

2019 Classes Without Quizzes

Class Guide and Schedule

Session 1 (9:00-10:00 a.m.)

1A: It's Not All About the Money

Caroline Aung
Talent Management Program Manager
LinkedIn

This session will highlight a number of factors that should be considered when looking at a job offer, because salary is not the one stop shop in today's job market. For example, maybe you are a new grad and plan to go back to grad school, then look at companies that offer tuition reimbursement packages or maybe you are new to an area without a car and want company transportation with many amenities offered on-site.

1B: Estate Planning Process: A Tool for Living with Change

Fred C. Begun
Attorney at Law - Family Law and Estate Planning
Borton Petrini, LLP

A good estate plan is simply a tool for living with change. It represents your final opportunity to exercise control in caring for yourself, caring for others and controlling the disposition of your possessions. Elements may include a will or, preferably, a living trust, power of attorney and advanced healthcare directives. In order to provide for your needs later in life, it's best to start planning now. Learn about each of these elements and how you can put it all together to ensure your priorities and wishes are followed by working with your "A Team" of advisors and advocates.

1C: Effective Self-Defense Strategies and Skills Used in Real Life Situations

Gong Chen
Professor - Kinesiology
SJSU College of Health & Human Sciences

This session will share new firsthand research on effective self-defense mental strategies and physical skills that were used by self-defenders in real life cases. These cases included robbery, rapes, shooting, terrorism attacks, etc.

1D: All Who Wander Are Not Lost

Sherri Harvey
Lecturer - English and Comparative Literature
SJSU College of Humanities & the Arts

Travel writing and photography are two forms of storytelling that will help us build bridges over cultural, gender and national disputes and help us come together as a nation. In this session, we will discuss turning vacations and travel into reflexive and poignant stories to share in our digital world. This class will present the basic format of travel stories and the art of photo pairing with exercises to help you turn your journal into publishable stories.

1E: Creating a Startup From the Ground Up

Avesta Sabetiab
Co-founder
codeitwithme.com

This session will cover the steps to achieve a working and successful company for entrepreneurs that have very little resources.

1F: Will You Show Up For You?

Tony Shavers III
Annual Leadership Giving Officer
SJSU Alumni & Community Engagement

When all is said and done, the only person responsible for shaping your life is YOU! While it may be tempting to blame others and shift responsibility away from yourself, deep down you know beyond a shadow of a doubt who's in charge. In the end, you're the only one who hurts by neglecting responsibility. So my question to you is when the times get challenging, will you continue to show up for yourself? Even when the world isn't watching? This is going to be a dialogue as I help you get to the ROOT of building a level of unstoppable confidence within yourself. If you are ready to stop playing 2019 SAFE, this class is for you!

1G: From Fruitvale to Ferguson to Forever

Greg Woods
Lecturer - Justice Studies
SJSU College of Health & Human Sciences

This session will explore disproportionate expectations of justice through the examination of high-profile events and perceptions of law enforcement among diverse community members. Analyze contemporary issues connected to critical narratives of public safety approaches emphasizing the necessity for an increased commitment to community policing programs.

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

2A: What is Blockchain Technology?

Ahmed Banafa
Lecturer - General Engineering & Industrial Tech
SJSU College of Engineering

This class explores the fundamentals and applications of Blockchain technology. You will learn about the decentralized peer-to-peer network, distributed ledger, and trust model that define Blockchain technology. We will examine the basic components of Blockchain, its operations, underlying algorithms, and the essentials of trust. We will look at private and public Blockchain networks similar to Bitcoin and Ethereum, as well as concepts of smart contracts, proof of work, and proof of stack. Finally, we will address the relationships among Blockchain technology, Internet of Things (IoT), artificial intelligence (AI), cybersecurity, and digital transformation.

2B: Star Trek: Lessons in Intergalactic Communication

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

This session explores Star Trek across a 50 year period. Topics include the nature of Star Trek, why fans love it and its global appeal. We will take a look at what Gene Roddenberry and his stall of writers taught us about race, culture, gender, sexual identities, age, class, disability and religion. Attendees are invited to wear their Star Trek themed clothing or bring a Star Trek item (not required). Each participant will receive a specially designed certificate of completion.

2C: Recognizing Nonsense, Part II (SOLD OUT)

Patricia Collins
Chief Operations Officer
IncidentAid, PBC

Part I of "Recognizing Nonsense" (SJSU "Classes without Quizzes" 2017) covered common illogical arguments that we observe in politics and at home. The interactive workshop was packed to capacity and participants left, enthusiastic about applying what they'd learned. Part II covers other types of bogus arguments and continues with the goal of empowering all of us to recognize when someone is trying to win an argument by bogus means. Again, examples will be drawn from politics (no political biases, by the way) and everyday living.

2D: Boosting Your Personal Brand for Fun and Profit

Jimmy Sanders
Information Security
Netflix

This class will highlight some steps for individuals in various professional industries to garner more attention and awareness from their peers, associates, customers, and employees.

2E: Hidden Secrets to Networking, For Business and Pleasure

Syndi Seid
Founder/Director
Advanced Etiquette

Networking is a word most regularly associated with business and computers. In business, it's an activity by which business professionals interact with each other in order to form relationships and do business together. Nevertheless, when thinking about networking in its broadest terms, it's an activity we all practice on a daily basis in order to increase our successes in life. Attend this informational and interactive session on the advanced and hidden secrets to true networking success and leave empowered with new skills to put into immediate action.

2F: Protecting Your Future – Planning for the Cost of Chronic Illness, for You and Your Family

Victoria Viso
President
Viso Insurance Services

Thomas Kanaley
Member Agent
The Nuutilus Group

Americans face multiple challenges planning for their financial future – market volatility, tax law changes, inflation, longevity and the cost of medical care. The hardest of these to predict and plan for is the cost of medical care – and the most financially impactful type of care is for chronic illness. As we live longer, both the severity and duration of chronic illness seems to be increasing. This session will help you understand how to plan for this, the tools and techniques available, and the factors underlying each.

2G: What is the right Job/Role for You?

John Welder
Director of Programs and Strategy
Zuora

The outcome of this session is to show participants how to discover your skills, passions, and which of these you want to be rewarded. This methodology allows you to understand which jobs, roles, and environments are best suited for your joy and success. This workshop has been presented to various groups, from students to CEO's, from one-on-one to whole class rooms. The content will include worksheets and mentoring on how to understand your skills, passions (the hard part), and how to learn what will be rewarded in team or group. Participants will be asked to pair up and work together to help each other reflect especially on passions.

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

3A: Natural Law and Economics

Dr. Fred Foldvary
Lecturer - Economics
SJSU College of Social Sciences

What is the connection between ethics and economics? This class will examine the role of ethics in economic theory, and apply this relationship to policies such as the environment, inequality, and housing.

3B: Pragmatic Problem Solving

Victor Hernandez
Grievance and Appeals Coordinator
Santa Clara Family Health Plan

Problems are a lot like snowballs. Given enough momentum, they can roll up and seem massive and overwhelming. However, these massive snowballs can break away quite easily. This class teaches you how to break problems apart. Regardless of which problems you encounter in your life (and you WILL encounter problems), remembering these steps and tips should make the problems more manageable and, thus, solvable.

3C: What's Different About Retirement?

Thomas Kanaley
Member Agent
The Nuatilus Group

Victoria Viso
President
Viso Insurance Services

Learn about the modern retirement risks you might face – market volatility, inflation, taxes, longevity – and review solutions that will help you throughout retirement.

3D: The Truth behind the Tweets

Dr. Vishnu Pendyala
Lecturer - Computer Engineering
SJSU College of Engineering

A recent study by the MIT Media Lab confirmed that lies on Twitter traveled “farther, faster, deeper, and more broadly than the truth in all categories of information.” Colombian hacker Andrés Sepúlveda knew this many years ago and used it to his advantage to rig major election campaigns in Latin American countries. How can technology ensure that this does not happen again? The talk will explore solutions from Math and Machine Learning to address the problem of fake news and cognitive hacking on Twitter. The talk is planned to be based on the book the speaker authored, titled, “Veracity of Big Data using Machine Learning and other techniques.” The material will be covered without assuming a lot of math / technical background, so should be easy to understand to anyone who is interested in these topics.

3E: How to Build More Confidence

Dr. Megan Reuter
Licensed Clinical Psychologist
Kaiser Permanente Psychiatry Department

Do you feel you're not living up to your potential? Does your lack of self-confidence hold you back at school, work, socially, or in other areas of life important to you? Do you believe that if only you had more self-confidence, your life would be much better? If you answered "yes" to any of those questions, this class might be right for you. This class will lend you a new perspective and provide tangible tools for building more confidence. Ideas from this class will be based on a well-researched theory called Acceptance and Commitment Therapy (ACT).

3F: Toxic Masculinity of Superheroes

Christopher Yang
Director
SJSU MOSAIC Cross Cultural Center

We are in the midst of a new age of superheroes. With Marvel movies breaking record box office numbers and Black Panther's recent Oscar nomination, more people than ever are watching superhero movies. But are we having critical conversations about the superhero movie genre, especially around masculinity? Let's go in-depth and figure out what works and what needs to be rethought as we dive into superheroes.

Session 4 (1:30-2:30 p.m.)

4A: Effective Communication Through Theater Practices

Ray Chan
Actor/Consultant
Peers and Players

This introductory session uses techniques and exercises, adapted from the theatrical entertainment industry, for more practical application in your work and personal interactions. Led by experienced corporate theatre professionals from Peers and Players, the primary focus is to improve your personal presence and connection with others. This highly interactive course will convey to participants some basic practices and foundational techniques for how to: 1. Be present: not be distracted by past events or future consequences and sharpen impact in the moment. 2. Adapt and influence: handle challenging situations with resilience and agility, to harness and thrive on change. 3. Interact and communicate with confidence and authenticity, to effectively motivate/connect with others. There will be some physical warm up and fun, fundamental exercises that emphasize proper breathing and listening.

4B: Turning Your Passion into Profit

Aundrea Lacy
Founder & CEO
Luv's Brownies

This session will cover how to start and plan your business. It will cover 1) Starting from zero 2) Organize your life, priorities etc. 3) Understand your finances 4) Start small and create a solid business plan 5) Design and document repeatable processes 6) Design and Integrated Marketing Campaign 7) Get still and listen to that little voice. I will walk the class through my journey of starting an award-winning online business and how they can start their own business. Every attendee will get a free autographed book "Brownie Points."

4C: How to Make Fresh Pasta

Gabino Lopez
Student
Culinary Institute of America

Come learn how to make delicious fresh pasta in the traditional Italian way. In this interactive session you will learn about the fundamentals of pasta and a proper station setup, and even have a chance to be selected as a volunteer as we transform flour into silky, mouth-watering noodles.

4D: Reed Magazine: Up From Slush

Dr. Keenan Norris
Assistant Professor - English
SJSU College of Humanities & the Arts

Founded in San José State's Department of English in 1867, Reed is the oldest literary journal in the West. This session will offer something for writers and readers alike. We will discuss what is happening with Reed today, and let you examine some of the vintage issues from our archives. We will discuss the process of selecting the short stories, poetry, essays, profiles, art, and photography that we publish. You will have an opportunity to meet our editors and ask questions. This session will look at the most recently published issue of Reed and will cover the editing process for the issue currently under construction.

4E: Nuggets For An Amazing Career

Sanil Pillai
Principal Coach
99minds

As you graduate from school and embark on a career, a lot of things will surprise you - some pleasantly and some not that much. The workplace is a constant humming human ecosystem. Every decision, every move, every success and every failure has human fingerprints on it. Hence, your ability to interpret and navigate this ecosystem will determine your ability to succeed in the workplace. This session will share a crucial nuggets which will help you prepare yourself better for your career and put you on a path to success. These nuggets will range from personal leadership, team dynamics, performance reviews, personal attributes, collaboration and mentoring . What you don't learn at school matters as much as what you do. Come join the session to know more.

4F: The Path to Leadership and Being Valued by Your Organization

Cameron Singh
Area General Manager
Signature Flight Support Corporation

In this session I will share with participants about my experience after graduating from San José State. As a millennial, I was very entitled and thought I could easily obtain a leadership role in my industry. However, this was not the case as it took me over six years to achieve a leadership role which consisted of many strides and setbacks. There were several ways in which the organization valued me through experiencing different roles. I have worked in various locations within the organization moving across the country and internationally within a year. I recently went through a Manager in Training program with Signature Flight Support to help me transition into a senior executive role. This session will provide some lessons learned based on my experience as an emerging millennial and how to shine in an organization and within the industry of focus.

4G: Campus Tour

SJSU Welcome Center
Student Tour Guide

Haven't been back to campus in a while? Want to see all the changes that are taking place? Join us for this campus tour to see what's taking place and to stay up-to-date with all that is happening at San José State.