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december • 17 • 2007

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Campus Life Academy Planning Committee

December 17, 2007

Dear Colleagues,

Welcome back to Campus Life Academy. As we gather at the end of a busy fall quarter, I invite you to relax, rejuvenate and take the opportunity to pause to reflect on the successes of the last three months. While reflecting on our work and our students, I also invite you to reflect on community.

Today's program offers you the opportunity to think about the various puzzle pieces that fit together to form a community. Through our keynote presentations and workshops, the planning committee has incorporated what they have interpreted as elements of community:

- Communication*
- Safety*
- Wellness and Self-Care*
- Transparency*
- Diversity*

I invite your full participation today, and as always, welcome your comments and feedback. As we continue our work together, I challenge you to strive for constant improvement, high standards, a focus on students and a celebration of our community.

*Holiday Blessings,
-alma*

Lucy Rojas, Chair
Special Projects Manager
Office of Campus Life

April Goral
Career Advisor
Career Center

Robert Imada
Program Coordinator
Asian American /
Pacific Islander Resource Center

Stephanie Milton
Academic Counselor
Educational Opportunity Program

Linda Spradley
Athletic Director
Office of Physical Education,
Recreation and Sports

Monday, December 17, 2007

8:15 am – 2:00 pm

Location: Stevenson Event Center

Please note: All morning programs (8:15 – 11:30 am take place in the Stevenson Event Center)

8:15 am

Campus Life Academy Sign In

Pick up a name tag and raffle ticket at the sign in table. In addition, you can pick up an “Ask Alma” card to be used during the workshop later in the morning. Program materials are located at the tables.

8:15 – 9:00 am

Registration and Continental Breakfast

9:00 am

Program Begins/Welcome

**Alma Sifuentes, Associate Vice
Chancellor/Dean of Students**

9:10 – 9:30 am

**Keynote Presentation: Community Is...
Felicia E. McGinty, Vice Chancellor, Student
Affairs**

9:30 – 10:00 am

**Ice Breaker Group Activity
Community Is....**

10:00 – 10:15 am

**Keynote Presentation: Organization Updates,
“Our Community”**

**Alma Sifuentes, Associate Vice
Chancellor/Dean of Students**

10:15 – 11:15 am

Unit Presentations

We welcome our colleagues from our various units to highlight student success stories in our communities.

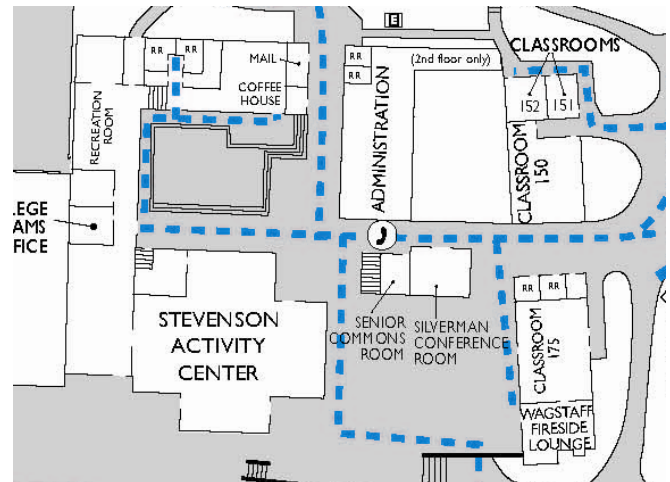
11:15 – 11:30 am

Break

Restroom Locations:

Restrooms are located near the Stevenson Silverman Conference Room, in the Stevenson Administration Office, and adjacent to the Stevenson Coffee House. (See map below for locations. Restrooms are indicated by “RR”).

Map of Stevenson College



All workshops will be offered in the Stevenson College area. Please see the map above for specific locations. Workshops will be held in the following rooms:

Stevenson Event Center

Stevenson 150

Stevenson 152

Stevenson 175

Stevenson Fireside Lounge

11:30 – 12:45 pm
Workshop Session

Choose one of the following workshops to attend:



5 Steps to Non-Defensive Communication
Donna Weeks, Senior Training Consultant,
Staff Human Resources, Training &
Development

During this time of dynamic change at the University, we're often challenged in our communication with peers, employees and managers. Unclear communication can result in misperceptions and misunderstandings. Some interactions needlessly escalate into conflict, producing defensive behavior from everyone involved. This program offers a 5-step tool for improving our communication effectiveness and reducing conflict. This workshop will include a video, instruction and exercises.

Location: Stevenson 150



Campus Safety, Emergency Response, and
Reacting in Crisis Situations
Chris Gaylord, Emergency Planner and Fire
Captain, University Fire Department

This presentation will provide an overview of campus emergency preparation activities and the state of emergency management on campus. Captain Gaylord will include an overview on the theory of emergency management and will also provide some tactical training on what to do in crisis situations. Participants will receive informational resources.

Location: Stevenson 152

Please Note: Fire Captain Chris Gaylord will also be receiving donations of toys at the workshop.



Stress Reduction in the Workplace
Lily Hallock, Assistant Director of the UCSC
Wellness Center

This workshop will teach you how to handle stress and improve your stress resistance. The group will discuss personal stressors, ways to deal with stress, and defense mechanisms. Practical tips will be given for reducing stress on the job and within the workday, and you will have the opportunity to share your stress relief ideas with your colleagues. The workshop will also include breathing exercises, stretching and light resistance training.

Location: Stevenson Event Center



Being An Ally
Roberta Valdez, Women's Center Director
Donnae Smith, Coordinator, Staff Diversity
and Inclusion Programs, CUHS

What does being an ally mean? What does it look like to be an ally to others in a group you identify with? What about being an ally to someone in a group you don't identify with? Join this thoughtful conversation that also includes why it is important to be an ally to yourself.

Location: Stevenson Fireside Lounge



Ask Alma

**Alma Sifuentes, Associate Vice Chancellor/
Dean of Students**

During this workshop, Alma will be available to answer questions, explore topics further, listen to concerns, strategize solutions and engage more fully with our community. At the beginning of the workshop, attendees will be asked to write down their questions, and Alma will respond to as many questions as time will allow. We will post a transcript of this session, along with responses to any questions that are not answered in the session (due to time) on the Campus Life website.

Location: Stevenson 175

12:45 – 1:00 pm

Campus Life Academy Conclusion, Evaluation

Location: Stevenson Event Center

As we conclude the program, we will make final announcements, pull for raffle prizes, and ask that attendees fill out an evaluation.

1:00 – 2:00 pm

Lunch

*Location: Stevenson Event Center and To-Go
Option*

Presenter Contact Information

Chris Gaylord
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Lily Hallock
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their support and partnership in the planning of
this program.*