

Student Affairs Strategic Plan: Guiding Values and Strategic Objectives

In connection with the new Student Affairs Strategic plan, we have connected each session to the guiding values and strategic objectives. Next to each session title is one or more icons that correspond to the chart below.

 1. Student Engagement Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.	 2. Professionalism Provide education that ensures all staff is properly trained to provide professional and competent service.	 3. Commitment to Diversity Promote diversity on campus through effective programming and active recruitment of staff and students.	 4. Exemplary Staff Recruit and retain highly qualified staff.
 5. Collaboration Partner with faculty, staff and external constituencies to foster student development and enhance the greater community.	 6. Assessment, Evaluation, & Research Utilize a coordinated assessment, evaluation and research approach to promote data driven decision-making.	 7. Leading Edge Technology Provide, maintain and utilize technology to enhance student services, assessment and communication.	 8. Best Practices Promote the effective use of best practices in Student Affairs departments, programs and services.



Melissa Kraft, Chair	Career Services	5-5037
Amy Li-Butler	International Education/Study Abroad	1-5849
Branden Dalley	Union Administration	5-0630
Cheri Jenkins	Campus Recreation	1-3760
Su'Ann Johansen	Admissions	1-3094
Kathy Leslie	Career Services	5-9703
Liz Johnson	Registrar's Office	5-7708
Patrick McShane	M.U.S.E.	7-3177
Shannon Mohyuddin	Dining Services/Admin	1-7257
Mark Pontious	Orientation/Leadership Development	1-7069
Angie Shewan	Housing & Residential Education	7-2954
Katie Stiel	Center for Student Wellness	1-7776
Brenda Young	Student Development	5-9727

We hope the activities today are helpful and stimulating to you in both your professional and personal lives.

The Student Affairs Sustainability Committee (SASC) would like to thank the Union for their commitment to sustainability. All aluminum, plastic, paper, and cardboard bins will be available. Place any non-recyclable materials in the trash. Thanks for your recycling efforts!!!



“Living Well in 2012”

Wellness/Health

- Physical
- Financial
- Emotional/Spiritual
- Social
- Environmental
- Intellectual

December 9, 2011

Union Ballroom

8:30am to 3:30pm

8:30 am—9:00 am Union Ballroom

Introduction

Liz Johnson, Professional Development Committee

Barb Snyder, Vice President for Student Affairs

9:00 am—10:00 am Union Ballroom

Institutional Wellness: Priorities for the 2012 Legislative Session

Jason Perry, Vice President Government Relations

The University of Utah is the State's third largest employer and only Tier-1 Research University. As we enter the 2012 Legislative Session this January "The U" has a number of priorities, all of which impact the overall wellness of our institution. Jason will be discussing those priorities today and how you can help.

10:00 am—10:10 am Break

10:10 am—10:25 am Union Ballroom

Super Friending

Leslie Giles-Smith, University of Utah Counseling Center

10:40 am—11:30 am — Workshops

A1: **Your Role in Student Wellness** Parlor A

Megan DuBois, Katie Stiel, & Marty Liccardo, Center for Student Wellness

You are invited to an interactive session on student wellness and why the topic affects your job at the U. Come learn about academic impacts, what students experience, and how you can be a wellness advocate and support system. Brought to you by the Center for Student Wellness, whose mission is to create, nurture, and promote a University environment supportive of healthy life-long behaviors and enhance academic and personal success.

A2: **Living Well is Eating Well: Quinoa on the Menu** East Ballroom

Join Chartwells and Chef Brian O'Loughlin

Chartwells Regional Executive Chef Brian O'Loughlin will demonstrate how to prepare Quinoa, a highly nutritious and protein rich ancient grain used by the Incas. Quinoa has been cultivated in the United States since the early 1980's and has become a staple for Vegan, Vegetarian, Gluten Free, and Healthy Eating recipes. Chef O'Loughlin will prepare a Mediterranean style Quinoa Pilaf, a complete one dish meal combining Quinoa, Bulgur Wheat, Vegetables, and Herbs. (Offered in 2 sessions)

A3: **5 Steps to Financial Health** Collegiate

Ann House, Personal Money Management Center

Each New Year, millions of Americans resolve to get healthier and wealthier by losing weight and increasing their savings. This is not surprising because both health and personal finances are closely associated with happiness. Studies indicate that people are happier when they are healthy, employed, have relationships, and are financially secure. This workshop will focus on becoming financially healthy by giving you 5 small steps that you can take to start good habits toward your financial wellness and overall well-being.

A4: **Reading for Me, Reading for You** Parlor B

Drew Goodman, The Campus Store

With so many topics available, books can open up whole new worlds for us. Books can make you happy, make you think, or take you to far off places for an escape. Drew Goodman from the Campus Store is back to share some of this year's favorites, along with books that could change your life. Select titles will be available for purchase, along with the ever popular book giveaway! (Offered in 2 sessions)

Lunch

11:30 am—12:10 pm Ballroom Union

12:10 pm—1:00 pm Ballroom Union

30 Technologies you should be using to increase participation, make the back office more efficient, and manage your staff Better!

Matt Marcus, Georgia Tech University

In this lecture with live demos, you will discover 30+ software, hardware and website technologies you can easily learn and implement for FREE or Cheap. They will help you increase participation, reduce no-shows, manage your back office better, more efficiently communicate with your participants and their parents, more easily manage risk, and better train staff. The best part is they will save you time and labor! By the end of the session you will be ready to choose a handful of technologies you can start using immediately!

1:10 pm—2:00 pm — Workshops

B1: **Embracing Wellness through Self Exploration** (this workshop is a 2-part, please also attend C1) Parlor A

Student Affairs Diversity Council (SADC) Scott Jensen & Karen Cone-Uemura, are facilitating the discussion.

During this session you will have the opportunity to explore yourself through looking at aspects of your identity and how you view others. This two hour session will include many interactive activities which will enhance your personal and professional development.

B2: **Living Well is Eating Well: Quinoa on the Menu** East Ballroom

Join Chartwells and Chef Brian O'Loughlin

Chartwells Regional Executive Chef Brian O'Loughlin will demonstrate how to prepare Quinoa, a highly nutritious and protein rich ancient grain used by the Incas. Quinoa has been cultivated in the United States since the early 1980's and has become a staple for Vegan, Vegetarian, Gluten Free, and Healthy Eating recipes. Chef O'Loughlin will prepare a Mediterranean style Quinoa Pilaf, a complete one dish meal combining Quinoa, Bulgur Wheat, Vegetables, and Herbs. (Offered in 2 sessions)

B3: **Life Role Balance—Really?** Collegiate

Lauren Weitzman, Counseling Center

Is it really possible to find a "balance" with all of our roles and responsibilities? How does the faster pace of technology and expectations for multi-tasking affect the quality of our lives? This workshop will facilitate participant self-reflection on current life roles and help you identify more effective coping strategies for navigating their demands. We'll debunk a few myths about "balance" and offer more realistic metaphors for making our lives more manageable. We'll share the challenges we face and support each other in finding our way toward the goal of having less stressful and more meaningful lives.

B4: **Reading for Me, Reading for You** Parlor B

Drew Goodman, The Campus Store

With so many topics available, books can open up whole new worlds for us. Books can make you happy, make you think, or take you to far off places for an escape. Drew Goodman from the Campus Store is back to share some of this year's favorites, along with books that could change your life. Select titles will be available for purchase, along with the ever popular book giveaway! (Offered in 2 sessions)

2:00 pm—2:10 pm Break

2:10 pm—3:00 pm — Workshops

C1: **Embracing Wellness through Self Exploration** (this workshop is a 2-part, please also attend B1) Parlor A

Student Affairs Diversity Council (SADC) Scott Jensen & Karen Cone-Uemura, are facilitating the discussion.

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C2: **Salsa Dance** East Ballroom

Ryan Randall, Dean of Students Office

It's getting cold outside - but we're going to heat things up inside by learning the Salsa! Dance is an excellent way to reduce stress and stay fit. During this workshop we will be learning the basic movements of Salsa. This is a perfect workshop for those who have had little to no Latin Dance experience.

C3: **The Story of Greener and Healthier Lives** Collegiate

Joe Sindad, Maria Baldwin, Sam Eubanks, Andrew Kahrs, Kirsten Levine, Stephanie Piani, & Julie Scott, Sustainability Committee

Have you ever wondered about the "cycle of life" of all creatures including the plastic bag? Come one and come all to explore how our individual transmogrifications intertwine with one another to promote lifelong wellness amongst us all. The format includes a video exploration and discussion in search of healthier lives with plastic.

Evaluations & Door Prizes

3:15 pm—3:30 pm Ballroom