



MERCED COMMUNITY COLLEGE
CLASSIFIED SENATE

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President's Message:

Greetings!

The end of the Fall semester is upon us! Looking back, I hope you all had a great semester. Looking forward, I hope you all have a wonderful Spring semester. I also hope you all have a fantastic break and are able to travel, spend time with family and friends, or just laze around the house.



We are pleased to announce the availability of funds for individual professional development opportunities. Please see the article later in this newsletter.

Classified Professional Development Day 2018 is rapidly approaching. We have an exciting new format this year. Please see the announcement later in this newsletter.

Best wishes to all for a fantastic new year in 2018!

-Andrea Hall-Cuccia, Classified Senate President

Classified Senate Information:

Officers:

Andrea Hall-Cuccia, *President*
Gabriela Garcia, *Vice President*
Delia Esquivel, *Secretary*
Maria Soto, *Treasurer*

Meetings:

Third Thursday of every month from August-May 2-3 pm in the Administrative Conference Room unless otherwise specified. Video Conferencing for Los Banos available upon request.



PROFESSIONAL DEVELOPMENT

Available Resources to Expand Profession

CLASSIFIED Senate has funds available for January-June 2018 to fund professional development activities for any Merced College Classified Professional. In future years, available funds will be equally split for activities occurring July-December and January-June.

Activities which may be funded include classes, conferences, training, seminars, or any similar activity. Requests may be made for all or part of the cost of the eligible activity.

Requests may be funded in whole or part at the discretion of the Merced College classified organizations. Requests will be considered on a first come, first served basis. Funds are limited, and we would like to assist as many people as possible.

These funds are intended to supplement other sources. They should be used after other sources have been tried.

Please take advantage of this resource. Our hope is to expand professional development opportunities for all Merced College Classified Professionals.

Welcome

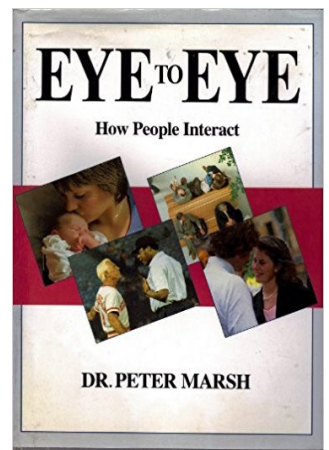
Felicia Jones, Office Technician

New Classified Employee:

BOOK REVIEW:

Eye to Eye by Dr. Peter Marsh

ORIGINALLY published in 1988 and used as a textbook for interpersonal communication classes, this book is remarkable as a time capsule of the pre-Internet era. Oh, computers existed, but the word doesn't even appear in the book's index. I read the chapter on "Eye Contact" with longing and dismay. "Anything resembling an eye tends to attract and hold an infant's gaze," says the author.



Reviewed by Melinda Cornwell

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Website Maintenance:

Denise Dupree
Jeanette Martin

Please visit our website on MC Portal for more information:

<https://mc4me.mccd.edu/organizations/class-senate/default.aspx>



2018 Classified Professional Development Day Friday, April 6

THIS year, the format will be a little different. The morning will feature workshops at the Merced Campus. Lunch and afternoon activities will be at Rotary Cove at Lake Yosemite. Afternoon activities will focus on team-building, leadership, and workshops for the entire group. As always, the day will include a raffle and the presentation of Classified Professional of the Year.

The Classified Professional Development Committee will be holding fundraisers periodically to support the day. Please help fun this worthwhile activity. We look forward to seeing you there!

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“Paired eye spots cause more smiling than single or treble (triple) spots.” The key word here is “resembling.” An icon on an iPad screen can easily resemble a human eye to someone who can barely see to begin with.

Will infants then bond to the screen, preferring to look at it instead of mom and dad? It’s already happening, folks. “The short answer is that we know very little. Digital devices have changed the parenting landscape so rapidly that the research has hardly been able to keep up,” says the Wall Street Journal. The template for normal brain development is no longer present for many kids. And the children aren’t the only ones failing to bond.

Dr. Bessel van der Kolk, a professor of psychiatry at Boston University, feels that the digital neglect or abuse of children is the number one public-health concern in the United States. “We see children learning that no matter what they do, they will not win adults away from technology,” says Sherry Turkle. We know that devices make our brains light up, squirting dopamine into our synapses. Dopamine can create a false sense of accomplishment, and cause the user to crave more. Sound like addiction? That’s no coincidence.

The decline of eye contact is well-documented. When staring at screens, we look into people’s eyes, but only in their selfies. Between computers at work and phones at play, Americans spend over five hours per day using digital devices and another

four and a half hours watching television. Additionally, the average mobile user checks his or her phone 150 times a day (that’s every six and a half minutes), and one recent survey found that young people in Britain spend more time each day on average on their phones than with their partners (119 vs. 97 minutes).

Another WSJ article, “Just Look Me in the Eye Already,” weighs in on gazing in the workplace. Eye contact can be a powerful influencer. Looking at a co-worker when answering signals confidence and respect. Prolonged eye contact during a debate or disagreement can show firmness. (Taken too far, it can read as hostility, though.) It also points to your place on the food chain: supervisors can gaze longer because they aren’t immediately needed to switch gears and attend to the next customer.

Meaningful conversation requires a slow, relaxed pace and a pressure-free atmosphere free of distractions. Coffee shops are great for this purpose. Many workplaces are difficult to talk in due to noise, time pressures and interpersonal issues. But we as a species can’t give up. However attractive our devices may be, we need to talk to and look at each other.

References:
Turkle, Sherry. Reclaiming Conversation: The Power of Talk in a Digital Age. New York: Penguin Press, 2015.
Worthen, Ben. “The Perils of Texting While Parenting.” Internet article.
URL: <https://www.wsj.com/> Updated Sept. 29, 2012 10:22 p.m. ET ■