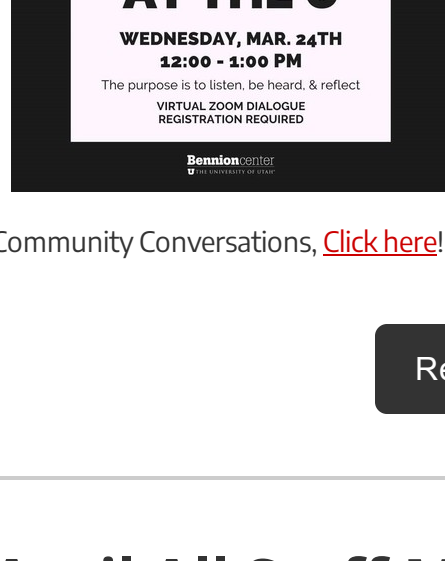
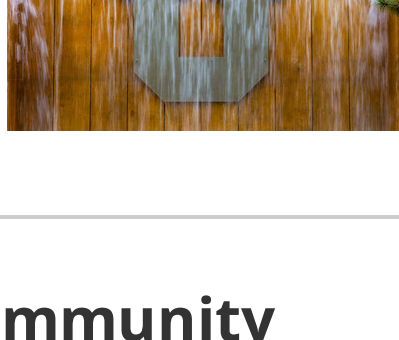


Stand in Solidarity

The U stands in solidarity with the Asian, Asian American and Pacific Islander Community. Read the full statement from President Watkins and VP Villarreal [here](#).



A Community Conversation: Equity & Justice at the U

March 24, 12-1 pm

We will be discussing the rise in attacks on people of Asian descent and combating anti-Asian hate. To view and register for all of our scheduled

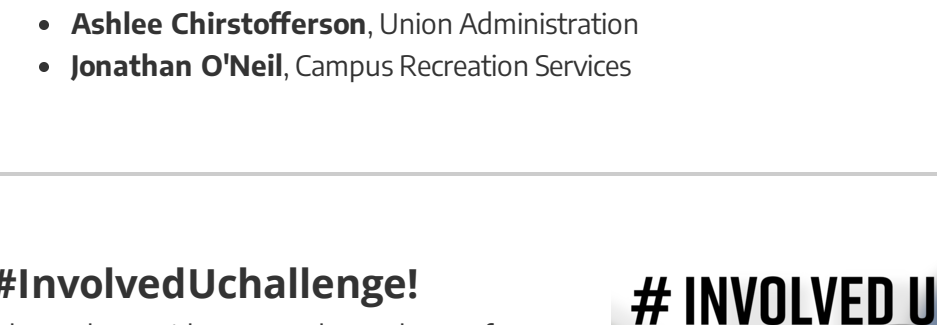
Community Conversations, [Click here!](#)

Register here

April All Staff Meeting

The Student Affairs All Staff Meeting is scheduled for **April 1, 2021 at 11 am**. Please make sure to register. We look forward to seeing you!

Register now!

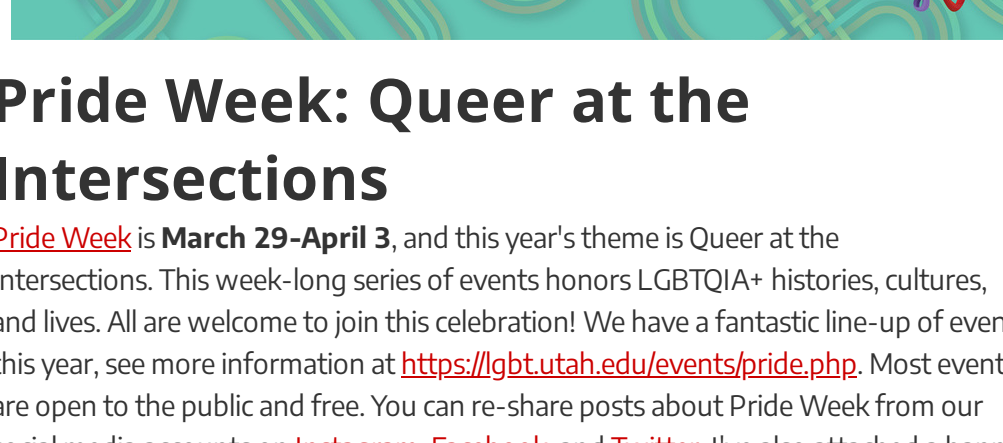
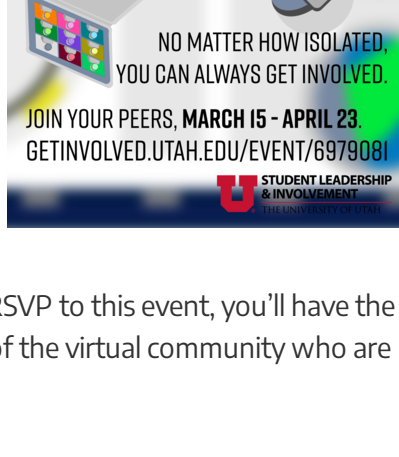


#InvolvedUchallenge!

Please share with your students, the U of U Peers for [Student Leadership & Involvement's](#) Virtual Involvement Challenge!

Set personal goals, make friends, find your niche, and become eligible to participate in the opportunity drawing for some sweet giveaways at the end of the challenge! If you've been feeling disconnected from peers and simply needing something more than online coursework, we're here to help you find your virtual niche! Once you RSVP to this event, you'll have the opportunity to connect with other peer members of the virtual community who are also seeking to get involved!

Find [more information and Register here!](#)



Pride Week: Queer at the Intersections

[Pride Week](#) is **March 29-April 3**, and this year's theme is Queer at the Intersections. This week-long series of events honors LGBTQIA+ histories, cultures, and lives. All are welcome to join this celebration! We have a fantastic line-up of events this year, see more information at <https://lgbt.utah.edu/events/pride.php>. Most events are open to the public and free. You can re-share posts about Pride Week from our social media accounts on [Instagram](#), [Facebook](#), and [Twitter](#). I've also attached a banner that can be shared via newsletters, etc. Please share widely!

Any questions or requests for accommodations can be sent to lgbtrc@sa.utah.edu or 801-587-7973. Thank you for helping us spread the word about Pride Week.

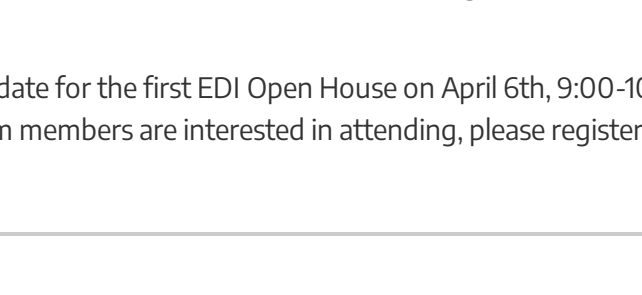
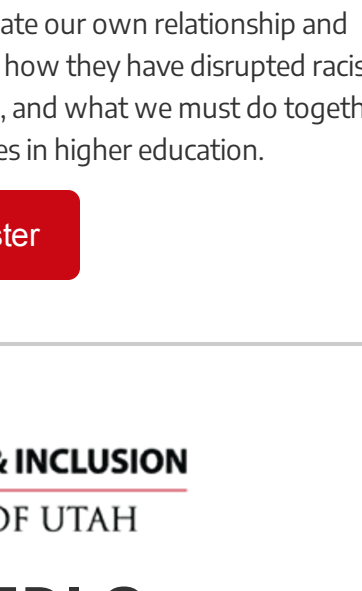
We hope to see you there!

Friday Forum: The Long Game: Deepening the Work

March 26 at 1 - 3 p.m.

In the sixth installment of the Friday Forums, we will close out the academic year with tangible and strategic next steps on how we ground anti-racism work across our institution and higher education systems across the country. In "The Long Game: Deepening the Work," we invite you to reflect on what you have learned, how you have changed your practices, and to interrogate our own relationship and approach to anti-racism work. Our panelists will share how they have disrupted racism and systemic inequity, what they have built in its place, and what we must do together to inspire and sustain the necessary and lasting changes in higher education.

Learn more and register



You're invited to the EDI Open House!

Join us for the kickoff of the EDI Quarterly Partner Meetings starting with an "Open House" on April 6th.

Under the vision of One U thriving, the goal of these quarterly meetings is to draw connections between the unit and divisional strategies. In the initial meeting, EDI will share our vision and direction; and moving forward we will create space where you and your team can share successes and challenges – a place where we can have open dialog and support one another's efforts in the shared goals of becoming an anti-racist campus.

Please save the date for the first EDI Open House on April 6th, 9:00-10:30 a.m. MDT. If you or your team members are interested in attending, please register [via the link](#).

SENDSations Climbing Competition

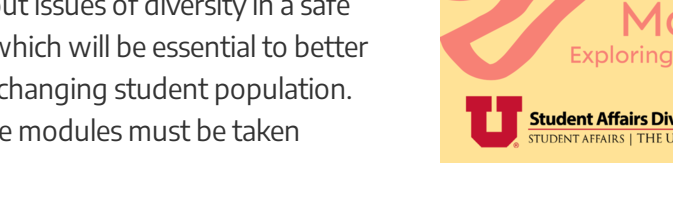
March 29-April 14 | Climbing Round
April 17 | Finals, Streamed Live

SENDSations is going virtual! This all-skill-level competition is open to all current University of Utah Students and any member of Campus Recreation Services. Every competitor will leave with a SENDSations mask and swag from one of our many sponsors! This year, there will be 3 divisions: recreational, intermediate, and advanced. The top 3 climbers of each division in both men's and women's will participate in the finals streamed live.

See [here](#) for schedule and registration links or visit campusrec.utah.edu



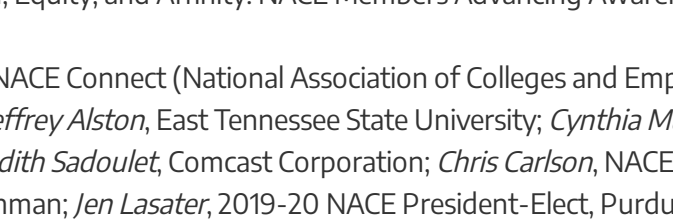
Student Affairs Committee Updates



SADC Training 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. Please note, the modules must be taken sequentially.

Registration now available for Modules 1-4 at www.sadc.utah.edu

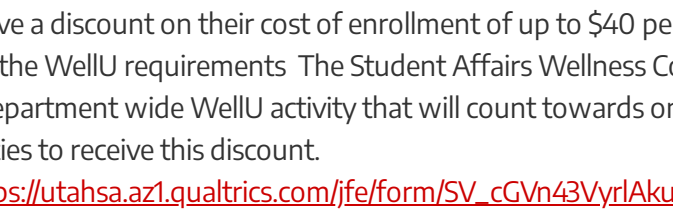


Featured Online Trainings

Title: Coronavirus-related Legal Questions
Description: NACE Connect (National Association of Colleges and Employers)
Presenter: Ed Easterly, Esq., Hoffman, Hlavac & Easterly
Date/Time: On-demand
Link: https://www.youtube.com/watch?v=5NLKfSLeJ_M

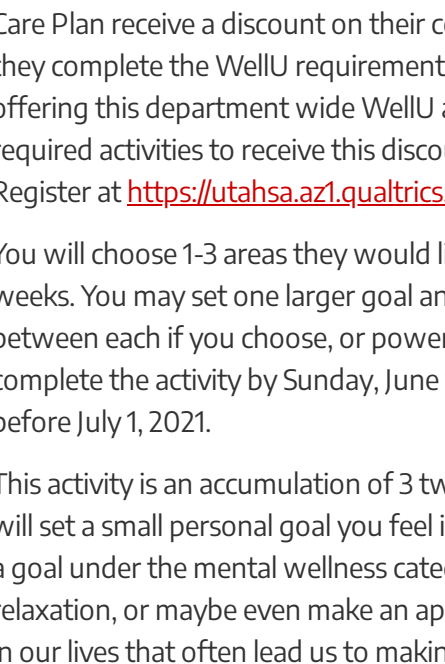
Title: Inclusion, Equity, and Affinity: NACE Members Advancing Awareness and Change
Description: NACE Connect (National Association of Colleges and Employers)
Presenters: *Jeffrey Alston*, East Tennessee State University; *Cynthia Murphy-Ortega*, Chevron; *Meredith Sadoulet*, Comcast Corporation; *Chris Carlson*, NACE President, Northrup Grumman; *Jen Lasater*, 2019-20 NACE President-Elect, Purdue Global; *Ingrid Giordano*, Citi; *Charles Jennings, Jr.*, Princeton University; *Cindy Verduce*, Indiana Tech; *Sue Keever Watts*, Keever Group
Date/Time: On-demand
Link: https://www.youtube.com/watch?v=3tyUAm5b_Qc

Virtual Trainings Library: Your colleagues in PDC want to make your professional skill development convenient and accessible. Please stop by our [Virtual Training Database](#)



Join the Student Affairs Staff Wellness Committee for a workshop on prioritizing physical health! We are partnering with the [Office of Wellness and Integrative Health](#) to bring you their "Fitting Fitness In" workshop. In this 45-minute workshop we will learn evidence-based practices for fitting physical activity into our workday. The workshop takes place **Wednesday, March 31 at 10:00 AM!**

Register here!



Goal Setting: A WellU Activity

This activity is designed to help participants practice the skill of goal setting and better understand its role in achieving stronger wellness. The focus of this activity is to encourage goal setting and self-evaluation in any area of wellness, inclusive of the following categories: Physical, Mental, Social, Intellectual, Spiritual, Environmental, Occupational, &

Financial

Additionally, university employees who participate in the University's Employee Health Care Plan receive a discount on their cost of enrollment of up to \$40 per month when they complete the WellU requirements. The Student Affairs Wellness Committee is offering this department wide WellU activity that will count towards one of your required activities to receive this discount.

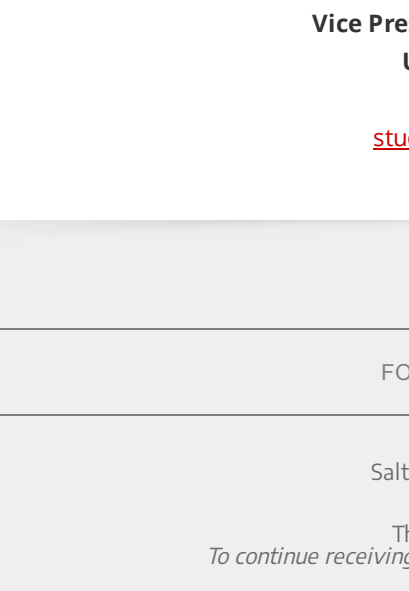
Register at https://utahsa.a21.qualtrics.com/jfe/form/SV_cGVn43VyrIAku7s

You will choose 1-3 areas they would like to set a small goal in and focus on each for 2 weeks. You may set one larger goal and divide it into 3 steps. You may take breaks in between each if you choose, or power through to the next. You just need to plan to complete the activity by Sunday, June 13, 2021 to allow the department to report to HR before July 1, 2021.

This activity is an accumulation of 3 two-week challenges (2 weeks for each goal). You will set a small personal goal you feel is attainable in a two-week period. For example, a goal under the mental wellness category might be to practice mindfulness, relaxation, or maybe even make an appointment with a therapist to discuss the things in our lives that often lead us to making unhealthy choices for ourselves. Under physical wellness, a goal might be to drink more water, introduce more fruits and vegetables into your diet, or set a step goal. Under financial wellness, a goal might be to learn more about planning for retirement by attending a webinar or looking up plans on the HR website.

Write your goals down in a space you can refer back to, such as a journal or napkin, whatever your personal style. We will also email you a worksheet after you register that you may choose use. You should go back to this throughout the 2-week period and note how the process is going. Self-reflection is important in building your goal achieving super powers. The take away will be well-being is a lifelong journey of setting small achievable goals that scaffold you to success. Sometimes we try to do it all and cannot overcome the failure when it is too much at once.

Our goal is to make this activity as open to every person at his, her or their own individual space in life and really focus on the reasons we should strive to maintain a healthy lifestyle. Upon completion of the activity, you will notify Dawn Cramer, the activity facilitator at dcramer@sa.utah.edu. This is a very personal challenge, so you are not required to share any other details. You are, however, welcome to share any insights and feedback you would like. We will also be checking in weekly via email and Teams with helpful reminders, tips, and opportunities to share, as you are comfortable.



COVID-19 Resources

Coronavirus.utah.edu

General Campus Questions Hotline
801-213-2874

Health and Testing Hotline
801-587-0712

Something on Your Mind?

Tell us

Vice President for Student Affairs
University of Utah
801-581-7793
studentaffairs@utah.edu

FORWARD TO A FRIEND

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