



University Life Professional Development Dec 2024 Newsletter

Hello University Life members,

As December settles in, the promise of winter break brings a welcome pause.

In the world of student affairs, we know this is a rare moment to exhale before spring's hustle returns.

Rest and rejuvenation aren't just luxuries—they're essentials for stepping into the new year with energy and purpose.

This month, let's embrace the art of slowing down.

Allow things to rest. Give yourself the gift of time to relax. Reflect on the year's highlights, challenges, and lessons. And, most importantly, savor the rituals that bring closure and renewal.

What are your year-end rituals?

Whether it's journaling, doing a staycation, gathering with loved ones, or planning for the next project, make sure that you are creating space for rest and intention this season.

Here's to closing the year with grace—and opening the door to new beginnings.

From,

The UL Professional Development Team

Dec 2 Event Recap: Connections and Growth with the Graduate Staff Academy



On December 2, the Graduate Staff Academy (GSA) held its Mid-Year Check-In with the University Life Cabinet Leadership, providing an invaluable opportunity for Graduate Professional Assistants (GPAs) to connect with each other and with the UL leadership team.

The GSA is a monthly professional development series designed for graduate students employed within University Life. The program has grown significantly since its inception in 2020 as a Housing and Residence Life training program. Now encompassing graduate staff across all units, the program offers workshops aligned with [NACE competencies](#) to support students in their academic and professional journeys.

This fall, GSA participants engaged in four workshops:

Sep 9 - Creating Community facilitated by Dr. Tamara Thomas, and Malcolm Priester, GPA of Center for Leadership and Intercultural Engagement

Sep 23 - Planning Your Professional Path in Grad School facilitated by Dr. Julie Choe Kim, Graduate Student Life

Oct 21 - Conflict Management, Discourse, and Dialogue facilitated Dr. Nick Lennon, Center for Leadership and Intercultural Engagement

Nov 4 - Intercultural Communication facilitated by Dr. Yali Pan, Office of International Programs and Services and PhD communication students, Aaron Trujillo and Amjad Abdulaziz Alghamdi

GSA workshops will resume in Jan 2025.

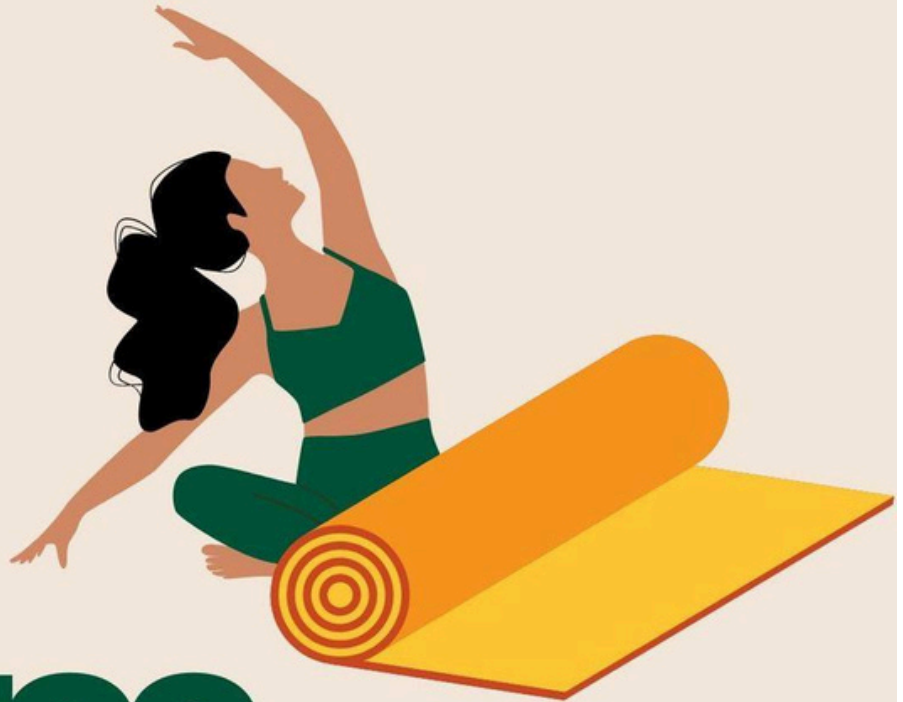
To learn more about the GSA program, visit <https://ulprofdev.gmu.edu/programs-initiatives/graduate-staff-academy/>



Dec 3 - De-stress Fest Yoga Class



University Life
MASON SQUARE
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DE-STRESS FEST

YOGA WITH MIND THE MAT

Take a break from studying and treat yourself to a calming yoga session at our De-Stress Fest Yoga Class! Flow through relaxing poses and mindful breathing in a welcoming, peaceful space designed to help you unwind and recharge. Stretch, breathe, and connect with friends as you give your mind and body a well-deserved breather from finals. Don't miss this soothing study break!

This event is free and open to the public.

Tuesday, 3 December 2024
6:00 – 7:00 PM
Van Metre Hall
Room 125

Learn more at:



Dec 4 - UL Breakfast at Southside



University Life **BREAKFAST** AT SOUTHSIDE

On behalf of the Community Building and Service Committee (as part of University Life Professional Development) and Dining Services, we invite you to join your colleagues in University Life at Southside for our UL Community Breakfast on Wednesday, December 4th from 8:00am-10:00am.

ULIFE CONNECTS SERIES

RSVP BY NOVEMBER 25TH
bit.ly/ulbreakfastdec24



Dec 5 - Colleague Conversation Podcast Chat







UNIVERSITY LIFE LEARNING & DEVELOPMENT
COMMITTEE PRESENTS

COLLEAGUE CONVERSATION THE **PODCAST** SERIES

Exploring The Four Tendencies of Habit
Formation with Gretchen Rubin



-  Virtual - MS Teams
-  Dec 5, 2024 (Thursday)
-  11:00AM - 12:00PM
-  Podcast [Link](#)

The Four Tendencies framework is a personality framework that distinguishes how people respond to expectations, both outer and inner. It is designed to help you understand yourself better, understand others, and create the life you want.

In this podcast episode, Gretchen Rubin discusses the four tendencies framework and how it can be used to achieve personal goals through habit formation.

Following her discussion, we will engage in a group discussion on utilizing the framework.

Materials to review

1. Read [Getting Started: The Four Tendencies](#)
2. Take The Four Tendencies [quiz](#)

Register here: <https://bit.ly/3O5uGyb>



What is Colleague Conversations?

Colleague Conversations are a monthly, 60-minute interactive professional development session for UL staff based on a podcast episode.

How does it work?

Participants are asked listen to the selected podcast episode in advance and at the session we engage in conversation about what we listened to, how it relates to our work or careers, & how to incorporate actionable items discussed into our professional development.

December's Session Details:

Podcast Title: Get Happier with Gretchen Rubin on A Slight Change of Plans

Materials to review

Read [Getting Started: The Four Tendencies](#)

Take The Four Tendencies [quiz](#)

Link to podcast: <https://open.spotify.com/episode/3hgN7Ffxh0E15CyafwnyKs>

Register Here

Dec 12 - UL Scarf Fest

DECEMBER 12, 2024

UL Scarf Fest

Sponsor a Hampton Husky

Join the University Life Community Building and Service Committee (as part of University Life Professional Development) **for the 14th Annual University Life Scarf Fest.**

This year's University Life Scarf Fest program includes:

Sponsoring a child for the holidays from Hampton Middle School

Collecting new pairs of scarves, socks, gloves, and hats for a local area shelter

Gift wrapping party (in need of gift boxes of all sizes, tissue paper, ribbon, and bows)



If you are interested in sponsoring a student(s) for the holidays, please email Lisa Snyder at lsnyder2@gmu.edu and you will receive more information and the student's wishlist.

Please deliver all unwrapped gifts to The Hub, Room 2400 by December 6th.



@ulprodev

**December 12th
11:00am-1:00pm
The Hub, Ballroom**



UNIVERSITY LIFE
George Mason University

On behalf of the Community Building and Service Committee as part of University Life Professional Development, we invite you to **SAVE THE DATE** for the **14th Annual University Life Scarf Fest** on **Thursday, December 12th** from **11:00am-1:00pm**.

14 sponsored students from Hampton Middle School have received sponsors. As of Dec 2, there are still 6 middle school students who are still in need of being sponsored. If you are interested in sponsoring a child/children, please see information below:

Sponsor a Hampton Husky Information

If you or your department is interested in sponsoring a child/children for the holidays, please contact Lisa Snyder at lsnyder2@gmu.edu, no later than December 6th. **Donated gifts (unwrapped) are to be delivered (date has been extended) to The Hub, Room 2400, no later than Tuesday, December 10th at 5:00pm.**

Looking forward to seeing you all at UL Scarf Fest on December 12th!

Explore Inclusive Excellence Professional Development Opportunities

Enhance your skills and knowledge with diverse offerings from Mason's **Diversity, Equity & Inclusion Office** and **Human Resources' Organizational Development & Learning** team! The DEI Office provides Inclusive Excellence sessions focused on building a more inclusive, equitable Mason community. Meanwhile, HR's Organizational Development & Learning team offers a wide range of workshops designed to support your growth in areas like leadership, communication, and workplace effectiveness.

All sessions are conveniently available on **MasonLeaps**—just search for the latest offerings to register and start your development journey today!

DEI Inclusive Excellence Opportunities: [Explore offerings](#)

HR Organizational Development & Learning: [Explore offerings](#)

To attend a Pathway workshop, [log in to MasonLEAPS](#) before clicking the corresponding link after each workshop title below to register.

Upcoming Workshops in Spring 2025

1. Workshop: Compassionate Conversations, Friday, Mar 7, 3:00 - 4:30pm. [Register here](#).
2. Workshop: Building Community Through Compassionate Conversation, Friday, Apr 25, 1:00 - 2:30pm. [Register here](#).

To schedule professional development for yourself or your team, please complete the [Inclusive Excellence Professional Development Opportunities Intake Form](#).

Spring 2025 Events Preview

Jan 9, 2025 (10:00am) and Jan 13, 2025 (1:00pm) - GPA Supervisor Mid-Year Meeting

Feb 5, 2025 - UL All Staff Spring 2025 Meeting

Anticipated Mar 2025 - Qualtrics 102

Visit the UL Professional Development calendar for more events listing and updates.

<https://ulprofdev.gmu.edu/calendar/>

Let's Get Connected!

