**SCHEDULE**

Main Conference Zoom:  
https://ucsd.zoom.us/j/97178594174

9:00 AM - Welcome & Opening Messages
9:10 AM - VCSA Alysson Satterlund
9:20 AM - Keynote Speaker
10:05 AM - Break
10:10 AM - Session 1 (see page 2 for sessions & Links)
11:00 AM - Break
11:10 AM - Session 2 (see page 3 for sessions & Links)
12:00 PM - Lunch Break
1:10 PM - Session 3 (see page 4 for sessions & Links)
2:00 PM - Closing & Opportunity Drawing
2:15 PM - Networking Session

**KEYNOTE SPEAKER**

**DR. KATHLEEN FITZPATRICK**

Dr. Kathleen Fitzpatrick is the Director of Digital Humanities and a Professor of English at Michigan State University. Her work across her career has focused on building resilient and sustainable scholarly communities, and transforming their processes of communication to foreground connection, conversation, and collaboration.

She has published three books, *Generous Thinking: A Radical Approach to Saving the University* (2019), *Planned Obsolescence: Publishing, Technology, and the Future of the Academy* (2011), and *The Anxiety of Obsolescence: The American Novel in the Age of Television* (2006). She is also the project director of Humanities Commons, an open-access, open-source network serving nearly 25,000 scholars and practitioners across the humanities and around the world.

**ABOUT TODAY’S CONFERENCE**

Inspired by our keynote speaker’s book, *Generous Thinking*, a mode of engagement that emphasizes listening over speaking, community over individualism, and collaboration over competition, our conference theme is centered in self and collective care, creating community and connection in new ways, and recognizing the amazing amount of energy that our staff continue to give at work, at home, and in our communities.
### NAVIGATING LOSS AND HEALING DURING COVID-19
**DR. REINA JUAREZ, COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)**
CAPS director Dr. Reina Juarez will provide insights for professional staff to consider to best support colleagues, students, and staff as we deal with navigating COVID-19, including grief, loss, and healing.

**ZOOM LINK:** 966 5840 6205

### EXCELLENT THROUGH STRENGTHS
**ANDREW HUA, STUDENT AFFAIRS CASE MANAGER**
This presentation will provide an overview of creative ways to utilize Gallup CliftonStrengths Assessment. The presenter will share their experiences of utilizing this tool with their teams and provide creative ways that you can utilize this from identifying professional development opportunities, the benefits and considerations of utilizing this for various groups within your work and more.

**ZOOM LINK:** 916 3675 4872

### TALK TO STAFF ED
**PANELISTS FROM STAFF EDUCATION & DEVELOPMENT**
Staff Education & Development team members give updates on what new and what we’re working on next, with opportunities to ask questions, get pointed to the professional development resources you need, and get advice on how to take your next career/professional steps.

**ZOOM LINK:** 963 3165 5237

### TRAINING STUDENT STAFF: BUT MAKE IT VIRTUAL!
**JESSE RAPPORT, TRACY CRUZ, LESLEY AGUIRRE, AND PRISCILLA JU, SIXTH COLLEGE**
This will be an exploration of how the Sixth College Orientation Leadership Team transitioned in person Orientation Leader training to online Zoom sessions, built community virtually, and debunked fears of virtual work. This session is applicable to all who work with remote team management.

**ZOOM LINK:** 992 4276 7850

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## SHOWING UP FOR OURSELVES AND ONE ANOTHER

**JAMIE CARRANZA, STUDENT SERVICES PROGRAM SPECIALIST AND EMMELINE DOMINGO, LATS PROGRAM COORDINATOR**

How can we feel and celebrate joy amid life’s struggles? The pandemic and social unrest of this past year have challenged individuals and communities in ways that are both novel and tragically familiar. Join us for a guided discussion on self-care and community care.

**ZOOM LINK:** 976 7199 3660

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## TALK TO STAFF ED

**AMY CLAY, STAFF EDUCATION & DEVELOPMENT**

Career Development Resources for UC San Diego Staff. This is a great opportunity to talk about your own career planning and development. Through a combination of presentation and open discussion, your questions about your next step can be answered.

**ZOOM LINK:** 972 6376 1529

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## YOGA FOR RELAXATION

**LAURA MCINTIRE, UC SAN DIEGO RECREATION**

Rest and Restore: During our practice we’ll explore ways to replenish the nervous system with supported yoga postures, breathing techniques and guided meditation. This class will be taught with the use of props, common household items will be suggested. *Optional prop suggestions: pillows, folded or rolled blanket or towel, yoga blocks or alternative, pillow case or eye pillow, yoga bolster, yoga mat, socks, hooded sweat shirt, a chair.*

**ZOOM LINK:** 967 6343 7971

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## ALLYSHIP

**DR. PATRICIA MAHAFFEY, ASSISTANT VICE CHANCELLOR - STUDENT LIFE AND DR. ADAM BURGASSER, PROFESSOR, DEPT. OF PHYSICS**

Learning how to be a good ally to the BIPOC community means also unlearning some deeply engrained assumptions and perspectives. Join our session as we explore the practice of allyship as a persistent and active commitment on behalf of those operating with privilege to end the oppression of the systemically disempowered.

**ZOOM LINK:** 942 0200 3340

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Visit [https://vcsa.ucsd.edu/](https://vcsa.ucsd.edu/)
CULTIVATING COURAGE, CONNECTION, & WELL BEING FOR WORKING PARENTS (90 MIN)
IZABEL CAETANO FRANCY, FACULTY STAFF ASSISTANCE PROGRAM
Introduction to research-backed, brain-based approaches and techniques designed to navigate general life challenges and anxieties. This session is presented for working parents but all are welcome to attend.

ZOOM LINK: 918 6690 3517

MITIGATING STRESS THROUGH MINDFULNESS
NORIKO HARTH, UC SAN DIEGO CENTER FOR MINDFULNESS
In this interactive session, attendees will learn tools to develop a healthier relationship with stress in order to better control their response to stress. Participants will learn what mindfulness is, its various benefits, personally experience mindfulness in practice, and learn how to incorporate mindfulness into their professional and personal lives.

ZOOM LINK: 966 7076 7172

CONVERSATION WITH THE UNIVERSITY EVENTS OFFICE
ANTHONY TRAN, ACE ANTONIO, AND NELSON LLORIN, UNIVERSITY EVENTS OFFICE
Join the University Events Office (UEO) in a follow-up conversation to their September Triton Time session on virtual programming. In this facilitated conversation, the UEO team will share best practices, tools, and lessons learned from the virtual events they produced or advised on during Fall Quarter 2020. Additionally, we’ll look ahead to event planning for Winter Quarter 2021.

ZOOM LINK: 941 6479 1904

DON’T MISS THIS WEEK’S TRITON TIME THURSDAYS 10:00-11:00AM ENGAGE, LEARN, SUPPORT
https://vcsa.ucsd.edu/
STUDENT AFFAIRS SPEED NETWORKING
EMILY LOUI, CENTER FOR STUDENT INVOLVEMENT
Arguably the best feature of professional development is the ability to meet colleagues. This virtual speed networking session will be a fast-moving session, allowing you to meet one on one with multiple other Student Affairs colleagues in a speed dating format. In this session, you will be able to increase your professional network, find that perfect partner to collaborate on the next project, or meet peers you can learn from. It is impossible to know how your next contact will impact your career, inspire informal chats, or create space for collaborative exploration. Each round will be a semi-structured 10-minute meeting, and it could be the best one you’ll ever have!

ZOOM LINK:
922 0205 3628

Practice Self-Care & Find Your Balance
ZOOM-FREE FRIDAY AFTERNOONS
Avoid scheduling regular, administrative meetings on Fridays after 12:00 pm whenever possible. Zoom-Free Friday Afternoons might also be a great time to catch up on professional reading and engage in other career development. Zoom-Free Friday Afternoons are not time off from work, but rather a way to reduce the stress that comes along with frequent Zoom meetings.

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