



## University Life Professional Development Oct 2024 Newsletter

Hello University Life members,

We hope Fall 2024 semester is going well for you!

As we settle into the new academic year, we're excited to announce that October is *Careers in Student Affairs Month*, celebrated in conjunction with NASPA and ACPA nationwide.

This month offers a wealth of professional development opportunities tailored specifically for those of us in student affairs. Whether you're looking to expand your skillset or connect with peers, there's something for everyone.

Keep an eye on the [University Life Professional Development Calendar](#) on our website, as new events are continuously being added.

Let's make this semester one of growth and impact!

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### UL All Staff Meeting - Oct 8

The UL All Staff Meeting is on Oct 8, 2024.

Time: 8:30am - 12:15pm

Venue: Dewberry Hall, Johnson Center Fairfax

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# October 2024 events at a glance

# OCT 2024

## Careers in Student Affairs month



Staff development events in conjunction with Careers in Student Affairs Month throughout October!

1

### Fostering Your Strengths: Creating Connections

4:30 - 5:30pm

17

### ACPA/ASHE Presidential Symposium: Follow Up Discussion

10:00 - 11:00am  
Virtual

8

### UL All Staff Fall Meeting

8:30am - 12:15pm  
Dewberry Hall JC

25

### Fostering Cultures of Innovation and Well-Being with Psychological Safety

9:30am - 12:30pm  
SUB 1, 3B

11

### ACPA/ASHE Presidential Symposium

Backward & Forward: Reflection, Action, and Inspiration for Scholarship & Praxis

1:00 - 4:30pm, Virtual

29

### ProjectConnect: Book Discussion "Together" by CWB

12:00 - 1:00pm  
Contact CWB for more info.

15

### Fostering Your Strengths: Inclusive Well-Being

4:30 - 5:30pm

29

### Fostering Your Strengths: Belonging at Mason

4:30 - 5:30pm

17

### Manager Meet Up: Exploring the 5 Languages of Workplace Appreciation

2:00 - 3:00pm

30

### State of Student Affairs: A Conversation with NASPA President and Board Chair

4:00pm, Virtual



Visit the UL Professional Development calendar for registration links to these events.

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

Visit the [UL Pro Dev calendar](#) for registration links to these events or scroll down in this newsletter.

# UL Viewing & Follow Up Chat of the ACPA/ASHE Presidential Symposium

## UL VIEWING & FOLLOW UP CHAT OF THE 2024 ACPA/ASHE PRESIDENTIAL SYMPOSIUM

Join the 2-part professional development event, featuring the 2024 ACPA/ASHE Presidential Symposium and a UL follow up Conversation facilitated by Josh Kinchen, Director of LGBTQ+ Resources Center, and Dr. Creston Lynch, Assistant Vice President of University Life.

Upon registering, you will be invited and **expected to attend both events.**

### EVENT #1

OCT 11, 1:00 - 4:30PM, VIRTUAL

## ACPA/ASHE PRESIDENTIAL SYMPOSIUM

### EVENT #2

OCT 17, 10:00 - 11:00AM, VIRTUAL

## FOLLOW UP CONVERSATION WITH JOSH KINCEN & DR. CRESTON LYNCH



JOSH KINCEN



DR. CRESTON LYNCH

**SIGN UP**

[HTTPS://BIT.LY/3Y5NHOP](https://bit.ly/3Y5NHOP)

SPONSORED BY UL PROFESSIONAL DEVELOPMENT

For more info, contact Meeghan Milette (mharrin8@gmu.edu)



UNIVERSITY LIFE  
George Mason University

University Life Professional Development is very excited to sponsor our colleagues to attend and participate in a *2-part professional development event*, featuring the **2024 ACPA/ASHE Presidential Symposium** and a **UL follow up Conversation** facilitated by Josh Kinchen, Director of LGBTQ+ Resources Center, and Dr. Creston Lynch, Assistant Vice President of University Life. The events are virtual. Upon registering, you will be invited and expected to attend both events.

### ***EVENT DATES:***

Friday, October 11 from 1:00pm - 4:30pm: ACPA/ASHE Presidential Symposium

Thursday, October 17 from 10:00am-11:00am: UL Follow Up Conversation

### **Part 1: Viewing of the 2024 ACPA/ASHE Presidential Symposium**

Join us on for the livestream of the **2024 ACPA/ASHE Presidential Symposium** on ***Friday, October 11, 2024 from 1:00-4:30pm EST!*** The ACPA/ASHE Presidential Symposium will feature panel discussions comprised of leaders across the country in the field of higher education.

### **As a participant you will engage in discussions on:**

Individual and collective perspectives on ***free speech, activism, anti-DEI legislation, and career sustainability***

Future direction of the student affairs field given our historical context

### **The Symposium Features:**

Intentional reflection time

Discussion questions for group participants

Resources provided through an attendee workbook, which will be provided in advance.

### **Part 2: Follow Up Conversation with Josh Kinchen & Dr. Creston Lynch**

To further explore the topics presented at the Presidential Symposium, facilitators Josh Kinchen and Dr. Creston Lynch will engage our UL colleagues in continued conversation on **Thursday, October 17, 2024 from 10:00am-11:00am.**

We look forward to learning with you at both sessions!

[Register here](#)

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# Manager Meetup: Exploring the 5 Languages of Workplace Appreciation



## Exploring the 5 Languages of Workplace Appreciation

Based on the book, "The 5 Languages of Appreciation in the Workplace", Mason faculty and staff, including both supervisors and non-supervisors, will discover strategies for assessment and practical application of authentic and genuine workplace appreciation. The session will be facilitated by Stacey Ellis, Human Resources Faculty and Staff Engagement Program Manager.



**DATE: Thursday, October 17th**



**TIME: 2:00pm-3:00pm**



**LOCATION: MS TEAMS**

**REGISTER NOW**



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



**UNIVERSITY LIFE**  
George Mason University®

# Fostering Cultures of Innovation and Well-Being with Psychological Safety with Dr. Rachel Wernicke



UNIVERSITY LIFE  
George Mason University®

## FOSTERING CULTURES OF INNOVATION AND WELL- BEING WITH PSYCHOLOGICAL SAFETY: A WORKSHOP WITH DR. RACHEL WERNICKE

Join us for this dynamic workshop, facilitated by Dr. Rachel Wernicke, UL Associate Dean & Chief Mental Health Officer. The session will allow participants to learn about the benefits of psychological safety and to identify practices that support psychological safety in an engaging, interactive space.

### WORKSHOP DETAILS

FROM 9:30 AM- 12:30 PM



FRIDAY, OCTOBER 25,



SUB-I ROOM 3B



**REGISTER HERE:**

<https://bit.ly/4eOSnq9>

SCAN ME



For accommodations, please contact  
Meeghan Milette (mharrin8@gmu.edu)



# Fostering Strengths Series

Mason students, faculty, and staff, you can take the CliftonStrengths assessment for free. Learn what your strengths are, and how to use them for well-being! Get started here.: <https://wellbeing.gmu.edu/cliftonstrengths/>

Develop your strengths through the Fostering Your Strengths series of upcoming events: "Creating Connections" on Tuesday, October 1, from 4:30 p.m. to 5:30 p.m.: <http://cglink.me/2d7/r2268527>

"Inclusive Well-Being" on Tuesday, October 15, from 4:30 p.m. to 5:30 p.m.: <http://cglink.me/2d7/r2268529>

"Belonging at Mason" on Tuesday, October 29, from 4:30 p.m. to 5:30 p.m.: <http://cglink.me/2d7/r2268530>

## Fuel Your Connections and Professional Growth with a Byte Plan!

**GM** Auxiliary Services and Operations  
**MASON DINING**  
George Mason University

shop **Mason**

**FACULTY & STAFF**

**SKIP PACKING LUNCH AND**

**GET A BYTE PLAN**

**Ike's**  
VO V

**GLOBE**  
VO V

**Southside**  
VO V


**The Spot**  
VO V

**the eaterie**  
VO V

Byte Plans are designed specifically for faculty and staff, offering the opportunity to network and engage with colleagues over a meal at any of the four dining halls on the Fairfax Campus.

Plus, you can grab a quick bite with up to one meal exchange swipe per day at the **\*new\*** Eaterie in SUB 1. Starting at just \$105 and rolling over from fall to spring, Byte Plans make it easy to incorporate professional development into your lunch break!

# Accepting UL Award Nominations



**Submit a nomination  
today!**

**UL Positive Impact Award  
UL Outstanding Service Award  
UL Partnership Award**

**Due October 15**

We invite you to submit nominations to recognize amazing University Life colleagues with a UL Outstanding Service or Positive Impact Award.

The fall nomination deadline is **Tuesday, October 15!**

Submit your nomination via [the form](#) on the University Life Professional Development website. Please be as specific as possible in your nomination to help the committee gather a full picture of the nominee's impact on the university. Award recipients will receive \$200 and Mason swag.

In addition to nominations for the UL Outstanding Service and Positive Impact Award, we are also accepting nominations for the UL Partnership Award. The UL Partnership Award is open to all Mason employees who do not work within University Life. This award nomination can be submitted by email to [ulawards@gmu.edu](mailto:ulawards@gmu.edu) and is also due by October 15, 2024. Visit the University Life Professional Development [website](#) for more information about the criteria.

Contact Tisheika Snow ([tsnow4@gmu.edu](mailto:tsnow4@gmu.edu)) or Lynn Swogger ([lswoegger@gmu.edu](mailto:lswoegger@gmu.edu)) with additional questions or comments about the UL Awards and Recognition process, part of University Life Professional Development.

# UL Administrative Professional Network 2024-2025 Launch

Are you looking to connect and learn with other administrative professionals in University Life? Join our community of practice which meets monthly to explore a variety of topics, including professional development, goal setting, working with technology, and giving effective feedback.

Participants will be added to the *UL Administrative Professional Network* on MS Teams to stay updated on upcoming sessions and resources.

## ***UL APN Session Dates:***

Here are the following session dates for the academic year.

October 17 at 1pm

November 19 at 11am

December 17 at 11am

January 28 at 11am

February 11 at 11am

March 4 at 11am

April 8 at 11am

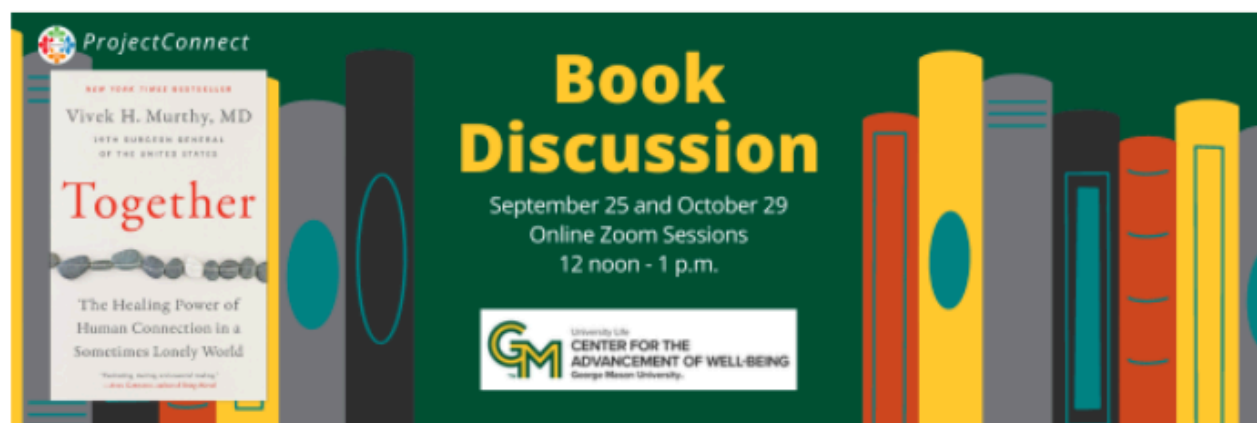
May: TBA

June 10 at 11am - WRAP UP

For more information, email Meeghan Milette at [mharrin8@gmu.edu](mailto:mharrin8@gmu.edu)

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## **ProjectConnect: Faculty/Staff Book Discussion – *Together* by Dr. Vivek Murthy. Registration closes Oct 9.**



Faculty and staff are invited to join us for a 1-hour book discussion as we look at Dr. Vivek Murthy's case to define loneliness as a public health concern and how connecting with each other can strengthen our society. A free copy of *Together* by Dr. Vivek Murthy will be provided.

# Kindness Ambassador Nominations for 2024-2025 - Open through Oct 10.

## WANTED



## 100 KINDNESS AMBASSADORS!

Mason students, faculty, staff, and alumni, do you know someone who is kind and compassionate? Nominate a friend, colleague, or yourself to be a Mason Kindness Ambassador!

### What is a Kindness Ambassador?

George Mason University and Mason Chooses Kindness (MCK) are proud to recognize and celebrate Kindness Ambassadors from the Mason community who are recognized for their:

- ✓ Compassion and kindness toward others
- ✓ Enthusiasm about spreading kindness
- ✓ Positive words and actions
- ✓ Joy in helping others



### Why become a Kindness Ambassador?

- ✓ University-wide recognition for your kindness and its positive impact on the Mason community, including recognition from university senior leaders
- ✓ Mason Kindness Ambassador certificate and swag
- ✓ Opportunities for community engagement and networking through the *Mason Chooses Kindness* (MCK) initiative, its leaders, and partners across campus

### How can I submit a nomination?

To submit a nomination, visit [kindness.gmu.edu](https://kindness.gmu.edu) or scan the QR code.

Nominations are open until **October 10, 2024**. For any questions, please contact us at [mck@gmu.edu](mailto:mck@gmu.edu)



## On-Campus Winter Wellness Flu Shot Clinics



# GEORGE MASON FALL FLU SHOT CLINICS

### Sci Tech

October 3rd  
1:00PM- 3:00PM  
Colgan Hall 110A

### Fairfax

October 10th  
10:00AM - 3:00PM  
Dewberry Hall

### Kaiser (Fairfax)

October 10th  
10:00AM-3:00PM  
Dewberry Hall

### Mason Square

October 16th  
12:00PM-2:00PM  
Van Metre 716

### FACULTY & STAFF:

Giant Pharmacy will be administering vaccines by appointment only at the 10/3 Sci Tech, 10/10 Fairfax, and 10/16 Mason Square Flu Shot Clinics. Flu shots from Giant are fully covered by COVA insurance. Please verify coverage if you have other insurance coverage.

Employees with Kaiser should plan to sign up for the 10/10 Kaiser Clinic on the Fairfax Campus or visit [kp.org/flu](http://kp.org/flu) to find an in-network provider.

### STUDENTS:

Student Health Services is offering \$30 flu shots at the 10/10 Fairfax event only (FREE with Student Health Insurance plan). Bring your Mason ID. Sign up online at [go.gmu.edu/flushot](http://go.gmu.edu/flushot). For additional flu shot options, visit the Student Health Services website.

Students with Kaiser Permanente insurance may sign up for the 10/10 Kaiser Clinic on the Fairfax Campus. Students with other insurance may sign up to receive a flu shot with Giant Pharmacy, but should verify coverage with their insurance provider prior to receiving the flu shot.

### TIPS TO PREPARE TO GET YOUR FLU SHOT:

- Register in advance for your flu shot appointment.
- Plan to wear short sleeves so you don't have to remove your shirt to receive your shot.
- For Giant Pharmacy, complete and bring the pharmacy's consent form to ensure a faster process.
- Bring your insurance card and a valid form of ID.
- Plan to spend 10-15 minutes at the clinic after your shot to ensure there is no adverse reaction.
- Read about this year's vaccine on the Center for Disease Control's website.

# Registration Open for 3rd Annual George Mason Trunk or Treat



## George Mason

## Trunk or Treat

**Parking Lot L**

**Saturday, October 26**

**4 to 6 PM**

**\*Trunkers need to arrive  
between 3 and 4 PM**

## Registration is Now Open!

**for Student Organizations,  
University Offices, and Area  
Businesses to decorate a  
trunk and give out candy**



 **GEORGE MASON  
UNIVERSITY®**

**↑ Register Now ↑  
To Decorate Your Trunk  
and Compete for Prizes**

The George Mason Trunk or Treat is back on Saturday, October 26, from 4 to 6 PM, and we are excited to build on the success of last year's event, which more than 500 people attended and enjoyed!

To register your office to decorate a trunk (or trunks), complete the form at <https://bit.ly/gmu24trunkortreat>.

The Trunk or Treat's success is only possible because of incredible partners like you who give their time and some candy on a Saturday evening in October. If you have participated in the past we hope you will again and if you have never been part of the Trunk or Treat we invite you to come out for a great time in support of contemporary students and our neighbors in the Fairfax community.

Additional information is available in the attached flyers. If you have any questions, please email [mmclau5@gmu.edu](mailto:mmclau5@gmu.edu).

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

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

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Let's Get Connected!

