

Reaching New Heights
Staff Employee Association Conference
May 20 – May 22, 2025

Staff Employee Association Members

PRESIDENT: JanaLee Johnson	Senior: Dannon Loveland
PAST PRESIDENT: Alison Fabricius	Junior: Justin Nafziger
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Vice President Elect: Kyle Cottam	Junior: Haley Klaassen
Treasurer:	Employee Recognition:
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Junior: Jeannie Sur	Junior: Kaylee Roholt
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Senior: Jen Caines	Senior: Neal Bair
Junior: Brenda Poulsen	Junior: Trever Waite
Media & Public Relations:	Research & Evaluation:
Senior: Sydney Dahle	Senior: Paul Pierson
Junior: Bobbee Russell-Verhoef	Junior: Audrey Juhasz
Benefits and Staff Welfare:	Past: Dave Clark
Senior: Daylin Myers	Statewide and Extension:
Junior: Kelly Seipert	Senior: Shauna Bagley
Events and Outreach Committee:	Junior: Tayler Mountford
Senior: Ashley Fluegel	USU Eastern Chapter:
Junior: Alexandria Ziegler	Senior: Talon Jennings
Statewide: Allyssa Keogh	Junior: Eric Curwen
Employee Development:	Past: Logan Bullough

Tuesday, May 20th

Opening Keynote: Kerri Davidson

Widtsoe Auditorium, 11:30 AM – 12:30 PM

Session 1: 1:00 – 1:50 PM

Session 2: 2:00 – 2:50 PM

Session 3: 3:00 – 3:50 PM

Ice Cream Social on the Quad, 4:00 – 4:50 PM

Sponsored by the Huntsman School of Business

Wednesday, May 21st

Session 4: 9:00 – 9:50 AM

Session 5: 10:00 – 10:50 AM

Luncheon 11:00 – 2:00, TSC Ballroom

Employee Recognition Awards 12:00 – 1:00

Lunch will be served open house style, if you plan to attend the award ceremony, please come to the luncheon at 11:30.

Session 6: 1:00 – 1:50 PM

Session 7: 2:00 – 2:50PM

Session 8: 3:00 – 3:50 PM

Thursday, May 22nd

Continental Breakfast, Widtsoe Lounge 8:00 – 8:50 AM

Session 9: 9:00 – 9:50 AM

Session 10: 10:00 – 10:50 AM

Closing Keynote: Jillian Morley

Widtsoe Auditorium, 11:30 AM – 12:30 PM

Tuesday, May 20th

Opening Keynote, 11:30 – 12:30 PM with Kerri Davidson, Widtsoe Auditorium

Session 1: 1:00 – 1:50	Session 2: 2:00 – 2:50	Session 3: 3:00 – 3:50
Darrell Harris Director of the Student Money Management Center – ESLC 053	Shanda Thompson - Academic Advisor – ESLC 053	Dominic Bria, Psy.D. - Associate Director of the Rural Online Initiative - Zoom/WIDT 007 (broadcast)
Zach Speck, Business Assistant in the Department of Biology - ESLC 046	Allyssa Keogh – WIDT 007	Scott Hammond, Clinical Professor of Management, and Julia Westover, Executive Assistant to the Dean, both in the Jon M. Huntsman School of Business - ESLC 053
	Erika Lindstrom CARE Case Manager for Residence Life - ESLC 046	Angie Clayson - Zoom/WIDT 046 (broadcast)

Ice Cream Social on the Quad 4:00 – 5:00 PM

(Sponsored by Huntsman School of Business)

“Connect with Your Peers!” 4:00 PM, please join us on the Quad to help with a service project and networking.

Wednesday, May 21st: Morning Session

Session 4: 9:00 – 9:50	Session 5: 10 – 10:50
Savannah L. Gordon, Business Assistant II - HSB 180	Olivia Lee, Erik McFadden, Janet Blad - HSB 160
Calissa Beach - MyUSU Manager – Zoom/WIDT 007 (broadcasted)	Richard O'Keef - Fatherhood educator - WIDT 053
Lauren Schreck - Deputy Fire Marshal - ESLC 053	Amber Reed - Program Assistant - WIDT 046
Ruth Jensen- Staff Assistant III University and Exploratory Advising - HSB 160	Joana Franco - HSB 180
Levi Sim, UMAC Photographer - ESLC 131 COMP LAB	Alexandria Ziegler, Academic Advisor - HSB 170
	Aetna Presenter - HR -- Zoom - WIDT 007

Luncheon – Open House Style 11:00 – 2:00 PM

Employee Recognition Awards 12:00 – 1:00 PM

(If you plan to attend the awards, please plan on arriving around 11:50)

Wednesday, May 21st: Afternoon Session

Session 6: 1:00 – 1:50	Session 7: 2:00 – 2:50	Session 8: 3:00 – 3:50
Spencer Bitner, Director of Involvement, Student Involvement and Leadership - WIDT 053	Chris Dunlap Director of Equipment - HSB 160	Shannon Erickson, Coordinator of Learning and Engagement, NEHMA – Entrance to Museum
Vincenza Vicari-Bentley, ChFC, AFC, Lead Program Coordinator, Empowering Financial Wellness Program - WIDT 046	Matt Huntington Assistant Professor, Extension - WIDT 046	Nancy Glomb, Associate Vice President, USU- Statewide/Southwest - HSB 160
Lexie Richins-Peterson - HR - WIDT 007	Kyle Cottam, Director of Marketing with the Office of Events - HSB 170	Shane Richards - LOAM (Landscape Operations and Maintenance) Manager – TSC Patio
Sean Peterson, Systems Administrator - Ed Tech Initiatives - ZOOM ONLY	Shayla Donley- Youth Education Coordinator In USU Extension SLCo - WIDT 053	Lexie Richins-Peterson HR - WIDT 007
Nelda Ault-Dyslin, Assistant Director of Community-Engaged Learning - HSB 180	Tessie Bridges - Business Assistant - HSB 180	Lauren Cordova, Accessibility Consultant - HSB 170
Leslie Buxton HR - HSB 160	Alyssa Jensen -HR - WIDT 007	Rebecca Stalvey - HR - WIDT 046
Aimee Brunson - Trademark Coordinator, UMAC - ESLC 131 COMP LAB	--	Reed Phinisey, Associate Director (Campus Recreation) - WIDT 053
Janalyn Brown - HSB 170	--	--

Thursday, May 22nd

Session 9: 9:00 – 9:50 AM	Session 10: 10:00 – 10:50 AM
Zac Huish HR - HSB 160	Stephanie Carlson - HSB 160
Rochelle Allen - Program Coordinator for the Empowering Financial Wellness team - ZOOM ONLY	Audrey Juhasz - Researcher III - HSB 170
Alisha Wilkins, Abbey Rindlisbacher, Julene Reese - USU Extension Marketing - HSB 170	Brooke Lister - HR - WIDT 007
Alexandria Ziegler – TSC Patio	Levi Sim, UMAC Photographer – TSC Patio
Allen Hill - IT - HSB 180	Shane Richards - LOAM (Landscape Operations and Maintenance) Manager – TSC Patio

Closing Keynote, 11:30 – 12:30 PM with Jillian Morley, Widtsoe Auditorium

Tuesday, May 20th: Sessions 1 – 3 Descriptions

Opening Keynote (11:30 – 12:30 PM):

- **Kerri Davidson:** “Future-Proofing Your University Career: Cultivating Executive Presence and Resilience for Career Success.”
 - o Widtsoe Auditorium
 - o *This session will equip you with actionable strategies to communicate with impact, build strong relationships, and manage challenges with an aim to future-proof your university career.*

Session 1 (1:00 – 1:50 PM):

- **Darrell Harris:** “Budgeting Made Easy!”
 - o Room: ESLC 053
 - o *A presentation on how to simplify your budgeting.*
- **Zach Speck:** “Accepting Criticism – Humility is Your Gate to the Summit”
 - o Room: ESLC 046
 - o *This topic will be surrounding humility, and how humility is a crucial part of self-improvement and reaching your highest potential. I will delve in to detail about how there's a difference between being humble and being excessively passive. I will also briefly talk about how to advocate for yourself, how to set boundaries on what things you're comfortable with being critiqued on (e.g. critiquing my work is fine, but don't speak about my personal life), and how humility is an integral part of teamwork.*

Session 2 (2:00 – 2:50 PM):

- **Shanda Thompson:** “Changing the Dialogue: Improving Self Talk”
 - o Room: ESLC 053
 - o *Sometimes we get caught in a negative spiral of depreciating self-talk. This session focuses on simple actions to help break this negative cycle.*
- **Allyssa Keogh:** “How Not to Lose it at Work”
 - o Room: WIDT 007
 - o *I'll be sharing different steps of how not to lose control at work when you are feeling stressed and overwhelmed.*
- **Erika Lindstrom:** “Belonging in Action: Nurturing Workplace Connections”
 - o Room: ESLC 043
 - o *Belonging Begins Here: Shaping an Inclusive Workplace is designed to explore practical strategies for fostering a sense of belonging in professional environments. This session will delve into the importance of creating an inclusive culture where employees feel valued, respected, and connected. We'll discuss how small actions—like active listening, inclusive communication, and celebrating*

diversity—can make a significant impact. Participants will leave with actionable tips to build stronger workplace relationships, address unconscious biases, and contribute to a supportive environment where everyone thrives. Whether you're a team leader or a team member, this session will empower you to make belonging a priority.

Session 3: (3:00 – 3:50 PM):

- **Dominic Bria:** “Remote and Hybrid Work Skills for In-office Workers”
 - Room: Broadcasted in WIDT 007
 - *Anyone who works with a remote or hybrid team member--or anyone not normally on site--can learn skills that will make them better at it--more effective, better at asynchronous collaboration, more disciplined. The Rural Online Initiative began teaching people these skills long before the pandemic and continues to do so even now. Although our mandate is to teach people in rural Utah, our short, virtual courses are available to anyone in Utah, including students and staff in any division of Utah State University. Attend this session to get a brief preview of what students learn in our 1-month certification courses.*
- **Scott Hammond and Julia Westover:** “Building a College/Team Culture of High Reliability”
 - Room: ESLC 053
 - *What do the best USU work teams do? Each of us works in a department, college, or division level team. This presentation gives nine simple characteristics on how to become a more highly reliable team (HRT). It is based on the research of USU Professor of Practice Scott Hammond. Beginning with finding a unifying purpose, and ending with building a stress-free workplace, Hammond and Executive Assistant Julia Westover apply the HRT research in his book Highly Reliable Teams: When Failure is NOT an Option to the Huntsman School of Business at USU and show how to identify strengths and improve on weaknesses. Specifically, this workshop will help your team: 1. Identify and leverage a unifying purpose. 2. Develop protocols and improve communication 3. Stop the blame game 4. Better measure performance 5. Reduce stress*
- **Angie Clayton:** “Breakdown of University Benefits”
 - Room: ESLC 046
 - *Curious about your university benefits and how to make the most of them? Join us for a comprehensive overview of the benefits available to you, including health insurance, retirement plans, paid leave, flexible spending accounts, disability coverage, and more. We'll break down the key details, explain how to maximize your options, and answer any questions you have. Whether you're a new employee or just need a refresher, this session will help you better understand and utilize the benefits that support you at work and beyond.*

Wednesday May 21st: Sessions 4 – 8 Descriptions

Session 4 (9:00 – 9:50 AM):

- **Savannah L. Gordon:** “Videogames are Useful in the Workplace!”
 - Room: HSB 180
 - *Some video games require the player to develop skills that are useful in the workplace, such as problem-solving, quick thinking, teamwork, and grit. Yet, there is a stigma attached to video games, whereby games are seen as a means of entertainment rather than something that can teach useful skills. This presentation seeks to examine that stigma and look at how some video games are proof of commitment and useful workplace skills.*
- **Calissa Beach:** “Unlocking MyUSU’s Potential for Staff”
 - Room: WIDT 007 – Broadcast
 - *My presentation would walk staff through how to use MyUSU to connect with students and other staff. It would particularly focus on the various channels of communication available on MyUSU, such as groups, announcements, and tasks. It would also inform staff on how to make their programs/resources accessible through MyUSU through tools, tasks, forms, groups, etc.*
- **Lauren Schreck:** “Portable Fire Extinguisher Usage”
 - Room: ESLC 053
 - *This class will teach general safety awareness and fire prevention in campus. Following an indoor presentation, participants will have the opportunity to use a real fire extinguisher in a controlled hands-on environment.*
- **Ruth Jensen:** “Save Yourself!”
 - Room HSB 160
 - *You can save time, money and a lot of stress by having a monthly menu. Learn how to build a menu that fits your family and your wallet.*
- **Levi Sim:** “Lightroom is Dumb (And We Love It)”
 - Room: ESLC 131 Computer Lab
 - *Lightroom is so choice; If you have the means, I highly recommend it. But, man can it be frustrating! It's a tool that not only edits your photos, it also organizes them, makes them searchable, and it's a great way to keep a library that will outlast your position in your department. Bring your computer to this hands-on class, and please install Lightroom on it before class (use the Adobe Creative Cloud app). I'll give you a download link and we'll use Lightroom to work on some photos. It'll be a hoot!*

Session 5 (10:00 – 10: 50 AM):

- **Olivia Lee, Erik McFadden, Janet Blad:** “Promoting Engagement: A Practice to Encourage Internal Motivation”
 - Room: HSB160
 - *Self-Determination Theory (SDT) proposes “...conditions supporting the individual’s experience of autonomy, competence, and relatedness ... foster the most...high-quality forms of motivation and engagement.” We hope to demonstrate how the application of SDT can be employed to improve team dynamics, strengthen working relationships, and increase individuals’ self-awareness and -determination. Attendees will walk away with a handout of questions for the psychological needs of SDT that can be used for their own and others’ application. We will introduce an on-campus resource for staff and students that assists in exploring those needs.*
- **Richard O’Keef:** “Meet the Five Emotional Needs”
 - Room: ESLC 053
 - *All children have 5 emotional needs that must be met. When parents meet these needs, good things happen: 1) Relationships flourish, 2) Cooperation improves, 3) Parents build strong families where children learn and practice good values, 4) Parents increase the odds their children will make good choices when parents are not around. When these needs are NOT met, that's when struggling happens. That's when children's behavior worsens. That's when parents get overwhelmed and stressed out. I will talk about the 4 emotional needs and the parenting skills necessary to meet them.*
- **Amber Reed:** “Change as Opportunity – What Am I Doing?”
 - Room: WIDT 046
 - *My topic will focus on dealing with change, viewing change as an opportunity, and leaning on community. I will share examples of change that faculty and staff might face (in terms of technology like AI use or next era of learners) and creating a space to talk about change. During discussions I will share my own experiences of change in my work and personal life that help me to lean on the USU community and a positive outlook on change.*
- **Joana Franco**
 - Room HSB 180
 - *Mindfulness is a human skill that every person is able to develop by practicing attention, intention, and attitude. Research has shown mindfulness can reduce stress and anxiety, as well as increase life balance and general well-being. In this presentation, you will learn hands-on the basics of mindfulness and have the opportunity to start improving your mental health.*

- **Alexandria Ziegler:** “Bullet Journaling 101”
 - o Room: HSB 170
 - o *A hands-on creative presentation on how to start bullet journaling without getting overwhelmed! (Please bring your own markers and pens, journals will be provided).*
- **Dr. Brandy Watts (Aetna):** “Caring for Aging Loved Ones”
 - o Room: WIDT 007
 - o *More and more of us find ourselves caring for our parents or elderly loved ones. Join us to learn some of the basics. Learn how to assess your loved one’s needs. Hear about how to make choices with your loved one. Get tips on when and how to discuss your loved one’s needs as independence skills decline. We’ll help you:*
 - *Evaluate your loved one’s needs*
 - *Find resources for care in the home and community*
 - *Communicate with other family members*
 - *Evaluate your own level of responsibility*
 - *Involve your loved one in decision-making*
 - *Learn tips for long-distance caregiving*

LUNCHEON 11:00 – 2:00 PM

Employee Recognition Award Ceremony 12:00 – 1:00 PM

Session 6 (1:00 – 1:50 PM)

- **Spencer Bitner:** “Assessing Assemblage 101”
 - o Room: ESLC 053
 - o *We are all busy every day at USU. Assessment can become the last thing you think about. We will discuss ways to get buy in from staff to effectively record data and demonstrate positive outcomes. Learn how to share data with administrators and communicate in a simple manner.*
- **Vincenza Vicari-Bentley:** “The Magic of Knowing Your Money Personality”
 - o Room: ESLC 046
 - o *You want to be more confident with your money, but are not sure where to start? Discovering your unique money personality can help you understand your financial habits and build a positive relationship with your finances. This expert-led session will guide you in cultivating financial confidence, setting healthy money boundaries, and taking control of your financial future with clarity.*
- **Lexie Richins-Peterson:** “Conflict Resolution and Management”
 - o Room: WIDT 007
 - o *Do you avoid difficult conversations, hoping problems will just go away? Conflict is inevitable, but handled well, it can strengthen relationships and improve*

workplace culture. In this session, you'll learn how to stay calm, communicate effectively, and lead tough conversations with confidence. Walk away with practical skills to navigate conflict, address workplace challenges, and create a more open, productive environment.

- **Sean Peterson:** “Zoom into Fun: Elevating Your Virtual Meetings”
 - Room: ZOOM ONLY
 - *Get ready to add energy, creativity, and engagement to your Zoom meetings! In this interactive session, we'll explore built-in Zoom features like immersive views, reactions, and breakout rooms, along with fun, collaborative activities like 'meeting bingo' and Kahoot! But this isn't just a presentation—you'll experience these strategies in action! Whether you want to boost participation, spark collaboration, or simply make meetings more dynamic, you'll leave with ideas and practical tools to level up your virtual gatherings. *To ensure you get the most out of this interactive session, please plan to join through the Zoom desktop app (not mobile or browser) and make sure your app is up to date. I also kindly ask that you share your video during the session—it'll help us engage more effectively and get to know one another better. Need help downloading and logging into the Zoom app, check out this guide: <https://www.usu.edu/academic-support/technology/zoom/overview>*
- **Nelda Ault-Dyslin:** “A Short Discussion about Immigration in the US”
 - Room: HSB 180
 - *There are many local community organizations that specialize in working alongside immigrants and refugees. Students, staff, and faculty who want to engage with these organizations, whether through a community-engaged learning class, volunteering, or referring students to experiential opportunities, would be better collaborators with some background knowledge about immigration in the US. This presentation, which includes a hands-on simulation of some immigration types, can help shed light on this topic and encourage participants to take action in their communities.*
- **Leslie Buxton:** “Performance Check-ins”
 - Room: HSB 160
 - *Performance conversations get a bad rap, but that's only because they are often done poorly. When done well, a performance check-in can help supervisors set expectations and tweak performance while helping employees feel heard, valued, and recognized.*
- **Aimee Brunson:** “Canva Tips and Tricks”
 - Room: ESLC 131 Computer Lab
 - *Best Practices for creating in Canva.*

- **Janalyn Brown:** “Protocol Essentials: Elevating Professionalism and Etiquette in University Affairs.”
 - o Room: HSB 170
 - o *Objective: To provide a concise and engaging overview of key protocol principles to enhance professionalism, decorum, and effective communication within the university setting.*

Session 7 (2:00 – 2:50 PM)

- **Chris Dunlap:** “Dealing With Change”
 - o Room: HSB 160
 - o *I will be discussing the topic, "Dealing with Change" as this is a topic I can very well relate to. I have dealt with Three new coaches staff, a whole new state and I have adapted to it and have a lot to share on it.*
- **Matt Huntington:** “Sustainability Strategies”
 - o Room: ESLC 046
 - o *We try to ensure that programs and outcomes in our service area can be sustained post external funding. In this presentation I share sustainability considerations, definitions, and strategies that can be employed. My program area is overdose prevention in Tooele County.*
- **Kyle Cottam:** “The Office of Events, At Your Service”
 - o Room: HSB 170
 - o *The Office of Events, At Your Service, will be a presentation on what the Office of Events can do for staff at Utah State University. We'll cover conference coordination, registration, staying the University Inn, on-campus events and youth programs.*
- **Shayla Donley:** “Unlocking Presentation Potential”
 - o Room: ESLC 053
 - o *In this presentation we will explore meeting objectives while captivating our audience. We will briefly touch on presentation aesthetics but mainly focus on gauging participant interest and comprehension, increasing commitment to the curriculum, and searching for/ integrating attention getting activities.*
- **Tessie Bridges:** “Energy Pathways: An Introduction to Meridians, Chakras and Auras”
 - o HSB 180
 - o *This beginner friendly class is designed to explore three of the body's subtle energy systems and their impact on well-being. In this engaging 40 minute session, participants will learn about meridians, the energy highways that facilitate the flow of life force; chakras, the spinning energy centers that influence physical, emotional, and spiritual balance; and the auras, the energetic fields that surrounds and protect us. Through interactive exercises and practical insight*

attendees will gain foundational knowledge on how to harmonize their energy, reduce stress, and enhance overall vitality in both personal and professional life.

- **Alyssa Jensen:** “Creating Sustainable Goals One ‘Step’ at a Time”

- Room: WIDT 007
- *Although losing weight can be good for overall health, focusing on weight loss alone can lead to cycles of losing and regaining weight, lower self-esteem, and a preoccupation with food and body image. You'll find more success if you set goals that focus on health instead of weight loss only. This presentation will discuss behaviors, goals, and strategies utilizing the new Wellness app that will lead to more sustainable outcomes in the way you look and feel!*

Session 8 (3:00 – 3:50 PM)

- **Shannon Erickson:** “Repainting the I: The Murals of the Intermountain Indian School”

- Location: NEHMA Entrance
- *In 1950, the Intermountain Indian School (1950-1984) in Brigham City, Utah, opened as a federally funded residential boarding school for school-aged children from the Navajo Nation. In 1974, it admitted youth from any Native American tribe. From 1974 until it closed in 1984, school children from as many as one hundred Native Nations were represented. It subsequently added “Intertribal” to its name. Both during and since its closure in 1984, students who attended Intermountain have gathered to repaint the “I,” symbolic of “Intermountain,” on the side of the mountain overlooking the former campus and Brigham City, Utah. The enormous painted “I” ensures that the school and the thousands of Native American youth who attended the school are not forgotten. Intermountain was one of the 523 Native American boarding schools that dotted the United States during the nineteenth and twentieth centuries. Nationally renowned Chiricahua Apache artist Allan Houser taught art at Intermountain for almost a decade. Houser and some other faculty and staff at Intermountain embraced the arts and encouraged students’ creative self-expression. Art with Indigenous themes was prominently displayed across campus, adorning hallways and dorm rooms. These vibrant artworks were not the product of professional artists but the students themselves. Given paint and permission from their teachers, these young individuals created images that connected them with home. Through their creativity and perseverance, students found ways to assert their cultural heritage and navigate the constraints of an assimilationist system. “Repainting the I” features eleven murals that once adorned the walls of Intermountain, following their four-year restoration. In 2013, when Utah State University purchased the land on which the former school sat, these murals were found in a garage. Someone in the community had removed and saved a small selection of the artworks before the buildings were torn down. The Nora Eccles Harrison Museum of Art has worked with Intermountain alumni, scholars, and tribal*

leaders to preserve these works of art. This is the first time these restored murals are available for the public to view.

- **Nancy Glomb, Kayleen Evans, Hailey Rogers, Wendy Sanders:** “Creating Connections in Creative Ways: Providing Personalized Student Support for Isolated Learners in Rural Utah”
 - Room HSB 170
 - *USU-Southwest serves eleven counties across 36,314 square miles of the state of Utah. Many USU-Southwest students live in rural and remote areas of the state and are often isolated from other USU students and staff. This presentation will provide examples of creative ways that USU-Southwest staff, ambassadors, and USUSA representatives provide personalized student support and create a unique “Aggie Experience” for USU-Southwest students.*
- **Shane Richards:** “Landscaping Campus Tour”
 - Outdoor Tour, please meet at the TSC Patio
 - *Take a guided tour of campus to understand the processes and information that goes into landscaping here at USU.*
- **Lexie Richins-Peterson:** “Intrinsic Motivation”
 - Room: WIDT 007
 - *"You can lead a horse to water, but you can't make it drink." You can offer someone opportunities, but you cannot force them to take it, no matter how much you are convinced that “it” will help them. At the end of the day, your employees, your team, even you yourself will have to make the choice to be motivated and seize opportunities. This can be frustrating, especially when you believe the opportunity is well worth your employee’s time and energy. While we cannot force someone to be motivated, we can look at the drivers behind motivation and what we can do to help align them with your vision. We will explore the relationship between motivation and action, extrinsic and intrinsic motivation techniques, and how intrinsic motivation leads to more driven employees.*
- **Lauren Cordova:** “Lazy Sourdough”
 - Room: HSB 170
 - *I recently hyperfixated on sourdough, I have made a lot of things with my starter and have a few experiments going right now! I'd love to teach people how to make sourdough approachable! (please bring your own jar or container)*
- **Rebecca Stalvey and Glee Wooley:** “Leave – FMLA, Short-term, ADA”
 - Room: ESLC 046
 - *Join us for an informative session on FMLA, Short-Term Disability, and ADA to better understand your rights, benefits, and the processes involved when navigating medical leave and workplace accommodations. We’ll cover key topics such as eligibility requirements, how FMLA protects your job, when and how to apply for short-term disability, and the interactive process for requesting accommodations under the ADA.*

Whether you need time off for a medical condition, are supporting a family member, or require workplace adjustments, this session will provide clarity and guidance.

- **Reed Phinisey:** “Function and Flexibility in the Workplace”
 - o Room: ESLC 053
 - o *Many of the flexibility/mobility issues we experience are due to poor lifestyle factors and the largest of these lifestyle factors is our sedentary occupational setting. Though much can be done to 'combat' the long periods of sitting at work and incorporating activity into our daily workday. In this session we will uncover the effects of prolonged sitting, simple tools to incorporate during the workday and better positions we can use during ADL's (Activities of Daily Living).*

Thursday May 22nd: Sessions 9 & 10 Descriptions

Session 9 (9:00 – 9:50 AM):

- **Kirk Welch:** “Understanding Saving and Investing for Retirement”
 - o Room: HSB 160 (Broadcasted)
 - o *Join us during SEA's Development Week (May 20–22) for an insightful session on the basics of saving and investing for retirement. Whether you're just starting out or looking to refine your strategy, this presentation will cover key concepts to help you make informed financial decisions for the future. Don't miss this opportunity to build confidence in your retirement planning! Stay tuned for session details.*
- **Rochelle Allen:** “How to Make Ends Meet: Practical Budgeting for Tight Times”
 - o Room: Zoom ONLY
 - o *In this class, "How to Make Ends Meet: Practical Budgeting for Tight Times," you'll learn how to adjust your budget to handle changes in income, prioritize essentials, and reduce unnecessary expenses using free tools and practical strategies. We'll also cover setting up goal-based savings accounts to support both short-term needs and long-term goals. By the end, you'll have the skills and tools to confidently take control of your finances.*
- **Alisha Wilkins, Abbey Rindlisbacher, Julene Reese:** “Congrats! You Now have an intern. Using Chat GPT as Your Personal Work Assistant”
 - o Room: HSB 170
 - o *Discover how to make AI your ultimate sidekick in both your personal and professional life! Come and explore practical ways to use ChatGPT to streamline tasks, boost creativity, and enhance productivity – whether you're drafting emails, planning meals, or tackling complex work projects. Learn how to get the most out of AI while keeping it fun, effective, and tailored to your needs.*
- **Alexandria Ziegler:** “Haunted Locale: A Guided Tour”
 - o Outdoor Tour, please meet on the TSC Patio

- *A folkloric look at haunted USU locations from Ray B. West all the way to the Logan Cemetery. (About 1.5 miles of walking, please wear appropriate shoes and weather clothing.)*
- **Allen Hill:** “Elevating Cybersecurity Practices: A Unified Effort to Reach New Heights of Protection”
 - Room: HSB 180
 - *In this presentation, we will explore how cybersecurity is not just the responsibility of the IT department, but a shared commitment across the entire institution. We’ll discuss practical strategies for fostering a culture of vigilance, collaboration, and accountability at all levels. You will learn how to recognize common threats, improve your cyber defense, and how to safeguard sensitive information.*

Session 10 (10:00 – 10:50 AM):

- **Stephanie Carlson:** “Promoting Personal Safety Through the Empower Yourself Through Self-Defense program”
 - Room: HSB 160
 - *This beginner friendly class is designed to explore three of the body's subtle energy systems and their impact on well-being. In this engaging 40-minute session, participants will learn about meridians, the energy highways that facilitate the flow of life force; chakras, the spinning energy centers that influence physical, emotional, and spiritual balance; and the auras, the energetic fields that surrounds and protect us. Through interactive exercises and practical insight attendees will gain foundational knowledge on how to harmonize their energy, reduce stress, and enhance overall vitality in both personal and professional life.*
- **Audrey Juhasz:** “Shaping the Future of SEA Together!”
 - Room: HSB 170
 - *This presentation will explain a little about the SEA's mission and goals. The remainder of the time will be dedicated to hosting a discussion with attendees about what they would like to see SEA address in the coming year.*
- **Brooke Lister:** “Intro to Intuitive Eating”
 - Room: WIDT 007
 - *Intuitive Eating is a practice, not a diet. This presentation will define the 10 principles of Intuitive Eating. The nice, but scary, thing about Intuitive Eating is that there are no rules. It is individualized based on YOUR cues for hunger and fullness. The focus is on your enjoyment of food and overall health and well-being, rather than weight loss. Intuitive Eating rejects the diet culture and recognizes that diets do not ultimately help us reach our health goals. The Intuitive Eater is an unaffected eater, so come learn about bringing the pleasure back to eating*
- **Levi Sim:** “Let’s Make Better Pictures”
 - Outdoor Tour, please meet on the TSC Patio

- *Join Levi for a photo-class around campus. You will use this time to take practice your photography skills. (A camera is not required; your phone will work!)*
- **Shane Richards:** “Tree Climbing Campus Tour”
 - Outdoor Tour, please meet on the TSC Patio
 - *Hands on tree climbing demonstration. Fun and interactive. Presenting with USU Arborist Dane Gyllenskog.*

Closing Keynote (11:30 – 12:30 PM):

- **Jillian Morley:** “Designing Your Way Forward”
 - Widtsoe Auditorium
 - *Come close out our conference with a closing note with Jillian, who help us take the skills and information we learned throughout the week and apply to it our lives personally and careerwise.*