



University Life Professional Development Nov 2024 Newsletter

Hello University Life members,

The crisp fall air reminds us that finals and holiday breaks are just around the corner, but there's still so much happening here at University Life!

This month, we celebrate dedication and achievements with the University Day Service Awards and continue to offer resources, events, and support to help you thrive.

Stay tuned for upcoming professional development opportunities, and wellness tips to keep you grounded.

Let's make the most of these last weeks of the semester together—thank you for all you bring to the Mason community!

Sincerely,
The University Life Professional Development Team.

Need Support for Your Team's Professional Growth? Complete the UL PD Consultation Form!

UNIVERSITY LIFE PROFESSIONAL DEVELOPMENT CONSULTATION

Tailored Support for You and Your Team's Professional Development Journey

The University Life Professional Development team is here to help with everything from team retreats to individual coaching.

Complete our intake form to schedule an initial meeting. We'll help design a plan to support you and your team's unique goals and growth needs.

forms.office.com/r/d3EJJZVQcz

UL Professional Development -
Consultation Services Intake
Form



CONSULTATION SERVICES INCLUDE



Retreat Development
for Unit/Team



Customized Team
Training and
Workshops



Program Design



Graduate Professional
Assistantship
Development



Thought
Partnership/Brainstorming

CONTACT:



ulprodev@gmu.edu



ulprofdev.gmu.edu



UNIVERSITY LIFE
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University Life's Professional Development team is here to support you with customized consultations designed to meet your unique needs. Whether you're planning a team retreat, developing a training program, or seeking individual career coaching, we offer a range of services to help you achieve your goals.

Consultation Services Include:

- Retreat Development for Units/Teams
- Customized Team Training and Workshops
- Team Development for Building Stronger Connections
- Individual Professional Development Coaching
- Program Design Support
- Graduate Professional Assistantship Development
- Thought Partnership & Brainstorming Sessions

Fill out the **Consultation Services Intake Form** to schedule an initial meeting with a member of our team. Together, we'll create a personalized plan to support you and your team's growth and success.

For more information, contact us at ulprodev@gmu.edu.

We look forward to partnering with you!

Consultation Services Intake Form

Feedback Wanted for new ULife Staff Communication Hub

University Life is dedicated to enhancing communication and resources across our division. With the university's transition from BlackBoard, we are excited to announce the development of a new ULife Staff Hub on SharePoint, set to launch by April 2025.

We want to make sure we design this staff hub with your needs in mind. Your input will help shape its structure and inspire additional initiatives to strengthen connections across our University Life community.

Complete Survey Here: https://gmu.az1.qualtrics.com/jfe/form/SV_0B65X4PuDRssQzI

Your feedback is invaluable in helping us shape the Staff Hub to meet your needs effectively and how we can structure the site for your best user experience.

The [survey](#) should take no more than 3 minutes to complete, but the impact of your input will last much longer.

Thank you for taking the time to help us create a more effective communication hub for everyone in University Life. Your input truly matters, and we're looking forward to hearing your thoughts!

First-Gen Faculty/Staff Mixer

We invite faculty and staff who identify as first-gen to join us for the First-Gen Faculty/Staff Mixer on Wednesday, November 6th from 11:30 AM – 1:30 PM in JC 239A (Marion Deshmukh Seminar Room).

First-gen t-shirts and other merchandise will be available during the event.

If you'd like to attend the mixer, please complete this form -

<https://forms.office.com/r/jmXKzrFvM2>

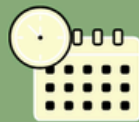
QUALTRICS 101 VIRTUAL WORKSHOP

Join UL Professional Development & the Office of Institutional Effectiveness and Planning for a virtual session exploring Qualtrics.

Whether you are newer to the system or looking to refresh your skills this workshop will help you to leverage Qualtrics in your assessment needs!

Session Content will Focus on:

- Survey structure + Question Types
- Survey Distribution
- Analyzing results



THURS. NOV. 7
11:00AM - 12:00PM

REGISTER NOW



<https://bit.ly/40lBAXq>

Join UL Professional Development and the Office of Institutional Effectiveness and Planning for a virtual session exploring Qualtrics. Whether you're new to the system or looking to refresh your skills, this workshop will help you leverage Qualtrics for your assessment needs!

Register here

Manager Meetup: Leading Your Team with Technology in a Hybrid Workplace



With Technology in a Hybrid Workplace

Managers are encouraged to not only introduce tools but also to help teams understand their purpose in enhancing collaboration. Join the Supervision Collective for an interactive session focusing on strategies to support hybrid workspace through intentional use of technology.

In the session, participants will:

- Reflect on workplace environment transitions (in-person, remote, hybrid) and impact of tech in their work
- Consider challenges faced with technology integration on their team & strategize solutions
- Explore a needs assessment to illuminate technology tools to support team collaboration and efficiency in a hybrid work environment



DATE: Tuesday, November 12th



TIME: 2:00pm-3:00pm



LOCATION: MS TEAMS

REGISTER NOW



<https://bit.ly/4eXPsmf>



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Mid-level Collaborative Launch Meeting

UNIVERSITY LIFE MID-LEVEL COLLABORATIVE LAUNCH MEETING

Join us virtually for the launch of the Mid-Level Collaborative!
The session will provide an overview to the Mid-Level Collaborative, community development, and a Q&A about the experience

WHAT IS IT?

The **Mid Level Collaborative** is a Community of Practice for mid-level staff in UL. The group will meet monthly for focused conversations on outlined topics led by UL Pro Dev and GMU collaborators. Participants have the opportunity to engage in virtual space with other mid-level staff.

WHO IS IT FOR?

Open to UL staff who identify as being a mid-level professional in their role.



MEETING DETAILS

WEDNESDAY, NOV. 13
3:00 PM - 4:00 PM
MS TEAMS

Interested in
joining the
Mid-Level
Collaborative?
Complete the FORM



SCAN HERE



Questions?
Email mharrin8@gmu.edu



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The University Life Professional Development team is excited to invite UL mid-level professionals to the launch of the Mid-Level Collaborative, a community of practice, taking place virtually!

Date: Wednesday, November 13

Time: 3:00pm - 4:00pm

Location: MS Teams (complete the Mid-Level Collaborative Registration [FORM](#) to receive the meeting link)

Session Details:

Join us for an informative session where we will provide an overview of the Mid-Level Collaborative, discuss mid-level community development, and answer any questions you have about the experience. This initiative is designed specifically for mid-level staff in UL and aims to create a supportive space for focused conversations on relevant topics.

Format: The Mid-Level Collaborative will meet on a monthly basis, featuring discussions led by UL Pro Dev and GMU collaborators, allowing you to connect and engage with your mid-level peers.

[Register here](#)

Dec 4 - Free UL Breakfast at Southside (RSVP by November 25th)



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



On behalf of the Community Building and Service Committee (as part of University Life Professional Development), we invite you to join us on **December 4th** from 8am-10am for a FREE UL Breakfast in Southside.

In addition to the **UL Breakfast at Southside**, we will be hosting a variety of different programs as part of the **2024-2025 ULIFE Connects Series**. These programs are a great opportunity to connect and engage with friends and colleagues around a shared interest. More to come soon!!!

If you have any questions regarding the UL Breakfast or the ULIFE Connects Series, please contact Lisa Snyder, Associate Director (Center for Leadership and Intercultural Engagement) at lsnyder2@gmu.edu.

Mental Health First Aid Training



GET TRAINED IN MENTAL HEALTH FIRST AID

This 8-hour training will help you better understand common mental illnesses and learn how to provide assistance to those who may need help.

SIGN UP FOR ONE OF OUR NOVEMBER 2024 SESSIONS

FOUR TWO-HOUR SESSIONS - NOV 18, 19, 20, AND 21 - 7:30 PM - 9:30 PM
OR

TWO FOUR-HOUR SESSIONS - NOV 25 AND 26 - 9:00 AM - 1:00 PM

REGISTRATION INFO: [HTTPS://BIT.LY/3ZQAYN2](https://bit.ly/3ZQAYN2)



Complete MHFA training to learn how to help someone suffering from a mental health crisis, increase your mental health literacy, and dismantle the stigma associated with mental health and substance use challenges.

The 8-hour training will be split into two 4-hour sessions. You must attend both sessions to earn the three-year Mental Health First Aid certification. If you have questions, please contact Katie Clare at kclare@gmu.edu.

November 18, 19, 20, and 21 (four two-hour sessions) from 7:30 p.m. to 9:30 p.m. – [Register here](#)

November 25 and 26 (two four-hour sessions) from 9 a.m. to 1 p.m. – [Register here](#)

Mindfulness Retreat - Nov 8

MINDFULNESS RETREAT

Take time for rejuvenation as you work toward the end of the semester by engaging in self-reflection, meditation, and mindfulness practices at a virtual retreat on Friday, November 8 from 1:30 pm - 5:00 pm.

Open to students, staff, and faculty.



GEORGE MASON
UNIVERSITY



wellbeing.gmu.edu



@cwb_mason

Enjoy a variety of mindfulness meditation practices for your well-being at the Center for the Advancement of Well-Being's online Mindfulness Retreat on **Friday, November 8**, from 1:30 p.m. to 5 p.m. The retreat is open to Mason students, staff, and faculty.

[Register here](#)

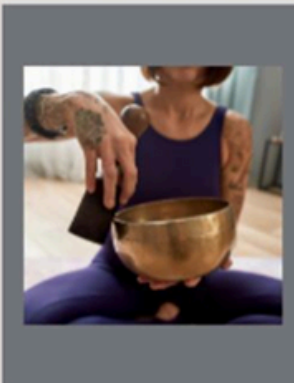
Sound Bath Meditation - Nov 11

Sound Journey Meditation

Join us for a sound journey meditation to experience deep relaxation and peaceful equilibrium.

October 9, 2024 and November 11, 2024
4:30 pm - 5:30 pm
Merten Hall 1201

Note: We recommend bringing a yoga mat, towel, or blanket to the session.



Enjoy a powerful sound bath meditation on Monday, November 11, from 4:30 p.m. to 5:30 p.m., in Merten Hall 1201.

[Register here](#)

Self-Regulation Techniques with Sophrology

Stress Management

Self - Regulation Techniques with Sophrology

Learn special
techniques to help
**Relieve Stress,
Release Anxiety,
Manage Emotions,
and Better Decisions**

Online Session Dates

**November 7
November 14
November 21
9 a.m. - 10 a.m.**

Registration Link

<https://forms.office.com/r/pMYnUMK8jA?origin=lpLink>

Information: abukulme@gmu.edu



Learn stress management techniques in "Self-Regulation Techniques with Sophrology" online sessions, from 9 a.m. to 10 a.m. on November 7, 14, and 21.

You can register for any session(s), according to what works best in your schedule.

Learn more about sophrology here: <https://wellbeing.gmu.edu/resources-2/resources/sophrology-2/>

Register here

Contemporary Student Services Lunch + Learn: Military & Veteran Students - Nov 18

Session Description:

Celebrate Military- and Veteran-Affiliated students with UL and Contemporary Student Services! Join us and colleagues from across the Mason community to learn more about who our military- and veteran-affiliated students. We'll discuss how mil/vet students show up, barriers faced, and promising practices. This interactive session then gets turned over to you!

Session Objectives: During the session attendees will...

Engage in meaningful conversations with fellow attendees about supporting mil/vet students through challenges and opportunities.

Discover campus and community resources designed to assist mil/vet students in navigating their complex and multi-faceted identities.

Connect with others who are committed to fostering a supportive and inclusive campus environment for our contemporary students.

Explore Inclusive Excellence Professional Development Opportunities in MasonLEAPS

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 Fall 2024

1. Story of Me, Story of Us, Friday, Nov 15, 1:00 - 2:30pm
2. Cultivating Empathy, Tuesday, Dec 3, 11:00am - 12:30pm

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

University Day Service Awards

The University Day Service Awards at George Mason University honor the dedicated faculty and staff who have reached significant service milestones.

This year's celebrations are split into two events: **Gold Day** on Wednesday, November 20th, from 12:00 to 1:30 p.m., recognizing those with 20 to 50 years of service, and **Green Day** on Thursday, November 21st, from 9:00 to 10:30 a.m., celebrating 5 to 15 years of service.

Both events will be live-streamed on GMU-TV, providing an opportunity for the Mason community to come together in celebrating these impactful careers.

For more information, visit the [University Day Service Awards page](#).

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

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

Let's Get Connected!

