



University Life Professional Development March 2024 Highlights

Hello, University Life members!

It's (almost) Spring!

Daylight savings time will change time this Sunday and in a few weeks our campus will be in full bloom with cherry blossoms.

We hope Spring Break is giving you some time to recharge as the campus is on pause for this week.

It's also conference season as some of our UL colleagues are heading to NASPA and ACPA, along with other conference experiences this month.

We wish those traveling, safe travels and we look forward to the resources you will be bringing back to share with our campus.

Additionally, information is included below regarding the upcoming **2024 NASPA Virtual Conference** and our division's commitment to support staff in attending this professional development experience in April.

Here are some exciting professional development opportunities in store for the remainder of March.

From the University Life Professional Development team.

2024 NASPA Virtual Conference

University Life is excited to share, we have purchased an institutional registration package for the **2024 NASPA Virtual Conference**! If you are currently a NASPA member, you can register **FREE** of charge for this four-day conference experience from **April 2-5, 2024**.

As NASPA states, over the 4 days, NASPA is offering an "interactive educational experience, [where] student affairs professionals and partners will engage in high-quality content centered around individual and team growth. With multiple educational sessions, including eight extended learning workshops, teams can participate in their personal and professional development throughout the live event and on demand. All sessions will be available **on-demand for 365 days**."

Interested in learning more? Visit <https://learning.naspa.org/VC-virtualconference>

Not a yet a member of NASPA? If you purchase a NASPA membership prior to April 2, 2024, you will be able to attend the conference **FREE** of charge.

Planning on attending? Complete the following form for follow-up information from UL Professional Development regarding this exciting conference experience!

NASPA Virtual Conference Form: <https://forms.office.com/r/snT0cU4D8R>

Questions? Please direct to: Meeghan Milette, mharrin8@gmu.edu, Associate Director of Professional Development, University Life, or Amy Snyder, asnyder@gmu.edu, Director of Staff Experience, University.

Replay Now Available of the Navigating Professional Organizations in Student Affairs Panel from Feb. 13, 2024

If you missed the insightful February 13 panel on Navigating Professional Organizations in Student Affairs, don't worry!

We have the recording uploaded on our University Life Professional Development YouTube channel.

Watch it or listen to it like a podcast at your own free time.

[Watch the recording here](#)

2024 UL Student Success Symposium

Call for Programs is LIVE

It is with great excitement that the University Life Symposium Planning Team invites all Mason faculty, staff, and graduate students to **submit program proposals for the 2024 University Life (UL) Student Success Symposium**. The UL Symposium Pre-Conference will take place on Wednesday May 22, 2024, and the UL Symposium will be held on Thursday May 23, 2024.

To Submit a UL Symposium Program Proposal

Program submission guidelines and criteria can be found on the UL Symposium website at <https://ulsymposium.gmu.edu/callforprograms/>. To submit a program proposal for either a Pre-Symposium workshop or an educational session, please visit the following link or QR code below: <https://bit.ly/ULSymposiumProgramProposal2024>

Program proposals are due no later than Wednesday April 3, 2024, by 11:59pm.



The poster features a green and white color scheme. At the top, a group of five diverse people (three men and two women) are smiling and standing together. The main text 'CALL FOR PROGRAMS' is in large, bold, green capital letters, followed by '2024 UL SYMPOSIUM' in a slightly smaller green font. Below this, a dark green banner contains the text 'Accepting Program Proposals From:'. To the right of the main text, a dark green hexagon contains the text '2024 UL Student Success Symposium', 'Connect. Innovate. Engage.', and 'Registration will open in mid March.' Below the banner, the dates 'MARCH 4 - APRIL 3' are displayed. A QR code is located below the dates. To the right of the QR code, a yellow bell icon is shown above the text 'Presenters will be notified by Friday, April 12, 2024, of their program status.' At the bottom, the George Mason University logo is on the left, and 'University Life' is on the right. The background includes decorative green dots and a green triangle in the top left corner.

CALL FOR PROGRAMS
2024 UL SYMPOSIUM

Accepting Program Proposals From:

MARCH 4 - APRIL 3

2024 UL Student Success Symposium
Connect. Innovate. Engage.
Registration will open in mid March.

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Mar 2024 Events

Supervision Collective Manager Meetups - Spring 2024

Supervision Collective Manager Meetups! Spring 2024

Join us for virtual discussions
connecting managers and
aspiring managers on topics of
supervision.

March 2024

Supervising Introverts and Extroverts in the Workplace

- March 14, 2024 at 2pm
- Registration:
<https://bit.ly/MarchManagerMeetup>

April 2024

Thriving as a Supervisor in the Multi-Generational Workplace

- April 11, 2024 at 2pm
- Registration:
<https://bit.ly/AprilManagerMeetup>



Register for Mar 2024 session

Register for Apr 2024 session

Radical Chats - Spring 2024

RADICAL CHATS WORKSHOPS SPRING 2024

Register: [Radical Chats Workshop Registration](#)



LET'S GET RADICALLY CANDID...

We are shifting our Radical Chats Cohort experience to Individual Workshops in Spring 2024!

If you are looking to grow your management and feedback skills please join us for any or all of the virtual Radical Chats Workshops! Content will be grounded in the Radical Candor Podcast in this interactive experience.



What are the Radical Chats Workshops?

- 4 Virtual Workshops, 60 Minutes Each
- Featured Topics:
 - Radical Candor Fundamentals
 - Giving & Receiving Candid Feedback
 - Managing up, down, across
 - Performance Management



Why should you ATTEND?

- Build language around Radical Candor
- Engage in conversations and content to grow your management skills
- Gain skills in engaging with the giving and receiving of feedback

Radical Chat Workshop Dates

Feb 15, 2024 @ 2:00PM - Radical Candor 101

March 21, 2024 @ 11:00AM: Giving & Receiving Candid Feedback

April 4, 2024 @ 1:00PM - Performance Management + Radical Candor

April 18, 2024 @ 1:00PM - Candidly Managing Up, Down, & Across in Your Work



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Questions? Contact Meeghan Milette (mharrin8) for more information





Mar 27 - Colleague Conversation: The Podcast Series



UNIVERSITY LIFE TRAINING & DEVELOPMENT
COMMITTEE PRESENTS

COLLEAGUE CONVERSATION THE **PODCAST** SERIES

Exploring The Four Tendencies of Habit
Formation with Gretchen Rubin

-  Virtual - MS Teams
-  Mar 27 2024 (Wednesday)
-  1:00 - 2:00PM
-  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.

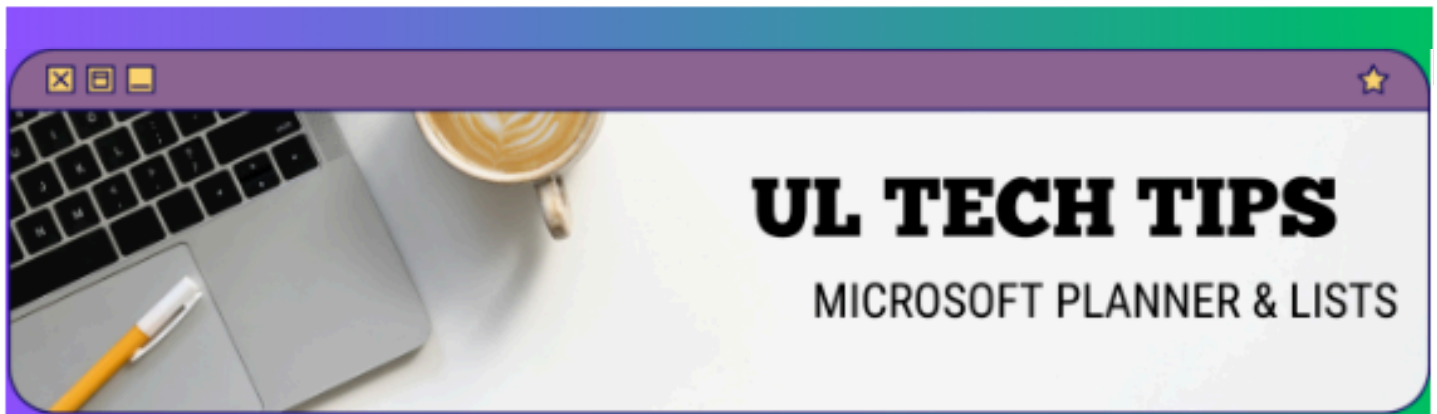
Following her discussion, we will engage in a group discussion on utilizing the framework.

Materials to review

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

[Register here](#)

UL Tech Tips - Using Planner & Lists



Microsoft Planner & Lists

Join this 1-hour workshop to discover how to utilize Planner & Lists to better manage your projects and processes; while supporting collaboration in your work.

Date: MARCH 26
Time: 1:00pm-2:00pm
Location: MS Teams

Discover how to:

- 1. Use Microsoft Planner & Lists to organize your work*
- 2. How to utilize templates to jumpstart your work*
- 3. Increase transparency & accountability with task management*
- 4. Employ it as a tool for gathering analytics*
- 5. Dive into the integration with MS Teams*

REGISTER NOW



<https://bit.ly/49BlH11>

ORGANIZED BY UNIVERSITY LIFE PROFESSIONAL DEVELOPMENT

Register for the Session Here

UL Focus Hour - Every last Friday of the month



GET IT DONE UL FOCUS SESSIONS

Are you tired of constantly battling distractions and struggling to get work done?

It's time to take back your focus and productivity!

Join us for a monthly focus session to provide you with the necessary environment and support to help you get your work done efficiently and effectively.

Bring your work, projects, reports, programs, etc. to our UL FOCUS ZOOM ROOM!

UL Professional Development will have some resources and lots of support to help you advance your priorities!

**FRIDAY, MARCH 29 FROM 11AM - 12PM
FRIDAY, APRIL 26 FROM 11AM - 12PM**

**REGISTER FOR EACH SESSION AT:
[BIT.LY/ULFOCUSSPRING2024](https://bit.ly/ULFOCUSSPRING2024)**



SCAN HERE



ULife Connects Calendar



The graphic features a bright yellow background with a sunburst pattern. At the top, a white banner with green and orange text reads "LET'S GET TOGETHER ULife CONNECTS". Below this, the text "SPRING 2024" is displayed in large, bold, white letters with an orange outline. Three circular event cards are arranged horizontally. Each card has a green icon at the top: a plant for the first event, a pickleball for the second, and a heart for the third. The event details, including dates, times, and locations, are listed in green text. At the bottom of each card is a blue button with white text that says "REGISTER HERE" and a small hand cursor icon pointing at it.

LET'S GET TOGETHER
ULife CONNECTS

SPRING 2024

MARCH 22
March Gardeness at the Greenhouse
10:00am-11:30am
President's Park Greenhouse
REGISTER HERE

APRIL 12
UL Pickle Ball Fun
1:00pm-2:00pm
Adjacent to the RAC Field
REGISTER HERE

MAY 1ST
Gratitude Practices: Rock Painting
1:00pm-2:00pm
The Hub, Patio
REGISTER HERE

March Gardeness at the Greenhouse

March 22nd 2024 from 10:00am-11:30am

President's Park Greenhouse

RSVP: <https://forms.office.com/r/jsFemkCTiF>

UL Pickleball Fun

April 12th 2024 from 1:00pm-2:00pm

Adjacent to the RAC Field

RSVP: <https://forms.office.com/r/RNimAvWgWV>

Gratitude Practices: Rock Painting

May 1st from 1:00pm-2:00pm

The Hub, Patio

RSVP: <https://forms.office.com/r/kF8Cmumt14>

If you have any questions, contact Lisa Snyder at lsnyder2@gmu.edu.