UAAC Training & Professional Development
Summer 2016 Workshop Series

Register via UC Learning Center by clicking on the workshop title.
Space is limited in some sessions.

Beyond the Binaries: Serving Students of Diverse Gender Identities and Sexualities

Date: Thursday, June 23, 2016 | 10:00am – 12:00pm
Location: Career Services Center – Horizon Room
Presenter: Shaun Travers (Director, LGBT Resource Center)

Description: Beginning Fall 2015, the entire University of California system began collecting data on UC freshmen and transfer applicants to the nine undergraduate campuses regarding sexual orientation and gender identity through voluntary self-identification. With this process, UC San Diego has accumulated more expansive data on concepts relating to sexuality and gender. The University of California has moved away from binary gender options of Male and Female, and towards more inclusive gender identity options including Male, Female, Genderqueer/Gender Nonconforming, Trans Male/Trans Man, Trans Female/Trans Woman, and Different Identity. Come learn about what our incoming students have shared with us, and how it will impact YOU!

Learning Outcomes:
- Understand the categories of gender identity available to incoming students
- Understand the categories of sexual orientation available to incoming students
- Understand how this information will impact the VAC
- Understand the TritonLink tool for students to update personal information on social identity categories
- Be able to advise students from diverse gender identities and sexualities in a cultural competent way

Pesky Parents in the Way of Student Success?! Chat with the Office of Parent & Family Programs

Date: Wednesday, June 29, 2016 | 10:00am – 12:00pm
Location: PC West – ERC Room
Presenter: Karina Viaud (Director, Parent and Family Programs) & James Engler (Program Coordinator, Parent and Family Programs)

Description: The Office of Parent & Family Programs, a 10-year old office at UC San Diego, will present on the philosophy of the Office, history and evolution of parents, and relationships with one of students' biggest support network - their parents and families. Advisors will participate in an exercise to emphasize the advisors' experience with parents and families and exchange best practices and resources on common issues.

Learning Outcomes:
- Learn the history of parents and families in higher education
- Learn the purpose and services provided to UC San Diego parents and families
- Engage in dialogue to gain greater understanding of the population and the function of the Office
- Exchange ideas to better develop partnerships with parents, families, and the Office

Mindfullness for Daily Living

Date: Thursday, July 7, 2016 | 1:00pm – 2:00pm
Location: PC West – Bear Room
Presenter: Elise Curry, Psy.D. (Psychologist, Counseling and Psychological Services)

Description: Learn how to reduce stress and anxiety in your daily life by participating in Mindfulness Meditation.

Learning Outcomes:

- Learn to use 3-minute breathing space for coping with stress
- Develop a personalized meditation practice
- Learn how mindfulness meditation can help increase well-being

---

Encouraging Student Success: Helping Students Flourish Personally and Academically!

Date: Tuesday, July 12, 2016 | 10:00am – 11:00am
Location: Career Services Center – Horizon Room
Presenters: Erin Bartelma, Psy.D. & Tiffany O'Meara, Ph.D. (Psychologists, Counseling and Psychological Services)

Description: An informative and interactive workshop designed to help you address with students the importance of overall well-being as it connects to academic and personal success. We will outline a foundation of strategies you can use to help students increase both self-awareness and motivation. Additionally, we will identify strength-based techniques you can implement into your work to help students flourish during their journey here at UC San Diego.

Learning Outcomes:

- Help students increase self-awareness
- Highlight student resiliency
- Promote well-being awareness (i.e. the importance of self-care, stress/emotion management, and time management skills)
- Identify key referral resources at UCSD

Create Your Individual Development Plan

Date: Tuesday, July 12, 2016 | 11:00am – 12:00pm
Location: Career Services Center – Horizon Room
Presenters: Sue Anderson (Director, Staff Education and Development)

Description: The Individual Development Plan (IDP) is a tool to organize and target your professional and personal development. Its primary purpose is to help you reach your career goals, as well as strengthen current job performance by providing a structured approach. Create your own professional development plan to organize ideas into short- term goals, mid-range and long-term goals.

Learning Outcomes:

- Develop an individual development plan to share accomplishments with staff and colleagues
- Develop short term and long term personal and professional goals
- Link what you want to achieve, or the competencies you want to develop, with the activities that will help you get there

How to Support Students of Concern
Date: Tuesday, July 26, 2016 | 10:00am - 11:00am & Thursday, July 28, 2016 | 10:00am – 11:00am
**Location**: Career Services Center – Horizon Room
Presenters: Monique Crandal (Director, Student Affairs Case Management Services), Soraiya Khamisa & Lori Weiner (Case Managers, Student Affairs Case Management Services)

Description: This interactive training is designed to assist faculty and staff in recognizing and supporting students of concern. What is a Student of Concern? A student whose academic progress or functioning in the university environment is adversely affected due to a number of indicators that are impacting their well-being and/or the well-being of others.

Learning Outcomes:
- Recognize Distress: Look for symptoms and behaviors
- Offer Support: Talking with students in distress (including interactive vignettes in the training
- Communicate: Reporting concerns to the Triton Concern Line
- Connect to Resources: Refer students to resources
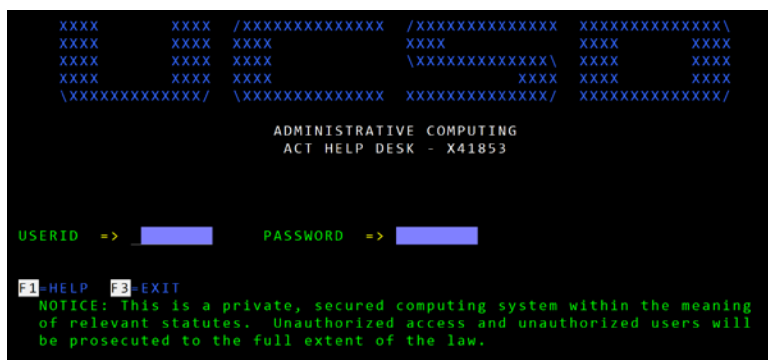
ISIS Training: The Basics
Date: Thursday, August 4, 2016 | 10:00am – 11:30am
Location: Torrey Pines Center South, Suite 400
Presenter: Scott Rollans (Student Affairs Manager, Mathematics Department)

Description: A practical, participatory, function-based tour of the various modules and screens in the Integrated Student Information System (ISIS) of use to departmental advisors. Topics include scheduling, academic history, enrollment management, and class information.

Learning Outcomes:
- Understand the structure, advantages, and limitations of ISIS
- Understand the ways to navigate between modules/screens within ISIS