



University Life Professional Development March 2025 Newsletter

Happy Spring Break University Life!

With the weather starting to warm up and the sun shining a bit longer during the day, it's a great time to start thinking ahead to summer AND the 2025 **UL Student Success Symposium**! With the UL Pre-Symposium taking place on **Tuesday, June 3** and the UL Symposium on **Wednesday, June 4**, the 2025 UL Symposium is our division's signature professional learning and development experience. The event provides an opportunity to connect with colleagues and engage in topics integral to our work, evolving our professional practices. Through commitment to the UL collaborative community, we learn more about the impact of our colleagues' contributions as we strive for student success.

The Call for Programs is now OPEN and you are invited to submit a program proposal. Details are included below can be found at <https://ulsymposium.gmu.edu/>.

Information regarding UL Symposium Registration will be sent to your inbox in April 2025!

Any questions about UL Symposium? Email ulprodev@gmu.edu

From,

The UL Professional Development Team



UL Symposium Call for Programs:

Submit Today!

The University Life Symposium Planning Team invites all Mason faculty, staff, and students to submit program proposals for the upcoming 2025 University Life (UL) Student Success Symposium with UL Symposium Pre-Conference taking place on Tuesday, June 3, 2025, and the UL Symposium on Wednesday, June 4, 2025. UL Symposium program overview and learning outcomes can be found at <https://ulsymposium.gmu.edu/>.

Program proposals are due no later than Wednesday, April 2, 2025, by 11:59 pm.

Presenters will be notified by Friday, April 11, 2025, of their program status.

UL Symposium Program Proposal Guidelines

To ensure your proposal is in alignment with UL Symposium [program goals and learning outcomes](#), you are asked to consider the following in framing your proposal submission:

- Pose a question or situate the topic and provide information, insights and/or ideas on an emerging trend, issue, or topic to engage participants in conversation
- Explore how we might work differently to maximize student services and experiences while considering student pressures and issues
- Create conversation or interactive space to discuss innovative ideas, practices, and possibilities for our work in student retention, degree completion, and well-being
- Provide relevant knowledge and “take-away” applications for participants

LINK TO FORM:

https://gmu.az1.qualtrics.com/jfe/form/SV_8IFb3d1qVBCaoia.

Any questions about UL Symposium? Email ulprodev@gmu.edu

Upcoming Programs & Events:

Save the Date! Manager Meetups!



Forward Thinking as a Supervisor: Strategies for success + managing staff evaluations

Thursday, February 27, 2025 2:00PM-3:00PM

Navigating Age Difference in the Workplace

Thursday, March 13th, 2025 from 2:00pm-3:00pm

Sharing Your Team's Success: Storytelling strategies & practices

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

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](#)

Upcoming Colleague Conversation: Unpacking Imposter Syndrome

UNIVERSITY LIFE LEARNING & DEVELOPMENT
COMMITTEE PRESENTS

COLLEAGUE CONVERSATION

THE **PODCAST** SERIES



UNPACKING IMPOSTER SYNDROME



 Virtual – MS Teams

 March 28 (Friday)

 1:00PM – 2:00PM

 [Podcast Link Here](#)

Join us!



We have all likely experienced imposter syndrome, but what can we do about it?

Join us for a discussion on ‘unpacking imposter syndrome’ as well as the problematic myths, required masks, and systemic mindsets connected with the term and how they directly work against creating a culture of belonging.

Materials to review

1. Listen to Podcast Episode: [Brené on Unpacking Imposter Syndrome with Jodi-Ann Burey & Ruchika T. Malhotra](#)

REGISTER NOW



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Registration Link:

https://Unpacking_Imposter_Syndrome.eventbrite.com

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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George Mason University®

[Register Here](#)

Spring 2025 Tech Tips Series



UL TECH TIPS

Discover the Ultimate Potential of Microsoft Apps in Our One-Hour Workshops!

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!

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)



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2025 UL Student Success Symposium

Connect. Innovate. Engage.

SAVE THE DATE: June 3-4, 2025



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Let's Get Connected!



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