

Special
points of
interest:

- Fall Student Learning Outcomes.
- Banner / Luminis Access
- Important Dates to remember
- Building 4 under construction

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OAP Newsletter

Volume 1, Issue 1

Fall 2009

Fall Student Learning Outcomes

Welcome to the Fall semester. We are beginning our Fall semester 2009 student learning outcomes (SLO's). The only classes that will be completing SLO's for the Fall semester will be all exercise and computer classes. If you teach these classes you should have received your templates in the mail and also in your Mt. SAC email accounts. If you haven't received any SLO information please don't hesitate to call Shelby White at extension 3064 or email swhite@mtsac.edu. All Lifelong Learning, Arts & Craft, China Painting, Water Color, Stained Glass, Wood

Working, Jewelry and Gardening classes will complete SLO's during the



*OAP students performing
Yoga triangle pose.*

Spring 2010 semester.

Student Learning Outcome's is a means to determine what students know, think, feel or do as a result

of a given learning experience. In this process the outcomes are determined by the department program, or unit members. Assessment of the outcomes allows us to discover if the students are in fact, learning what they are expected to learn. The use of assessment results stimulates discussion and directs activities that can improve instructional delivery and/or support systems.

SLO's are NOT in stone and if you feel your SLO should be changed to better meet your class level please leave suggestions

Banner/Luminis

By now everyone should have their Banner user ID's and be able to log into their banner account to access your class schedules. Cards still need to be filled out and turned in for any students adding classes. All positive

attendance reporting will need to be submitted online via banner. Remember to fill in a 0 when students do not attend. No more purple sheets and endless hours of bubbling. Yeah!! The new system will take some get-

ting used to but should be much more efficient in the end. If you need any help accessing your Banner/Luminis account please contact the help desk at Extension 4357 (HELP).

Continuing Ed is Moving!



OAP computer student getting some help during class.

As of September 18 building 4 will be going through a remodel and Continuing Education will be moving to Building 40. Please turn all registration cards in to building 40 beginning September 20th or the Older Adult Program Building 36 Room 2.

Your hanging folders will also be located in Building 40.

All faculty absence reports will need to be turned in per monthly with your Mt.SAC Employee ID number to Linda Rodriquez in Building 40. Your employee ID # can be found on your pay stub or portal account.

Building 40 is located east of Bonita Drive, between the Equine Center and Agricultural Technology

Center. Use student Lot F for easy access.

Human Resources has also moved and is now located in Building 16E across from student services in the heart of the campus on Miracle Mile.

Please be patient and bear with us through all the construction changes!

“Older Adult Program had over 5,500 students enrolled in 2008-2009 school year”

OAP FACTS

With the rise in the senior population, the Older Adult Program is busier than ever. As of the 2008-2009 school year the OAP had 5520 students enrolled. Out of 5520 students registered in OAP courses, we had 73 students that concurrently enrolled in credit classes,

to continue their life long learning.

The OAP is an extremely diverse group with .06% American Indian/Alaskan Native, 17.2% Asian, 2.1% African American, not of Hispanic origin, 2.7% Filipino, 11% Hispanic or Latino, 0.1% Pacific Islander, 28.5%

White, not of Hispanic origin, 13.5% Other Non-White, and 24.3% Unknown.

We had 79.1% Female, 19.9% Male and 1.1% Unknown, enrolled in 2008-09 school year. The senior population is only going to get bigger with the Baby Boomers reaching retirement age.

Important Dates!

OAP Watercolor student working on a project.



Fall semester begins Aug.24 and ends Dec.13, 2009.

Winter intercession begins Jan. 4 and ends Feb. 7, 2010. (*Two week spring break!!)

Spring semester begins Feb. 22 and ends June 6, 2010.

No Classes may be held on:

- Labor Day Sept. 7
- Veterans Day Nov. 11

- Thanksgiving - Nov. 26, 27, 28 & 29

- Martin Luther King Day - Jan. 18

- Cesar Chavez Day March 31

- Memorial Day May 31

Test Your Older Adult Knowledge

Do you know the population you are serving? Here's a trivia quiz to test your knowledge.

1. The word that means “a person of 100 years” is:

- A. Centurion B. Centigrade C. Centenarian

2. How many people over 100 live in the U.S. today?

- A. 5,500 B. 64,000 C. 96,000

3. Which state has the highest % of people over 65?

- A. West Virginia B. Florida C.

Alaska D. Pennsylvania

4. What % of the U.S. population is over 65?

- A. 6% B. 13% C. 24%

5. What negative health issue is on the increase among older adults?

- A. Obesity B. Smoking C. Chronic illness

6. Which condition is most common in older adults?

- A. Loss of hearing B. Visual problems C. Loss of all teeth

7. Which Country has the

highest number of adults over 65?

- A. Argentina B. Norway C. U.S. D. Italy

8. Which age group votes at the highest rate?

- A. 18-24 B. 45-54 C. 65-74 D. 75+

9. Which form of exercise is most important for older adults?

- A. Cardiovascular B. Weight Training C. Aerobic D. All of the above.

“Obesity in older adults has doubled in the last 25 years”

Answers to Trivia Quiz

1. C. Centenarian

2. C. 96,000—and the U.S. Census Bureau projects that there will be up to a million centenarians by the middle of this century!

3. B. Florida. West Virginia and Pennsylvania are second and third.

4. B. 13%

5. A. Obesity in older adults has doubled in the last 25 years. (Smoking has actually decreased and proportionally, fewer older adults have chronic illnesses)

6. A. Loss of hearing

7. D. Italy with almost 20% (Norway = 14%; US = 12%; Argentina = 10%)

8. C. 65-74 years (at 63%). 75 + comes in a close second at 58%

9. D. All of the above

SMARTIE Activity Topics

For instructors that teach Lifelong Learning classes, sometimes its hard to come up with new and exciting topics for Smartie activity. Here are a few topics that may help you out during your Smartie activities.

1. Things you find in a bathroom.

2. Things you pack for vacation.

3. Things you pack for a picnic.

4. Things you find in your automobile.

5. Feelings (I feel happy, I feel good, etc.)

6. Things you find in a women's dresser.

7. Things that have been invented.

8. Brand names. (Coke, Pepsi, Whirlpool, etc)

9. Places you would like to go on vacation.

10. Names of Restaurants/ fast food.

* If you have any Smartie topics or teaching tips you would like to share, please email swhite@mtsac.edu so we can post them in the next newsletter.



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Older Adult Program

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Faculty Association Representatives:
Executive Board—Patricia Cridland
Representative at Large—Pam King
Representatives: Al Dapello, Steve
Williams, and Robin Beizai
Faculty Senate
OAP Senator—Erica Ledezma

Older Adult Program

Courses designed for older adults (age 55+) provide the full continuum of education from vocational classes to the pursuit of long-standing educational goals.

Mission

The Older Adult Program provides opportunities to develop and share a new vision of life's second half, to challenge the mind, acquire new skills, stay mentally and physically fit and share knowledge and experience with peers and younger people.

Vision

The OAP strives to be a leading educational resource for Older Adults transitioning into life's second half.

Off Campus Registration Dates!

Winter / Spring registration dates for 2010.

Computer Registration Dates and Locations: (All Computer classes including digital photography and Internet)

Walnut Senior Center – Dec 7, 2009 from 10-10:30 a.m.

La Verne Community Center
– Dec 8, 2009 from 10-10:30 a.m.

San Dimas Community Center
– Dec 9, 2009 from 10-10:30 a.m.

West Covina Senior Center –
Dec 10, 2009 from 10-10:30 a.m.

Diamond Bar Center – Dec 11, 2009 from 10:00-10:30 a.m.

* Note: The student is permitted to take the computer class only two (2) times consecutively

Mobility through Exercise registration Dates and Locations:

Walnut Senior Center – Dec 7, 2009 at 8:45 a.m.

Diamond Bar Center - Dec 2, 2009 at 10:00 am.

Mobility through Exercise Using Music (M. Akey):

Walnut Senior Center—Dec 1, 2009 at 10:00 am.

Mobility through Exercise – Yoga Maya Devi's Classes

Walnut Senior Center Dec 7, 2009 at 5:30p.m.

Mobility through Exercise Slow Stretch Tai Chi registration Dates:

Diamond Bar Center – Dec 3, 2009 at 10:30 am.

Registration cards will be handed out. Completed registration cards will be randomly drawn. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.