March 5, 2021



Recap of March All Staff Meeting In case you weren't able to join us for the All Staff meeting held on March 4th, you can access the recording below.

Watch the March All Staff Meeting here

Women's Week

Sharing Stories, Strengthening Leadership

focused on the issues and challenges faced by

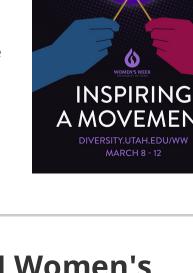
those who identify as female or women. Topics are relevant to today's socioeconomic and political climate, intersectionality and cultural movements. Women's Week is planned by a volunteer committee of students, faculty, and staff collaborating across the university. All are welcome to get involved and participate! March 8 - 12

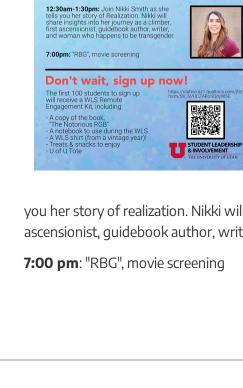
Join us on Thursday, March 11, 2021 ALL THE FOLLOWING EVENTS WILL BE VIRTUAL... STOP BY FOR ONE EVENT, OR PARTICIPATE IN THEM ALL!

11:00-11:40: Unlock your strategic leadership potential: cultivate self-awareness as you craft and share your personal vision

9:00-9:45 am: Holistic Wellness, Yoga, & Sound Bath

ZI WOMEN'S NDERSHIP <u>virtual</u> MMIT





Vaccines

available for

conditions

for one event, or participate in them all! **9:00 - 9:45 am**: Holistic Wellness, yoga, & Sound Bath **11:00 - 11:40 am**: Unlock your strategic leadership potential: cultivate self-awareness

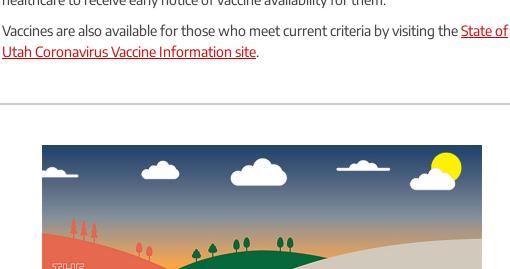
as you craft and share your personal vision **12:30 - 1:30 pm**: Join Nikki Smith as she tells you her story of realization. Nikki will share insigts into her jouney as a cliber, first

ascensionist, guidebook author, writer and a woman who happens to be transgender. Don't wait, sign up now!

those 50+ and those 16+ with qualifying

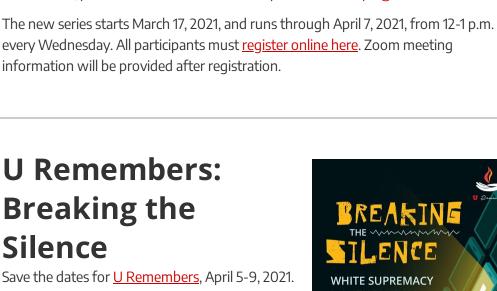
UofU Health will begin sending out invitations to all of its patients 50+ as well as those

16+ with qualifying conditions. These invitations will be in an individual's MyChart account. This opportunity is for faculty and staff who use UofU Health for their healthcare to receive early notice of vaccine availability for them. Utah Coronavirus Vaccine Information site.



MINDFULNESS

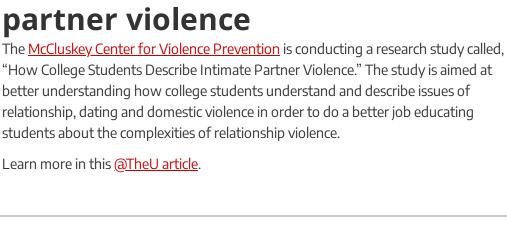
UNIVERSITY OF UTAH Mindful Resilience "Mindful Resilience" is a free four-week virtual workshop series that is intended for all students, staff, faculty and postdocs at the University of Utah. This workshop was



can see what we have planned so far <u>here</u>.

McCluskey Center for VIOLENCE PREVENTION
THE UNIVERSITY OF UTAH Join study on how students describe and experience intimate

U remembers is planned by a volunteer committee of students, faculty and staff collaborating across the university. While we are still planning for U Remembers, you



Virtual Trainings Library: Your colleagues in PDC want to make your professional skill development convenient and accessible. Please stop by our Virtual Training <u>Database</u>, where you can find a variety of trainings that are organized by competency **Featured On-Demand Trainings** This last year has been especially difficult for underrepresented members of our

community's support for our underrepresented students, staff, and faculty.

Presenters: Garrett Secor, Associate Director of Career Development, Florida Southern College & Madison Dazey, Assistant Director of Career Development,

Amplifying Voices of Future Leaders: Supporting the Mental Health of

Presenters: Jessica Orenstein, MPH, Senior Manager for High School Programming, JED; Sofia B. Pertuz, Ph.D., Chief Inclusion and Diversity Officer, JED; & Jan Collins-

Host: NACE (National Association of Colleges and Employers)

Podcast: Exploring Privilege and Bias

Competencies: Social Justice and Inclusion (SJI)

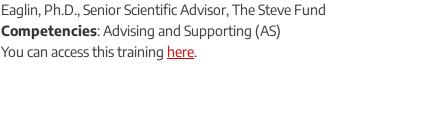
Students Speaking Up Against Racial Injustice

Florida Southern College

Host: The JED Foundation

You can access this training here.

PROFESSIONAL



Affairs Panel Series The Student Affairs Professional Development Committee is excited to announce our second Career Pathways Panel this Spring, which will focus on the Director pathway! Please join us on **Thursday 3/18 from 3-4** over Zoom to learn great career insights, advice, and the ins and outs of being a Director in Student Affairs. Panelists will be

Career Pathways in Student



Register! **Continuation of the Real Housewives of Salt Lake City 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! Facilitated by Jess Turuc, Director for Fraternity and Sorority Life, we will meet over a lunch Zoom meeting to discuss all the drama and updates thus far! We will continue meeting every other Friday at 12pm through the end of the season. You can use the following registration link to register for one, some, or all of the following

Have questions? Email Steve Lucero at slucero@sa.utah.edu.

dates:

sequentially.

March 12, 12pm-1pm

Modules Are you interested in learning about issues around diversity? Attend our training modules to learn more about issues of diversity in a safe environment, which will be essential to better serve our ever changing student population. **Student Affairs Diversity Committee** Please note, the modules must be taken

Staff Wellness CommitteeSTUDENT AFFAIRS | THE UNIVERSITY OF UTAH

Registration now available for Modules 1-4 at <u>www.sadc.utah.edu</u>

Integrating Physical

prioritizing physical health in one's office setting.

Health into the Workplace

In case you didn't catch our Wellness Wednesday email this week. . .

The year 2021 has brought continued modified work operations, including altered office cultures due to a combination of remote and on-site work. While these worksite adaptions demonstrate our adaptability and resiliency, they also make integrating physical health into one's office culture more difficult. Below are a few resources for

• Well Office Certification program empowers individuals, workgroups, or offices, to tweak work culture to create a more well office space. The process is one step further in helping to normalize wellness culture at the University of

Not an option to remove office candy, sweets, or salty snacks? Store

High fiber snacks (like nuts, fruit, whole grains, & veggies) will curb

Keep a few of your favorite snacks on-hand for convenience.

in opaque containers and/or place them in low traffic spots.

We hope you find these tips helpful for making your workplace a hub of physical

In case you missed these @TheU

0 Take the stairs, even if it's just one flight 0 Walk to speak in person instead of emailing 0 Stand up or walk in place while on the phone • Wellness and Integrative Health provides helpful resources for workplace snacking. Snacking at work can have a huge impact on our health goals. Stay on track with your personal health goals with these office snacking tips:

your hunger for longer!

wellness!

articles:

Fall 2021 semester

announcement

Asymptomatic

Testing for Staff

Asymptomatic COVID-19 testing is available for all

U of U faculty and staff who have NOT been identified as a close contact by a contact tracing team but still have concerns and would like to be tested. This testing is not mandatory but offered as part of the university's efforts to contain and slow the spread of the virus. There are two testing locations on campus: Union Building and the Officers Club in Fort Douglas. Please visit https://alert.utah.edu/covid-19-testing/ to familiarize yourself with testing otions

throughout the day. Check-out the Wellness and Integrative Health Movement Breaks for six different ideas! • Did you know we sit an average of 12 hours each day? Research suggests prolonged sitting is wreaking havoc on our health. Excessive sitting is cited as a key risk factor in 4 of the top 7 killers: heart disease, stroke, diabetes, and some cancers. It is also linked to obesity. Lower your risk, sit less, stand up more, and keep your body moving. Standing, for even short periods, also can increase focus, alertness, and productivity. Stand up to sitting during your workday with these tips: Take a walking break, alone or with a coworker Stand, stretch, jump, walk, or get moving at least once every hour

Utah. This can be customized for a work-from-home space, too!

• Break-up exercise into bouts as short as 10 minutes to accumulate activity

Reminder:

University to require consent

for Zoom recordings

Child care openings on

campus

Weekly COVID-19 Updates from **University of Utah Health**

Dr. Michael Good, Senior Vice President of University of Utah Health, provided his

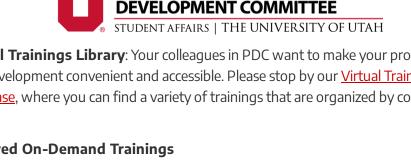
weekly update on COVID-19 on March 2nd. You can watch it here:

U.S. TRENDS

COVID-19 Resources Coronavirus.utah.edu General Campus Questions Hotline 801-213-2874 Health and Testing Hotline

801-587-0712

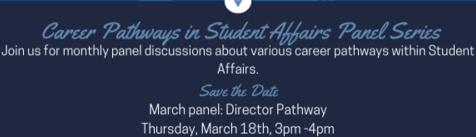
students about the complexities of relationship violence. Learn more in this <u>aTheU article</u>.



university community. As we seek to continue to engage in meaningful conversations and decisive action around social justice, we found these trainings particularly relevant. By continuously educating ourselves and getting involved, we can strengthen our

Student Affairs

Committee Updates



announced soon! We hope to see you there! Register to join us now!

BRACKET CHALLENGE

MARCH 18 - APRIL 5

Social Connections CommitteeSTUDENT AFFAIRS | THE UNIVERSITY OF UTAH

To join the Inaugural 2021 University of Utah Student Affairs March Madness bracket, register by searching for the private group "Univ Utah Student Affairs" in the ESPN Tournament Challenge website or by clicking the registration button below using the password "UtahFan". **Group:** Univ Utah Student Affairs Password: UtahFan Brackets will be available beginning Sunday night, March 14, and have to be locked (submitted) before the first round of the NCAA tournament on the morning of Thursday, March 18. Prizes will be available for the winners!

Student Affairs Diversity Committee student affairs | THE UNIVERSITY OF UTAH **SADC Training**

Register here!

Something on Your Mind? Tell us

> **University of Utah** 801-581-7793 studentaffairs@utah.edu

FORWARD TO A FRIEND

201 S Presidents Cir Salt Lake City, UT | 84112 US

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Subscribe to our email list.

Vice President for Student Affairs





designed by the Mindfulness Center with the intention of supporting ourselves and others as we navigate stressful situations that are increasingly apparent in our lives. Participants will focus on developing resiliency through mindfulness practices as we focus on emotional intelligence, stress management and radical self-love. For more information, please contact Edwin Santos Lepiz at esantoslepiz@sa.utah.edu.

Women's Week is an annual, weeklong event

Join us on Thursday, March 11, 2021 The following events will be virtual.... Stop by

A MOVEMENT **SLI Women's Leadership Virtual** Summit



