



University Life Professional Development December 2025 Newsletter

Hi UL & Friends!

Happy December! With the shortened month and winter break around the corner, we have a couple of opportunities for engagement and colleague connection in the upcoming week (scroll down for details!). We know how busy this time of year can be and would love to see you at these events if your schedule allows!

As we prepare for the Spring semester, UL Professional Development just wanted to remind you we are here to support you in your ongoing learning and development. If you are looking for a thought partner, a training for your team, support in structuring a team retreat, or professional development coaching, our team offers consultation services!

Fill out our [Consultation Form](#) here and we will reach out to you directly. More details are included below. If you have any questions, do not hesitate to reach out Meeghan Milette (mharrin8@gmu.edu) with any questions.

We hope that you are able to take time to rest and recharge over the break and we are so looking forward to seeing you in the New Year!

Warmly,

The UL Professional Development Team

Attending an Upcoming Professional Conference? Let Us Know!

UL Pro Dev is collecting information from those who are attending and/or presenting at upcoming professional conferences during the

2025-2026 academic year. If that's you, please complete the following [form](#).

UL Pro Dev wants to amplify the professional talent that our UL colleagues are bringing to the overall field of student affairs. If you have any questions, please reach out to ulprodev@gmu.edu.

Upcoming Conference Attendance Form

Call for Student Success Symposium Planning Team Members!



**CALL FOR
PLANNING TEAM
MEMBERS!**

Interested in joining the 2026 UL Student
Success Symposium Planning team?

Contact Meeghan Milette
Reach out by Friday, December 5

 mharrin8@gmu.edu

 **UNIVERSITY LIFE**
George Mason University®



Interested in joining the 2026 University Life Student Success Symposium Planning team? Reach out to Meeghan Milette mharrin8@gmu.edu by December 5th, 2025.

Want to join? Here's what to expect:

- Attend meetings from January 2026 - June 2026
- Support the planning of the 2026 UL Student Success Symposium
- Serve on a subcommittee within the planning team
- Build connections to colleagues throughout the division
- Be a part of one of the best professional development experiences at GMU

Reach Out Today!

Spotlight!

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



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Consultation Services Intake Form

Upcoming Programs & Events Fall 2025

Last Fall 2025 Productivity Power Hour Session!



Join UL's

Productivity Power Hour!

Fall Series

Drop in anytime!

Join us at 11am every other Friday this Fall!

SEPT	OCT	NOV	DEC
12+26	10+24	7+21	5

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



Feeling swamped with end of semester projects and deadlines?

Join us for our last Virtual Productivity Power Hour session of the semester **this Friday, December 5th at 11am**, to rediscover your motivation and momentum!

Register Here

2025 Annual UL Scarf Fest!

A green poster with yellow and white text. At the top, it says "2025 Annual UL Scarf Fest!". Below that, in large white letters, "SAVE THE DATE", and in large yellow letters, "UL SCARF FEST". Underneath, in white, "DECEMBER 10, 2025". A central white box contains a schedule table. The table has three rows. The first row: "10:00am-10:45am HUB, BALLROOM" and "COLORS AND CONNECTION WITH THE CENTER FOR ADVANCEMENT AND WELL-BEING". The second row: "10:45am-11:00am HUB, BALLROOM" and "COFFEE AND DONUTS". The third row: "11:00am-1:00pm HUB, BALLROOM" and "SCARF FEST GIFT WRAPPING AND CARD MAKING". Below the table, it says "Interested in sponsoring a Hampton Husky for the holidays? Contact: Lisa Snyder, lsnyder2@gmu.edu for student wishlists". At the bottom, there are logos for ulprofdev.gmu.edu, @ulprodev, and the University Life George Mason University logo. The poster is decorated with yellow and green geometric shapes on the sides.

10:00am-10:45am HUB, BALLROOM	COLORS AND CONNECTION WITH THE CENTER FOR ADVANCEMENT AND WELL-BEING
10:45am-11:00am HUB, BALLROOM	COFFEE AND DONUTS
11:00am-1:00pm HUB, BALLROOM	SCARF FEST GIFT WRAPPING AND CARD MAKING

Interested in sponsoring a Hampton Husky for the holidays?
Contact: Lisa Snyder, lsnyder2@gmu.edu for student wishlists

 ulprofdev.gmu.edu
 [@ulprodev](https://twitter.com/ulprodev)
 UNIVERSITY LIFE
George Mason University

This year's University Life Scarf Fest, Winter Day of Service, will be held in the HUB Ballroom on **Wednesday, December 10th, 2025!**

This year's University Life Scarf Fest programming includes:

- Coordinated in advance of the December 10th date:
 - Sponsoring a child for the holidays from Hampton Middle School, **if you are interested in sponsoring a Hampton Husky for the holidays, contact Lisa Snyder (lsnyder2@gmu.edu)** for student wishlists.
- Day-of activities:
 - Collecting new pairs of scarves, socks, gloves, and hats for a local area shelter.
 - Gift wrapping & card making party (in need of gift boxes of all sizes, tissue paper, ribbon, and bows).

UL Tech Tips: Information Sustainment

UL TECH TIPS SERIES

10

DEC, 2025

USING MS APPS FOR INFO SUSTAINMENT

2:00PM - 3:00PM

WHAT TO EXPECT:

- Learn concepts to effectively sustain and upkeep internal and external facing documents
- Discover strategies for information review processes
- Conceptualize Standards of Practice (SOPs) for your team to implement in file management and information sustainment

LEARN MORE ON EVENTBRITE!

Register here:

<https://UL-Tech-Tips-Info-Sustainment.eventbrite.com>



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Join us for our last workshop in our Fall 2025 UL Tech Tips series, where we'll dive into the world of Microsoft Applications to learn how to leverage them for effective information management and sustainment. This is an interactive session.

We'll go over best practices and talk about developing and conceptualizing Standards of Practice, we'll discuss timelines and review processes, and we'll talk about how to actually implement these discussion topics in your own work!

We hope to see you there! :)

Upcoming Programs & Events Spring 2026

Productivity Power Hour Spring 2026 Series

PRODUCTIVITY POWER HOUR

UL FOCUS SESSION

Drop in
anytime!



Get work
done!

Join us at 11am every other
Friday this Spring!

JAN
16+30

FEB
13+27

MAR
13+27

APR
10+24

MAY
8

REGISTER:

<https://UL-Productivity-Power-Hour.eventbrite.com>

Sponsored by University Life Professional Development



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Feeling swamped with semester projects and deadlines? Join our Virtual Productivity Power Hour focus sessions and rediscover your motivation and momentum. In just one hour on Zoom, we've designed an environment that empowers you to make real progress on your projects.

Why Join?

- **Accountability:** Co-working in a virtual setting keeps you on track and accountable for your goals.
- **Resource Hub:** Get access to tools and tips that will enhance your productivity.
- **Colleague Support:** Share the virtual workspace with colleagues who are equally driven, making work feel less like work.

Register Here

From Here to There: A Professional Development Journey

From Here to There: A Professional Development Journey



January 13, 2026 from 11:00am-12:00pm

Join us on a journey to reflect on your professional development and where to grow from here.

Session Learning Outcomes:

- Reflecting on Pro. Dev. Experiences
- Discuss Pro. Dev. challenges + solutions
- Prioritizing Pro. Dev. in your work



Register Here!

<https://fromheretothereprodevjourney.eventbrite.com/>

Presented by the UL Learning & Development Committee

Interested in professional development but not sure where to start?

Join your Mason colleagues as we discuss our professional development experiences. We will reflect and explore how professional development has informed your work and resources at Mason to continue your professional development journey!

Register Here

Leveraging Strengths to Build Stronger Teams



Leveraging Strengths to Build Stronger Teams

Wednesday, January 28, 2026 from 1:00PM - 2:00PM

Unlock StrengthsFinder to support your team in illuminating complementary team dynamics. This interactive hour will help you:

- Consider how Strengths can inform team dynamics
- Understand tools to support the use of Strengths on your team
- Leverage Strengths on your team and encourage the use of Strengths

In the session, participants will:

- Explore how Strengths show up on your team in the workplace
- Examine examples of Strengths Mapping to inform team dynamics
- Identify a minimum of one strategy to implement in your practice leveraging Strengths

Register Here: <https://ManagerMeetupJan2026.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

UL Threat Evaluation and Reporting Training

ATTEND THE UL THREAT EVALUATION & REPORTING TRAINING

The Threat Evaluation and Reporting Overview (TERO) is an introductory training created by the Department of Homeland Security. The TERO is intended for community members who play a role in identifying threats or observable behaviors that may concern others, emphasizing the importance of community involvement, and raising awareness about the behavioral approach to violence prevention.

Presented by Dr. John Cicchetti, Ph.D., the Director of Behavioral Threat Assessment, and Management and Co-Chair of the Threat Assessment Team at George Mason University. He is a National Threat Evaluation and Reporting Certified Master Trainer through the U.S. Department of Homeland Security.



Learning Outcomes:

- ✓ Identify threats or observable behaviors that may concern others
- ✓ Expand awareness about targeted violence and behavioral threat assessment and management
- ✓ Identify channels to report warning signs
- ✓ Understand the resources available to get involved and keep communities safe



Thursday, Feb. 12
1 PM - 3 PM EST

Johnson Center, Room D



Register
Here



<https://Threat-Evaluation-and-Reporting-Training.eventbrite.com>



**Homeland
Security**

The Threat Evaluation and Reporting Overview (TERO) is an introductory training created by the Department of Homeland Security. The TERO is intended for community members who play a role in identifying threats or observable behaviors that may concern others. The course covers a variety of topics including targeted violence, behavioral threat assessment and management, and how to recognize the warning signs.

The TERO emphasizes the importance of community involvement and raises awareness about the behavioral approach to violence prevention.

At the conclusion of this presentation participants will be able to:

- Identify threats or observable behaviors that may concern others
- Expand awareness about targeted violence and behavioral threat assessment and management
- Identify channels to report the warning signs
- Understand the resources available to get involved and keep communities safe

The session will be presented by Dr. John Cicchetti, Ph.D. who serves as the Director of Behavioral Threat Assessment and Management, and Co-Chair of the Threat Assessment Team at George Mason University. He is a National Threat Evaluation and Reporting Certified Master Trainer through the U.S. Department of Homeland Security.

Register Here

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

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

Let's Get Connected!



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