



University Life Professional Development April 2025 Newsletter

And just like that, we are well into April! Somehow this semester has moved along with our offices, staff, and students preparing for the last push of the semester with programs, appointments, and conversations before the end of year begins.

With so much taking place in our work, we should remember it is also the start of the new performance cycle; with our performance and professional goals taking shape to guide the year ahead. It is easy to lose sight of these with the speed of life taking place during the later half of the spring semester since it is challenging to be firmly embedded into the current year with needing to also look ahead to the next.

To support you in maintaining and sustaining in your work towards the goals you have set for the upcoming year our team has a couple tools to share:

1. **Keep your Goals VISIBLE:** Have your professional goals included where you will see them regularly. This could be printed out and on your desk. You can add it to your [5-15 report](#) or a weekly task list you use to keep yourself organized. To reach your goals, keep them visible and dynamic. Allowing you adjust as you move forward in the year to accommodate for changes that may take place in your work.
2. **Set your Quarterly Milestones:** Take 5 minutes of your day this week and set out quarterly dates to revisit your performance and professional goals set during your performance evaluation. **Add these as 30-minute meetings to your calendar in June, September, December, and March.** Do not schedule over them. In these 30 minutes, document your progress. Your future self will thank you in March of 2026.

If you would like to connect on your professional development or professional goals, submit a [consult form](#) with our team and we would love to support you on this journey.

Enjoy the month and the memories ahead.

From,

The UL Professional Development Team



UL Student Success Symposium

The University Life Symposium Planning Team is hard at work preparing for the **2025 University Life (UL) Student Success Symposium!** We are in the process of building out the schedule for both the UL Symposium Pre-Conference taking place on Tuesday, June 3, 2025, and the UL Symposium on Wednesday, June 4, 2025.

We have fantastic sessions that will be offered throughout the UL Symposium in thanks to the exceptional staff and colleagues who submitted proposals. THANK YOU! As a reminder, ***presenters will be notified by Friday, April 11, 2025, of their program status.***

UL Symposium Registration information will be shared in the coming weeks.

Additional information about the 2025 UL Student Success Symposium including the program schedule, learning outcomes, and planning team, can be found [here](#).

Have a question about the UL Symposium? Email ulprodev@gmu.edu

Upcoming Programs & Events:

Upcoming Learning & Development Committee Panel Discussion!

BEYOND THE LADDER: Rethinking Career Progression and Transferable Skills in Student Affairs

A Panel Discussion by the
Learning & Development Committee

How to challenge the traditional view of upward
mobility, and focus on lateral opportunities



Join us for an informative panel discussion with dynamic and successful mid-level professionals, who will share their experiences navigating career moves throughout their professional journey to date. They will discuss career transitions, how to recognize transferable skills, how to overcome challenges, and how to capitalize on multidisciplinary expertise for career growth.

There will also be a Q&A session afterwards.

PANELISTS:

- **Sonya Henry,**
Director of Executive Education Programs
- **Birgit Debeerst,**
Director of UL Project and Process Management
- **Demarcus Merritt,**
Assistant Director for Belonging and Engagement



1:00 - 2:00 PM



APR 10, 2025
(Thursday)



MS Teams

Participants will receive the MS Teams
link once they register.

Register at

<https://BeyondtheLadderPanel.eventbrite.com>

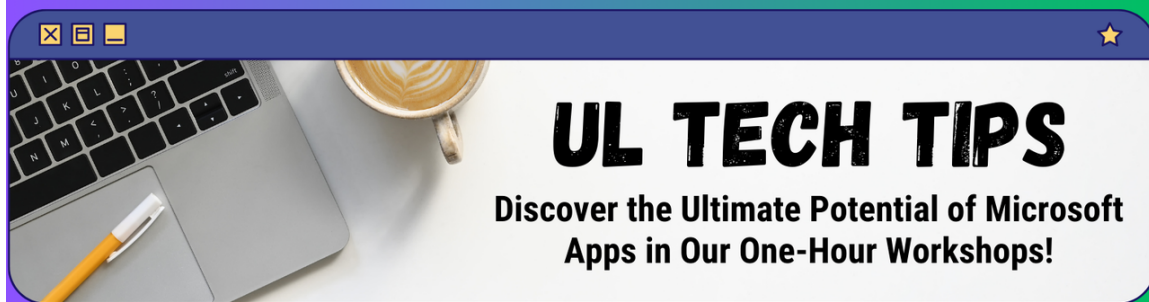


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Register Here

Spring 2025 Tech Tips Series



SPRING 2025

FEB 13

Conducting
Effective Virtual
Meetings

11:00AM - 12:00PM

MAR 6

What you might not
know about MS
Teams

1:00PM - 2:00PM

APR 10

Exploring MS Loop
Components

11:00AM - 12:00PM



MAY 1

Project
Management

11:00AM-12:00PM

REGISTER NOW



Visit the Eventbrite collection here:

<https://www.eventbrite.com/cc/ul-tech-tips-spring-2025-3063869>



ORGANIZED BY UNIVERSITY LIFE PROFESSIONAL DEVELOPMENT

Register Here!

Save the Date! Manager Meetups!



Beyond the Numbers: Reporting through Storytelling

Thursday, April 17th, 2025 from 2:00pm-3:00pm

Join the Supervision Collective for an interactive session focusing on how to leverage storytelling as a reporting tool to better share the success of your team. Conversation will be centered around the components of storytelling, importance of narrative development, and case studies to build understanding.

In the session, participants will:

- Understand how reports can tell a story rather than just display data.
- Recognize the importance of narrative in reporting for various stakeholders.
- Learn the key components of storytelling in reports.

Register Here: <https://reportingthroughstorytelling.eventbrite.com>

Manager Meetup

Join the Supervision Collection for our monthly Manager Meetups! Sessions focus on various topics impacting supervisors and are interaction based between participants. All are welcomed in this space. You do NOT need to be a supervisor to attend!



Register Now

SCAN HERE



Register Here

Productivity Power Hour!

JOIN UL FOR A PRODUCTIVITY POWER HOUR! GET IT DONE !

Are you tired of struggling to get work done?

Join us once a month for the UL Virtual Productivity Power Hour! These sessions serve as a friendly environment to help you get your work done efficiently and effectively.

Bring your work, projects, reports, etc. to our Productivity Power Hour Virtual Session!

UL Professional Development will have some resources and lots of support to help you advance your priorities! - Drop in at any time!

Meet with us once a
month on Fridays at 1pm!



REGISTER AT:

[HTTPS://VIRTUAL-PRODUCTIVITY-
POWER-HOUR.EVENTBRITE.COM](https://virtual-productivity-power-hour.eventbrite.com)



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[Register Here](#)

UL Professional Development Consultation Services

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.

Complete the intake form and let the adventure begin!



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



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



Consultation Services Intake Form

Visit the UL Professional Development calendar for more event listings and updates.

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

Check Out These Upcoming Events!

LET'S GET TOGETHER
ULIFE CONNECTS 2024-2025

save the date!

Dec 4th: Breakfast at Southside (8am-10am)
Dec 12th: UL Scarf Fest (11am-1pm)
Feb 5th: Homecoming Day of Service (10am-4pm)
Mar 25th: March Gardeness (10:30am-12:00pm)
Apr 2nd: UL Walk and BYO Lunch (11:30am-1:00pm)
May: UL Pickleball Fun (TBD)

9/11 DAY OF SERVICE
Remember. Reflect. Renew.
911daygmu.edu
Remember Together

GM **UNIVERSITY LIFE**
George Mason University

The pickleball event in May has been scheduled for May 9th from 11:30am-1:00pm. The event will be located adjacent to the RAC Field.

RSVP: <https://forms.office.com/r/N6qyaTReV5>



Let's Get Connected!



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