



University Life Professional Development October 2025 Newsletter

It's FALL y'all!

October in student affairs typically includes executing all the programs, supporting students during midterms, AND recognizing ***Careers in Students Affairs Month!***

So what is *Careers in Student Affairs Month*? It is a celebration of having a career in student affairs, promoting education and raising awareness of the profession, and encouraging engagement with professional associations and colleagues across the field.

To bring this to life in UL, the *UL Learning & Development Committee* is offering a number of professional development opportunities throughout the month of October! All events and registration links are included in the Upcoming Programs & Events section below and we hope you are able to attend as many as your schedule permits!

Those who are registered to attend these sessions will be entered into the **UL Professional Development RAFFLE!** Details are included below.

Lastly, as we support students and each other our work, our team wanted to highlight the impact and value of recognizing the efforts of our colleagues. Please consider nominating a colleague for one of our UL sponsored awards, [here!](#) ***Deadline to submit is October 22, 2025.***

We hope that you are able to enjoy your favorite fall activity and all the autumnal vibes!

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](#)

UL Pro Dev Raffle & Giveaway!



Attend one of our UL Professional Development sessions during the month of October 2025 to be entered in our raffle & giveaway! The winners will win a Professional Development or Higher Education related book of their choosing.

Winners will be selected in early November.

Questions? Reach out to us at ulprodev@gmu.edu

2025 ACPA/ASHE Presidential Symposium Recap!

As some of you know, University Life recently hosted a watch party for the ACPA/ASHE Presidential Symposium conference on September 26th.

The symposium highlighted the voices of amazing panelists who provided incredible insight on the current state of Higher Education, drove thought-provoking and wisdom-filled discussions, and created an environment of hope and community.

The panels were as follows: Higher Education Context Discussion, Coloring Outside the Lines, Mentoring & Community-Driven Solutions, and last but most certainly not least, Critical Hope in this Moment.

After the symposium University Life also hosted a UL-specific dialogue session on October 3rd, as a way to recap the ACPA/ASHE Presidential Symposium with colleagues and discuss our takeaways and gained insights.

The UL Professional Development team would like to extend our warmest gratitude to **Josh Kinchen, Director of LGBTQ+ Resources**, for facilitating this incredibly successful dialogue session.

We certainly learned a lot, and, in the spirit of spreading thoughtful discussion in the field of Higher Ed., we would like to invite you to consider the following questions:

- What does mentorship look like in your role? Are you a mentor or mentee? and How are you seeking out these important developmental relationships?
- What are you doing to currently practice critical hope?
- How/are you giving yourself permission to rest?
- How are you engaging in community and creating/building up coalitions?
- Are you showing up as an act of courageous presence?

Hopefully these questions provide you with opportunities for reflection and connection with others as you move forward in both the day-to-day, and in your career as a whole.

Nominate a Colleague!

Deadline Extended! *Nominate a UL Colleague Today!*



Recognition is a critical component of a great organization!

The University Life Awards and Recognition Committee wants YOU to recognize a colleague for their hard work across the George Mason Campus and across University Life units!

Deadline to submit:
Wednesday, October 22, 2025 by 5PM.
Scan QR code to nominate a colleague!



Interested in getting involved?

Contact Lynn Swogger, lswogger@gmu.edu,
Melanie Jalim, mjalim@gmu.edu, or UL Awards &
Recognition, ulawards@gmu.edu



Guidelines:

- ✓ **Who:** University Life employees in good standing for a minimum of 1 year.
- ✓ **What/Criteria:** Outstanding achievement related to specific job performance or successful completion of project or event.

Positive Impact: Evidence of work that has influenced the "building of bridges" between a University Life office and another unit at Mason.
- ✓ **Complete and submit the form.** Nomination periods will close October 15, February 15, or June 15 (or the next business day if the deadline falls on the weekend).
- ✓ **Award:** Certificate Presentation and up to \$200.

The University Life Awards and Recognition Committee is extending our submission to nominate a colleague by OCT. 22nd! Recognition is a critical component of a thriving organization and now it's your chance to highlight the incredible contributions of your colleagues!

The University Life Awards and Recognition Committee invites you to **nominate a colleague** for their hard work across the George Mason campus and within University Life units. For all criteria and details, visit [here](#).

Nomination Form

Congratulations to our Summer 2025 Award Winners

CONGRATULATIONS

To all summer 2025 award nominees!



Positive Impact

*Laura Bowen
Kerry Hengtes
Lex Ash
Jeff Messetti*

Outstanding Service

*Calena Creft
Jessie Lee
Christine Kelly
Lee Friend
Angela Craven
Marie Taylor*



Upcoming Programs & Events

Productivity Power Hour - Fall Series!

Join UL's Productivity Power Hour!



Fall Series



Drop in
anytime!



Join us at 11am every other
Friday this Fall!

SEPT
12+26

OCT
10+24

NOV
7+21

DEC
5



REGISTER AT:

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



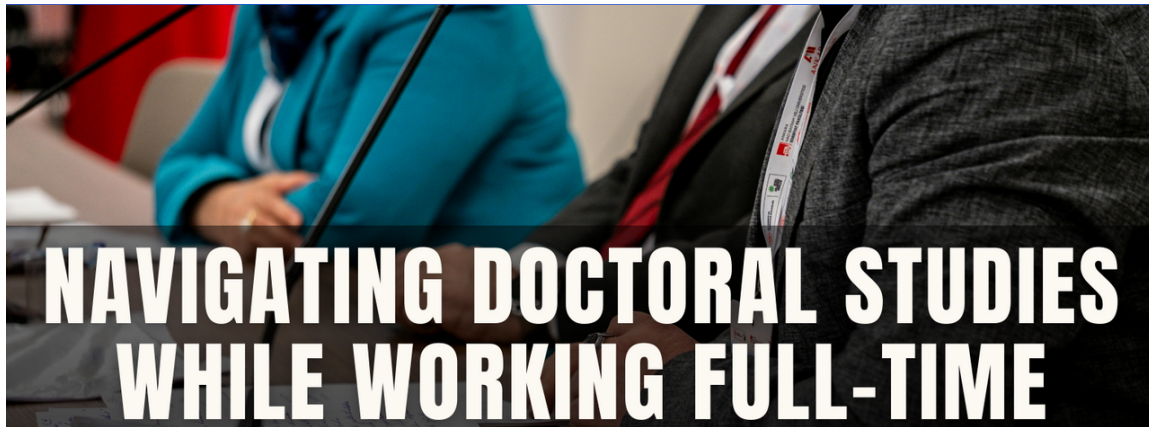
UNIVERSITY LIFE
George Mason University®

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.

Navigating Doctoral Studies While Working Full-Time: Insights from UL Staff



Insights from University Life Professionals

Session Objectives

1. Gain insight into lived experiences
2. Explore motivations behind pursuing a doctorate
3. Understand the challenges of, and strategies for balancing various responsibilities.
4. Reflect on your own readiness & interest in pursuing a doctorate.
5. Ask informed questions to support your decision-making about future educational paths.

Program Description:

Considering a doctorate while working full-time? Join this candid panel session featuring University Life colleagues who are currently enrolled in doctoral programs. Panelists will share their personal journeys, including what inspired them to pursue another degree, how they manage competing demands, and what they've learned about themselves along the way.

This session offers an honest look into the realities of balancing rigorous academic work with full-time responsibilities in higher education. Whether you're seriously considering a doctoral path or just curious, you'll leave with a deeper understanding of what the experience entails and practical insight to inform your next steps.

EVENT DETAILS

OCT 17, 2025
12:10-1:00 PM

Sponsored by
the Learning and
Development
Committee

Register here:



You will receive the meeting
link upon registration



Welcome to the UL Learning & Development Committee's Lunch & Learn session, ***Navigating Doctoral Studies While Working Full-Time: Insights from University Life Professionals***

Join us on **Friday, October 17, 2025** at **12:10 PM EDT**

Session Description:

Considering a doctorate while working full-time? Join this candid panel session featuring University Life colleagues who are currently enrolled in doctoral programs. Panelists will share their personal journeys, including what inspired them to pursue another degree, how they manage competing demands, and what they've learned about themselves along the way.

[Register Here](#)

Contemporary Student Services Lunch & Learn

UL Contemporary Student Services Lunch & Learn



Join the Contemporary Student Services and UL
Professional Development teams for the
Fall 2025 Virtual Lunch & Learn Series!

Each session will:

- Focus on a specific population of contemporary students
- Engage attendees in meaningful conversations to support the population of students through challenges and opportunities.
- Connect attendees with others who are committed to fostering a supportive and inclusive campus environment for our contemporary students

Fall 2025 Session Information



MON. SEPT 15 | 12:10-1PM | Zoom
Student Parents Session



MON. OCT 20 | 12:10-1PM | Zoom
Transfer Students



MON. NOV 10 | 12:10-1PM | Zoom
Military & Veteran Students

Register Here



Questions?

Contact Meeghan Milette | mharrin8@gmu.edu, or UL Pro Dev | ulprodev@gmu.edu

Join us for Contemporary Student Services' Fall 2025 Lunch & Learn Series!

Join us for the **Transfer Student Session** on **Mon, Oct. 20** at **12:10 PM EDT**

Session Description:

Celebrate National Transfer Student Week with UL and Contemporary Student Services! Join us and colleagues from across the Mason community to learn more about who our transfer students. We'll discuss how transfer students show up, barriers faced, and promising practices. This interactive session then gets turned over to you!

Session Objectives: During the session attendees will...

- **Engage** in meaningful conversations with fellow attendees about supporting transfer students through challenges and opportunities.
- **Discover** resources to assist transfer students in navigating their institutional transition.
- **Connect** with others who are committed to fostering a supportive and inclusive campus environment for our contemporary students.

[Register Here](#)

Career Journey Mapping: Navigating Forward

Career Journey Mapping: Navigating Forward

Join us to **reflect on your experiences** and **frame your career goals** with your ongoing career journey in University Life

SESSION HIGHLIGHTS

- Explore your career pathway through reflection
- Strategies to support your career path ahead
- Engage in career conversations with colleagues



WED. OCT. 22

1:00PM - 2:00 PM

Register Now



<https://ulcareermapping2025.eventbrite.com>



Join the UL Learning & Development Committee on **October 23 at 1pm** for ***Career Journey Mapping: Navigating Forward***.

The session will focus on engaging participants to reflect on their previous and current work experiences to frame their aspiring career goals. Resources provided to support you and your evolving career journey!

[Register Here](#)

Upcoming Manager Meet-up

Session!



**SUPERVISION COLLECTIVE'S
MANAGER MEET-UP**

OCTOBER 23, 2025

FALL 2025

Understanding Work Culture – A Continuous Journey

Thursday, October 23, 2025 from 2:00PM – 3:00PM

Join the Supervision Collective for an interactive session about workplace culture as an ongoing process that begins at hiring and continues throughout an employee's time with the organization.

In the session, you will:

- Reflect on your previous and current work culture experiences and the impact it has on work performance, productivity, and retention.
- Collaborate by sharing strategies other teams use to foster a positive, consistent, and lasting workplace culture which can be implemented in your own team.

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 Here: <https://ManagerMeetupOct2025.eventbrite.com>

*Register
Now*

SCAN HERE



Register Here

Shared Roots: A Conversation of Connection & Growth in Career Journeys

SHARED ROOTS

A CONVERSATION OF CONNECTION AND
GROWTH SPANNING 3 PROFESSIONALS'
CAREER JOURNEY

Explore the unique professional journeys of three higher education leaders who began their careers together as graduate students and housing professionals at the same university. Now working in distinct areas of higher education, their stories highlight how shared beginnings can lead to divergent yet impactful career paths.

TOPIC HIGHLIGHTS:

- Identify transferable skills to support career pathways
- Analyze how shared experience can lead to different career pathways in the same industry
- Develop strategies for leveraging early-career experiences to navigate long term growth

Tues. Oct 28, 2025

3:00 PM – 4:00 PM



Meeting link with registration

REGISTER HERE!

SCAN ME!



OUR PANELISTS



JT TAYLOR

ASSISTANT DIRECTOR, RESIDENCE LIFE, GMU



ADRIEN DELOACH, PH.D

EXECUTIVE DIRECTOR, DIVISION OF
STUDENT ENGAGEMENT & IMPACT



JOISANNE RODGERS, ED.D

DIRECTOR CONTEMPORARY STUDENT
SERVICES, GMU



Through an engaging discussion, attendees will gain insights into the varied trajectories within higher education and the transferable skills that support professional growth across roles. We hope the session will inspire participants to reflect on their own career pathways and the possibilities within the field.

Register Here

Success: What is it?



SUCCESS: WHAT IS IT?

University Life's Vision is "Every Student Succeeds." This highly interactive workshop will help participants to think critically about the idea of success: What celebrities do you see as successful? What is success? Is success what we most commonly discuss at Mason? Should we help students reach success however they define it? What if one person's success conflicts with another person's success? Attend this fun and engaging session to dive into the idea of success.



12 NOV



3PM - 4PM



JC, ROOM E

**FACILITATED BY
DR. NICK LENNON**

**REGISTER: SUCCESS: WHAT IS IT?
REGISTRATION**



University Life
**CENTER FOR LEADERSHIP AND
INTERCULTURAL ENGAGEMENT**
George Mason University



UNIVERSITY LIFE
George Mason University

[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



UNIVERSITY LIFE
George Mason University

Consultation Services Intake Form

Fall 2025 Tech Tips Series

UL TECH TIPS SERIES



UNIVERSITY LIFE
George Mason University

10
SEPT, 2025

ONBOARDING NEW TECH TO YOUR TEAM*

1:00PM - 2:30PM *90 MINUTE SESSION

24
SEPT, 2025

SHAREPOINT: EXPLORE & REVIEW

1:00PM - 2:00PM

08
OCT, 2025

LINKEDIN LEARNING & VIVA LEARNING CONCEPTS

1:00PM - 2:00PM

12
NOV, 2025

MICROSOFT PLANNER & LOOP

1:00PM - 2:00PM

10
DEC, 2025

USING MS APPS FOR INFO SUSTAINMENT

1:00PM - 2:00PM

Register here:

<https://www.eventbrite.com/cc/ul-tech-tips-fall-2025-4507153>



[Click Here to Explore All F25 Tech Tips Sessions!](#)

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

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

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