Dr. Michael Good, Senior Vice President of University of Utah Health, provided his insights on the impact of mindfulness in the workplace. He highlighted the benefits of mindfulness workshops in the office, noting that Mindfulness Center programming is open to all University of Utah employees.

Spring 2021 Programing

If you have further questions about the Virtual Career Trek, contact Carmen Gold. Only a select number of students will be accepted, so encourage your students to apply. This is an excellent opportunity for students who are feeling lost or are still exploring careers.

Students Can Explore Careers on

Learn more in [Website]

Contributions to U Giving Day will raise critical funding to ensure that the university community, parents, and friends can imagine more for the University of Utah and the programs near their hearts. U Giving Day 2021 is a 1,850-minute fundraising and celebration effort.

The Bennion Center offers a wide range of programs designed to engage with the community. Whether it's community service, art installations, or fully immersive experiences, the Bennion Center provides opportunities for individuals to give back to their community.

U Giving Day 2021 is a 1,850-minute fundraising and celebration effort. Parents, alumni, staff, faculty, and friends can imagine more for the University of Utah and the programs near their hearts.

Please note, the modules must be taken in sequence to gain an education and succeed. Learn more at [Website].

Student Affairs Committee Updates

Student Affairs Plant Social

Thursday, February 25th, 11-12 pm

Register at [Website]

Student Affairs Plant Social

Join your Student Affairs colleagues for our first Plant Social on February 11, at 4:30 p.m.

Now is your chance to learn about caring for plants! We'll be talking about what types of plants are best for indoor environments and how to care for them.

Lunch Chats!

Join your colleagues from around the Division to chat about the previous weeks' episodes of Real Housewives of Salt Lake City, as well as other favorite reality TV shows.

Lunch Chats!

February 26, 12pm-1pm

Register here!

One U Thriving

A Virtual, Four-part* Educational Series presented by the McCluskey Center for Racist & Bias Incident Reporting.

Beyond Mandatory Reporting

February All Staff Series

February 12, 12pm-1pm

Register at [Website]

AS A RESULT OF THIS EDUCATIONAL SERIES, FACULTY AND STAFF WILL:

- Develop and improve policies and procedures related to reporting bias incidents
- Understand the importance of mandatory and voluntary reporting
- Learn about the University's response to bias incidents

The second university-wide giving event challenges students, alumni, staff, faculty, and friends to imagine more for the University of Utah and the programs near their hearts. U Giving Day 2021 is a 1,850-minute fundraising and celebration effort.

Parent, alumni, staff, faculty, and friends can imagine more for the University of Utah and the programs near their hearts.

Please note, the modules must be taken in sequence to gain an education and succeed. Learn more at [Website].

Not displaying correctly? View online.