

***Wednesday, June 5, 2019***

***8:00 am – 4:00 pm, Student Union***

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| **Session 1: 8:55am to 9:40am** |

**Title:** Reaching Your Maximum Potential Through Discomfort

**Presenter:** Adam Meyer

**Description:** As a society, we have a tendency to highly embrace comfort but discomfort has its benefits too.

**Title:** Imposter Syndrome: Knowing Your Worth (*SASI Approved*)

**Presenter:** Amanda Torrellas, Joshua Murphy

**Description:** Do you ever feel like you are not good enough? Do you feel as if others perceive that you obtain more capabilities than you believe you do? Join us as we discuss ways to combat imposter syndrome while fostering resilience and embracing brilliance.

**Title:** Swamped? Need help remembering deadlines and staying organized? The Production Calendar reminder program can help you (*SASI Approved*)

**Presenter:** Brian Boyd, Steve Johnson

**Description:** Do deadlines creep up on you and catch you by surprise? If you answered “yes” to this question, the Production Calendar Reminder program can help you organize your work and be more productive and successful. Join us for an overview of the program.

**Title:** So, you want to write (*SASI Approved*)

**Presenter:** Chudney DeFreitas-Thomas

**Description:** Are you curious about writing? Do you have questions about you want to write for only yourself, pursue traditional publishing or self-publishing? Let's have an honest talk about what writing is and what the business of publishing looks like.

**Title:** Emphasizing the I in BIG: Maximizing Student Belonging and connectedness

**Presenter:** Jacob Bonne, Tammie Nadeau

**Description:** Sense of Belonging is a significant contributor to student success. UCF provides BIG opportunities for students to form connections, but we must leverage resources equitably. We will discuss strategies to help students say, “I am a Knight. I belong”.

**Title:** I’ll be there for you: Why having F.R.I.E.N.D.S at work is important (*SASI Approved*)

**Presenter:** Michelle Fitzgerald, Mari Milenkovic

**Description:** Did you know you’re 7 times more likely to be engaged at work if you develop significant relationships with your coworkers? In this session, you will learn the importance of having friends at work and how to develop meaningful relationships.

**Title:** Easy video production for people who don’t make videos

**Presenter:** Sandra Brasch, Jennifer Overfield

**Description:** This presentation is for staff with little to no background in video to learn how to create simple, professional videos. We will cover the 3 basics of video, diversity considerations, software types (including free options) and accessibility.

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| **Session 2: 9:50am to 10:35am** |

**Title:** Not From the Same Mold (*DEU Approved*)

**Presenter:** Paul Viau

**Description:** We will explore how returning student veterans fit more into the profile of returning adult learners, compare personal characteristics, life experiences, and academic backgrounds of both groups, and review the profile of the UCF student veteran.

**Title:** Does group therapy make a difference? Examining group therapy effectiveness in diverse gender and minority populations (*DEU Approved*)

**Presenter:** Rebbecca Estrada, Marcus Cherry, Mary Rizzo, Hyunjoon Park

**Description:** Group psychotherapy can be particularly helpful in addressing the needs of marginalized student populations. Presenters will discuss three psychotherapy groups offered at CAPS and their effectiveness according to specific goals of each group.

**Title:** HIV and the LatinX Community: Why does it continue to happen? (*DEU Approved*)

**Presenter:** Gabriel Martinez

**Description:** Being well-informed and educated on topics that affect the LatinX community would allow individuals to gain a better understanding of the risks that associated with high risk sexual behaviors and how to address these concerns with such population.

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| **Session 3: 10:45am to 11:30am** |

**Title:** Oz Principle: Individual & Organizational Accountability

**Presenter:** Alicia Keaton

**Description:** The Oz Principle: Getting Results Through Individual & Organizational Accountability illustrates how the characters from The Wizard of Oz journey find the power within themselves to rise above their shortcomings to achieve the results they wanted.

**Title:** Smile … You're on Social Media (*SASI Approved*)

**Presenter:** Carolyn Standner, Heather Anderson

**Description:** "You are assisting someone at the front desk and it becomes heated. The next thing you know someone in the room whips out a cell phone. What are they planning to do? Is our conversation now going viral? What on earth do I do now?

**Title:** Creating a Safe and Positive experience for collegiate males

**Presenter:** Jeremy Jones

**Description:** Explore how the Multicultural Academic & Support Services Office closes the Achievement Gap for Collegiate Male through the Collegiate Male Institute.

**Title:** If it’s not burnout or compassion fatigue what is it? Understanding the impact of secondary trauma in your work (*SASI Approved*)

**Presenter:** Lynell Hodge

**Description:** Student affairs professionals are often first responders which can take a toll. Staff members attribute shifts in behavior to burnout or compassion fatigue. During this presentation you will learn the difference and develop strategies to cope.

**Title:** We put the W.E. in Wellness: the future of student wellbeing

**Presenter:** Scott Mauro, Maureen Hawkins, Mari Milkenkovic

**Description:** Programs and services to help students with stress, mindfulness, nutrition, fitness, and self-care can be overwhelming. This presentation looks at integrative healthcare and how SDES plans to use it in innovative ways to help students succeed.

**Title:** Healthy Eating at home and in the workplace (*SASI Approved*)

**Presenter:** Stephanie Spies, Megan Case

**Description:** To achieve your optimum health goals at home and work you don’t have to change your life all at once. Join us to discuss ways to incorporate healthy eating and meal planning into your lifestyle.

**Title:** Belonging is BIG

**Presenter:** Travis Parrish, Connor Pillow

**Description:** Student retention is at the forefront of UCFs mission to build a community of scholars. Explore research-driven ways to engage students in practical exposure to interests which seeks to create a sense of belonging through SDES programming.

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| **Brown Bag (Lunch) Session: 11:30am to 1pm** |

**Title:** Effective Practices - Inclusiveness results in retention for dreamers, DACA and TPS Students

**Presenter:** Josefina Rosario (*DEU Approved*)

**Description:** In partnership with Dream US the office of Multicultural Academic Support Services also known as MASS located at the University of Central Florida are committed to making sure that scholars receive the necessary tools while at UCF.

**Title:** Don’t Judge a book by its cover: A human library project (*DEU Approved, SASI Approved*)

**Presenter:** Mari Milenkovic

**Description:** Challenge your stereotypes and prejudices as you listen to 3 different life stories from fellow SDES employees. The Human Library is designed to build a positive framework for conversations. Difficult questions are expected, appreciated and answered.

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| **Session 4: 1:15pm to 2pm** |

**Title:** A Concert for your Soul (*SASI Approved*)

**Presenter:** Arturo Cintron, Carlos Rodriguez

**Description:** A Concert for you Soul is a presentation that will combine live musical performance of different songs and psychological concepts with the intention of teaching the audience strategies to manage unpleasant emotions in healthy ways.

**Title:** Let’s talk about burnout (*SASI Approved*)

**Presenter:** Chudney DeFreitas-Thomas

**Description:** Reframing the conversation around burnout. Let's define it, identify it and come up with ways to avoid and alleviate it.

**Title:** Change your perspective with positive psychology (*SASI Approved*)

**Presenter:** Lisa Molloy, Valerie Reed

**Description:** Positive psychology can be utilized to create more meaningful work and a more fulfilling life. Challenge your mindset and add to your perspective by incorporating the positive physiology pillars into your daily life.

**Title:** Using technology to teach, track and train

**Presenter:** Matt Adams, Gabe Fernandez

**Description:** Check out how the Student Union uses online programs to hire, train, and retain employees while increasing staff retention and student staff morale.

**Title:** What FERPA is; What FERPA aint

**Presenter:** Paul Viau

**Description:** This presentation will discuss the urban legends revolving around FERPA, how it has a big impact on higher education, and to provide a source of truth about what can be done and cannot be done via FERPA.

**Title:** #momstoo: A conversation about choosing motherhood while pursuing a student affairs career

**Presenter:** Shauna Strickler

**Description:** Panelists will facilitate discussion to discuss what has helped us to be present over perfect as we lead, advise, and parent while navigating unexpected birth stories, health challenges, and the curveballs of family life.

**Title:** Fostering resiliency and well-being in a BIG university

**Presenter:** Vanessa Stein

**Description:** This workshop will showcase the changing perspectives of mental health in BIG universities, how UCF CAPS meets the demand for intensive services, and highlights how CAPS supports the campus community in promoting student resiliency and well-being.

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| **Session 5: 2:10pm to 2:55pm** |

**Title:** Dance it Off: Mindfulness for the body (*DEU Approved, SASI Approved*)

**Presenter:** Gabriel Pagan-Llorens

**Description:** Presentation combines dancing with mindfulness techniques. Participants will have the opportunity to learn Salsa as well as enhance present moment awareness so that you can learn to mitigate stress, anxiety, and improve emotional well-being.

**Title:** Empowering our Transgender and Diverse Gender Students and Colleagues (*DEU Approved)*

**Presenter:** Jocelyn Buhain, Mary Rizzo, Michael Nunes, Jamie Owen

**Description:** UCF strives to be an inclusive campus community for all. This session focuses on resources and programs for our Transgender and Diverse Gender (Gender Non-Conforming and Non-Binary) students and colleagues.

**Title:** Adulting: College is important for students with intellectual disability too! (*DEU Approved, SASI Approved*)

**Presenter:** Kathleen Becht

**Description:** In this interactive discussion, Dr. Becht will share about the importance of college to students with intellectual disability including college academics, relationships, time management, self-advocacy, employment, and more. Bring on the questions!

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| **Session 6: 3:05pm to 3:50pm** |

**Title:** Setting and Maintaining Healthy Boundaries (*SASI Approved*)

**Presenter:** Abigail Malick, Student Care Services

**Description:** Boundaries. We know what they are and we definitely know they're important but beyond that how comfortable are you with setting them. In this session, we discuss the expansion of UCF's Let's Be Clear campaign into boundary setting and maintenance.

**Title:** Living Out Your Why

**Presenter:** April Konvalinka, Adam Meyer

**Description:** There is a lot going on in our lives that sometimes we get lost in the noise and forget our purpose - our why. Using principles developed by motivational speaker Simon Sinek, participants will begin a journey to connect with the power of their Why.

**Title:** Using goal setting theory of motivation to influence student retention at a large university

**Presenter:** Bernard Huggins

**Description:** Research has shown a strong correlation between student engagement and student success/retention. This session highlights best practices for utilizing goal-setting theory of motivation as a tool to drive student engagement, motivation and retention.

**Title:** How to Coupon: A simple guide to couponing (*SASI Approved*)

**Presenter:** Christine Pugh

**Description:** Never used a coupon in your life or maybe you started and got frustrated? These helpful tips to couponing will help you learn the basics so you can start saving money with coupons.

**Title:** Conference Services is a big deal

**Presenter:** Gordan Adams

**Description:** UCF Conference Services partners with the community to provide educational “live-in” opportunities for various camps, conferences and non-UCF scholars. With intentional strategies, our program can influence recruitment & aid retention efforts.

**Title:** Hey Hey! I'm Over Here! Getting Recognition for the work you do

**Presenter:** Jeannie Kiriwas

**Description:** Does it seems like you are constantly working only to have your contributions to the team overlooked? You know you are doing something great, so why hasn't it been recognized and celebrated? Come to this session and develop a plan on how to champion your own successes. You've got this!

**Title:** Experience yoga nidra meditation (*SASI Approved*)

**Presenter:** Pam Mills

**Description:** Yoga Nidra, also known as yogic sleep, is a stationary, meditative yoga practice. Participants will be guided through a structured meditation where they will rest in a state of consciousness similar to the state between wakefulness and sleep.