Let a seasoned wedding officiant show you some of the highlights. This session will cover: how to make sure your wedding is legal; the nuts and bolts of the ceremony; how to manage your own stage fright; all kinds of ceremony options (cultural and other); and resources for you and your couple.

1E: Engineering Adventures in the Solar Industry

Joe Cain

Director of Codes & Standards

Solar Energy Industries Association

Join the speaker as he tells a story of engineering adventures in the structural and mechanical design of PV systems, and in working with other stakeholder groups to develop reasonable and pragmatic codes & standards to regulate the solar industry. Learn how a relatively simple engineering system can lead to adventures in structural testing laboratories, atmospheric boundary layer wind tunnels, seismic shake tables, and fire laboratories. The speaker will review market data with industry trends, including increases in installed capacity, decreases in cost, and creation of jobs.

1F: The Tattered Lincoln Photo Album

Brian Miller

Dean of Liberal Studies and Language Arts

Mission College

Abraham Lincoln is a star in popular culture and memory of the American Civil War. His likeness appears today throughout films, television programs, commercials, monuments, and countless trinkets available for sale at numerous museums. Yet, did you know that Lincoln's image and likeness also figured prominently in his rise to political power? Join us for an image-rich presentation that explores how Lincoln, his supporters, and his detractors utilized his image to convey a wide variety of political opinions that transformed him from a humble president to one of the most recognizable American historical figures today.

1G: Physics in Hollywood

Alejandro Garcia

Professor - Physics & Astronomy

SJSU College of Science

The success of an animated film depends on the director's ability to create interesting characters and settings. This session will present techniques used by filmmakers, based on physics principles, for creating believable worlds. Specifically, these techniques will be discussed as they were used in DreamWorks' Trolls.

Session 2 (10:30-11:20 a.m.)

2A: Work Hard, Play Harder. Life of a Sales Rep.

Ryan Hammer
Account Manager
LinkedIn

What if you could work harder and make more money? This session is all about learning the life of a sales person and how the profession has changed. The days of selling door to door are over. Technology and sales productivity tools has changed the landscape of the sales profession. Buyers have changed and the sales profession has had to catch up.

2B: Connecting Better through Theater Practices

Raymond Chan
Education Consultant

Wendy Fong Mai

Leverage drama techniques and exercises to improve your day-to-day interactions at work and in your personal life. This session uses techniques and exercises, adapted from the theatrical entertainment industry, for more practical application towards work and personal interactions. Led by experienced business and theater professionals, the primary focus is to improve your personal presence and connection with others. This highly interactive session will convey some basic practices and fundamental techniques for how to: not be distracted by past events or future consequences; better handle new and challenging situations with resilience and agility; and to interact and communicate with more confidence and authenticity.

2C: Intro to Product Management

Terrance Seto
Product Manager
SmugMug

Product Managers are one of the least known and fairly new roles in an organization. Learn about what the responsibility of a product manager is, why they are different from project managers and how to break into the role. Understand how we use data to solve problems, and come up with ideas on what to build next.

2D: Great Moments with Walt Disney and Mr. Lincoln

Brian Miller
Dean of Liberal Studies and Language Arts
Mission College

In 1964, when the world planned to come to New York City for a great fair, Walt Disney, known to many Americans for his cartoon artistry, constructed an exhibit to honor his favorite president, Abraham Lincoln. The mechanical president on display turned out to be the hit of the fair and a permanent staple in the Paris Opera House on Main Street, USA in Disneyland. However, the journey to NYC and Disneyland was filled with drama, angst, and much uncertainty. Come discover the unknown story behind one of the great shrine's to our 16th President.

2E: Security at the Point of the Spear

Jimmy Sanders
Information Security

Rapid change is happening in every sector of the technology industry. The security industry is not the exception to the rule, it is the poster child for the rule. This session analyzes the evolving strategy and tools that security leaders utilize at various prominent Silicon Valley/Bay Area companies.

2F: What's Your FOODprint?

Raji Lukkoor
Adjunct Professor - Civil & Environmental Engineering
SJSU Davidson College of Engineering

Each year, consumers in developed countries waste nearly as much food as the entire net food production of sub-Saharan Africa! From farm to fork, numerous system leaks drain away resources, resulting in loss of money, wasteful use of fertilizers and pesticides, inefficient use of non-renewable resources such as water and energy, and dreadful environmental ruin. On this Earth Day, "What's Your FOODprint" will present a lesson on the sources of global food loss and waste, as well as an understanding of how it magnifies hunger and poverty across the globe, and depletes planetary resources and triggers climate change. Furthermore, the session will discuss how modifying individual actions and behaviors can result in a healthy, sustainable future for all.

2G: How To Choose or Be a Good Trustee

Karen Calcagno
Elder Family Meeting Facilitator and Family Business Advisor
Advantage Family Business Center

Choosing a good Trustee or Executor and picking someone to have Power of Attorney on your behalf require an understanding of their respective responsibilities, and how these change as you age. Learn about the qualities and skills that make someone the right fit for each "job." Get tips on how to communicate your wishes for your care and the ultimate distribution of your assets, to support your values, and avoid family conflicts.

Session 3 (11:30 a.m.-12:20 p.m.)

3A: Being the Underdog from SJSU and Practicing Law

Christine Lee
Litigation Counsel
Tesla

This session will provide general advice for those who want to practice law. It's important you understand your role in the world and value yourself. Just because you are at a state school it doesn't mean that you are any less qualified than another student at a UC or even Ivy League school. SJSU is very well respected in the Bay Area, where all the tech companies are and salaries are high. It is an opportunity to seize and excel when people don't expect it. Participants will learn more about negotiation and conflict resolution and why they are the biggest Emotional Intelligence (EQ) needs of a lawyer.

3B: Nightclub Two Step

Bethany Shifflett
Professor - Kinesiology
SJSU College of Applied Sciences and Arts

Learn a great popular dance - the nightclub two step. We'll start with the very basic steps and move at the pace of the group attending. Great fun and a dance you can use in all settings - clubs, weddings, ballroom studios, ... Enjoy an active class among your other classes without quizzes.

3C: Beer Appreciation

Dr. Kate Sullivan
Professor - Hospitality Management
College of Applied Sciences and Arts

Have any of you noticed the increase in cost, variety and styles of beer on the market? This session will identify current trends in the business of beer, historical perspectives, recent issues in craft beers worldwide, and, of course, the tasting and appreciating of four beers!

3D: Engaging Others with Interactive Simulations

Alex Kluge
Founder
Vizit Solutions

We carry around a surprising amount of, and generally untapped, computing power. Our laptops, tablets, and even most phones have graphics processors that are a few times up to a thousand times more powerful than the main processor. The presenter has created open source modular WebGL based physics simulations that provide performance and responsiveness that surpass what would be available from a native CPU based app. The session will cover the design, development, and deployment of these applications providing you with what you need to either engage in a similar development process yourself or adapt open source applications to your own needs.

3E: Recognizing Nonsense

Patricia Collins
Essayist

At the end of this session, you will be able to: recognize rhetorical fallacies in persuasive communications; apply an understanding of rhetorical fallacies to political speeches; and apply an understanding of rhetorical fallacies to arguments in relationships. This session will include participants' practical application of identifying rhetorical fallacies.

3F: 'Lens Studies of a Photo Secessionist': Anne Brigman as Camera Worker, Pagan, and Poet

Mary Okin
PhD Student
UC Santa Barbara

Anne Brigman (1869–1950) perfected California's natural beauty in haunting photographs that convey her poetic inclinations. This session explores Brigman as an arbiter of myth, both in her art and in her writing, and considers what may have informed her iconic photographs of California as Eden. This session will also consider Brigman's active participation in the Women's Suffrage Movement in California and how themes of independence and abandon in her work, particularly photographs of female nudes, speak to both her aesthetic and political interests.

3G: Strengths 101

Blake Lonero, Ling Le, Yen Huynh
Peer Connections Strength Team
SJSU Students

Learn about StrengthsQuest and the value in focusing on growing your strengths over dwelling on your weaknesses. Grounded in Positive Psychology, StrengthsQuest encourages all of us to develop skills and knowledge that complement our natural abilities so we can be successful in whatever we strive to achieve.

3H: Living in a Multicultural Society

Marquita Byrd
Associate Professor - Communication Studies
SJSU College of Social Sciences

This session will discuss tips on how to be an effective communicator in Multicultural America. Topics include: the imperative; what do we mean multicultural?; barriers; principles of effectiveness; and closing.