



## University Life Professional Development July 2025 Newsletter

Summer is speeding by!

We hope you have been able to find time to recharge, reconnect, and take some much-deserved time. Over the rest of July, we're excited to offer a variety of professional development programs designed not only to enhance your skills but also to foster meaningful connections with colleagues across the division.

Whether you're looking to connect, plan for the year ahead, or simply meet other staff around the division, our July offerings provide the perfect opportunity to engage with our vibrant UL community.

Let's continue to make the rest of this summer a season of learning and connection. We look forward to seeing you at our upcoming programs!

Sincerely,

The UL Professional Development Team

---

## Register Now! 2025 UL Gives Back Summer Day of Service



We are pleased to share with you that this year's **University Life**

**Gives Back –Summer Day of Service is scheduled for Wednesday, July 23, 2025.** We are committed to providing our staff and colleagues with the opportunity to make a positive difference and give back to our communities. A wide variety of service projects are available for staff to choose from. Immediately following all service projects, participants are welcomed at the UL Gives Back Social from 1:00pm -2:30pm!

### **REGISTER FOR A PROJECT**

**TODAY:** <https://ulgivesback25.eventbrite.com>

**Staff must RSVP for a service project so we can track where our service and outreach are occurring.**

***For more information, a complete list of service projects, and link to register, visit: <https://ulprofdev.gmu.edu/dayofservice/>***

***Deadline to register is Friday, July 18, 2025***

### **New initiatives and highlights for 2025:**

- [Little Library donations](#)
- [Crayon donation](#)
- [Patriot Panty donations](#)
- New service projects offerings
- Rita's Italian Ice during the UL Gives Back social (be sure to register to attend the social!)
- Dodgeball during the UL Gives Back social (register to attend!)

As a result of participation in the *2025 University Life Summer Day of Service*, staff will:

- Engage with University Life and George Mason University's core values by giving back to the campus and community through service, volunteerism, and civic engagement.
- Recognize the value of an individual's contribution to our community's efforts towards social change.
- Foster a holistic approach to service by recognizing the importance of educating ourselves on community outreach, service, education and impact on intersectional issues.

We hope you will be able to join us! For questions, please contact our planning team via email at [ulprodev@gmu.edu](mailto:ulprodev@gmu.edu).

Don't forget to [register](#) and we will see you at UL Gives Back 2025!

- 2025 UL Gives Back Planning Team

---

## **Upcoming Programs & Events:**

# Productivity Power Hour - Summer Series!

Join UL's

# Productivity Power Hour!

Get it done this summer!

Drop in anytime!

Join us at 11am every other Thursday over the summer!

| MAY | JUN   | JUL   | AUG |
|-----|-------|-------|-----|
| 29  | 12+26 | 10+24 | 7   |



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

Feeling swamped with summer 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.

Unleash your productivity and achieve those elusive project milestones. Join us for UL Productivity Power Hour Sessions, where we work together to work better.

[Register Here](#)

---

## UL Tech Tips Extended Summer Session



# UL TECH TIPS

## EXTENDED SESSION: BUILDING MS APPS INTO YOUR DAILY WORKFLOW

### Microsoft Teams & Loop

---

Join us for an extended 2-hour UL Tech Tips Workshop on how to strategically build MS Apps (such as Loop & Teams) into your daily workflow to work smarter, not harder!



**Date:** July 15, 2025  
**Time:** 10:00-12:00  
**Location:** MS Teams

**Participants will:**

1. Gain a comprehensive understanding of MS Teams and Loop and their respective capabilities.
2. Learn how to effectively integrate these apps into daily workflow.
3. Acquire utilization and implementation skills.
4. Feel confident in using these MS apps

REGISTER NOW 

<https://TechTipsExtendedSession.eventbrite.com>

ORGANIZED BY UNIVERSITY LIFE PROFESSIONAL DEVELOPMENT

Register Here

---

**Learning and Development  
Presents the Co-Working &  
Connection Session**

# UL CO-WORKING & CONNECTION SESSION

 **July 16, 2025**  
 **10:00am-12:00pm**  
 **JC Suite 227E**

Trying to tackle  
your to-do list?

Want to get a  
head start on  
some planning?

Or just need  
a change of  
scenery?

This in-person focus  
session is the perfect  
opportunity to focus  
and recharge in a  
supportive, shared  
workspace!

Light refreshments provided

**REGISTER HERE!**

[https://ULCo-Working  
Connection.eventbrite.com](https://ULCo-WorkingConnection.eventbrite.com)

**Sponsored by the Learning & Development Committee  
in collaboration with the Writing Center**

Looking to shake up your workday and boost your productivity? Join us on July 16th from 10:00-12:00 in the Johnson Center, Room 227E for Co-Working & Connection, an in-person focus session to help you get things done while enjoying the company of your colleagues.

Whether you're tackling your to-do list, getting a head start with some planning, or just need a change of scenery, this is the perfect opportunity to focus and recharge in a supportive, shared workspace. Light refreshments will be provided.

□ Bonus: The first three attendees will win a scent-infused grounding stone, the perfect tools to help keep your mind centered and your workflow smooth. We can't wait to see you there!



# 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!



## 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](https://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](mailto:ulprodev@gmu.edu)



[ulprofdev.gmu.edu](http://ulprofdev.gmu.edu)



UNIVERSITY LIFE  
George Mason University

---

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

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

---

Let's Get Connected!



[Manage](#) your preferences | [Opt Out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

4400 University Drive None | Fairfax, VA 22030 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.