Elevate and Energize!
Ombuds Office
We will discuss how participants can improve well-being through small actions they can implement every day. Using current social science research, we will offer various methods for overall well-being. Participants will engage in self-reflection and create a practical individualized plan for implementing these strategies.

Assessment 101
Lupe Navarro-Garcia and Jason Hopkins
This session provides an introduction to assessment in the field of Student Affairs. After defining what assessment is, we will provide tips for integrating assessment into our work and review examples of how assessment can be used to enhance student services and programming.

Mindful Yoga
Brenda Lear
Reset, refresh and renew with this grounding and calming practice designed to soothe the nervous system and quiet the mind. We will weave gentle movement, sweet stretches and breathing with intentional awareness/mindfulness.

Housing in Santa Barbara County: Renting, Buying, and More
Leesa Beck, Community Housing Office, Sara Cook, The Hall Team Realty
Come learn about the variety of housing options in Santa Barbara and beyond. Join our panel as we discuss tricks and tips for renting, buying, house flipping, and finding affordable housing.

Moving Up in Student Affairs
Don Lubach & Ignacio Gallardo
UCSB, “Isn’t that the #1 Career School?” Ignacio Gallardo and his colleagues at Career Services aim to make UCSB the top school in the world for career education. This plan will never work if Student Affairs staff members are not happy with their own careers. This session is about you, your idea of a great career, and the process that can take you there. Students will follow our example on their way to changing the world.

“How are you holding up?” Techie Posture in this Technical World
UCSB Physical Therapy Department
Please join the UCSB Physical Therapy Department for an interactive presentation exploring strategies for healthy computer and Smartphone use. We will help you understand the basics of ergonomics and what’s what about improving posture (and reducing pain).

Hispanic Serving Institutions
Wendy Cordova
This session will provide a space for participants to share best practices and create practical knowledge on how to create inclusive learning environments for diverse student populations. The facilitators will review critical historical context about the Hispanic-Serving Institution designation including current trends in the UC as well as present their own original research conducted at UC Santa Barbara.

Food Wellness and Kitchen Demonstration
Food, Nutrition, and Basic Skills Program
Join the Food, Nutrition & Basic Skills Program in partnership with UCen Dining for a live cooking demonstration! We will show you how to prepare some quick, new recipes and take your taste buds on a trip through France, Thailand, and America with our “Wraps around the World” theme.

Hamilton: The Musical as History
John Majewski
Lin-Manuel Miranda’s “Hamilton” is one of the most significant cultural productions of the 21st Century. Like any work of art, Miranda had to make hard choices as to what themes and characters he wanted to emphasize. The goal of this lecture is to
explore other choices that Miranda could have made. Who was excluded from the musical, and how might including them have changed Miranda's portrait of Hamilton?

11am-12:15pm

**CLAS Presents: Fighting Procrastination, Time Management, Focus, and Motivation**  
**Emma Cristofani**  
Study skills for real life: maximize productivity as a staff member. Through engaged discussion we will explore the issues of procrastination, focus, and time management, and we will problem-solve strategies to become more motivated and to help inspire students to do the same.

**Ally is a verb. How do you ally and support undocumented students?**  
**Diana Valdivia**  
Attendees will engage in group discussion on how to be an ally to undocumented students & gain a deeper understanding regarding immigrant communities’ resilience & current struggles.

**Salsa Demo Class**  
**Hector Sanchez**  
Come and take part in the rhythm and movement of Hector Sanchez’s Salsa class. Salsa is a popular form of social dance that originated in the Caribbean. This class is catered to all levels, as Hector teaches the techniques and timing of Salsa dance. You will hear beats and feel the heat from Cuban Son, the Cha-Cha, Bomba, Mambo and much more, all while working up a little sweat and having an unforgettable good time!

**The Benefits of Mentorship**  
**Katya Armistead**  
Hear from a panel of staff who have been in roles as mentor and mentee. We will define mentoring, discuss the benefits from both perspectives, and explore opportunities for formal and informal mentoring.

**American Immigration Law and Policy After 1965**  
**John Park**  
This lecture explores basic changes to American society that resulted from the Immigration Act of 1965. We review the striking demographic consequences over the last five decades, as well as more recent efforts to reform immigration law and policy during that same period.

**Activist Tour**  
**Office of Student Life Intern Lorena Alvarez**  
Take a journey through our university’s rich history of activism and social justice. This walking tour will encompass the various spaces where students have organized and demonstrated throughout the years at UCSB. Hear about the movements that inspired students, faculty, and staff and ignited change.

**Financial Wellness Seminar**  
**Fidelity Investments**  
Set yourself up for financial success and create your life plan with Fidelity! Learn about the best ways to invest in yourself and your future through planning and goal setting.

**Discover Your Strengths**  
**Amanda Asquith & Maddie Foster**  
Looking to optimize your time at work and beyond? Based on positive psychology, Clifton Strengths will help you better understand your range of talents and develop your Top 5 strengths to help you get ahead in your career goals and to help you find meaning and success using your strengths in leadership, life, and the workplace. Learn what you do best and how to capitalize on it by joining us for this workshop!

**The Student Experience**  
**Current UCSB Students**  
Hear from our students about what it is like for them to attend UCSB! A small group of students will reflect on their respective experiences of student life.
1:45pm-3pm

Raise Your Tech-Telligence with the NASPA/ACPA Technology Competencies
Joe Sabado
Join Joe Sabado and the SIS&T crew in this interactive session, where you will learn what the NASPA/ACPA technology competencies are, why they are important, how they apply to you and your work, and how to use them to develop your own technology professional development plan.

Ropes Course
Charlie Coupal and UCSB Recreation
Join us in the rafters at the Adventure Programs Ropes Course. Challenge yourself on one of our many high rope elements!

Going Back to Grad School: Panel Discussion
Leesa Beck, Lupe Navarro-Garcia, Aaron Jones, Charlene Macharia, and Marcus Mathis
Thinking about going back to grad school? Here’s an opportunity to ask questions of some of your Student Affairs colleagues who have done it (and survived)!

Medical and Psychiatric Breakthroughs: Without which many of us would not be here
Ali Javanbakht and Edwin Feliciano
We will be discussing landmark discoveries and inventions through history that have drastically changed healthcare and, by extension, the course of history! Join us as we pay tribute to these giants of healthcare.

Yoga - Let the Love Flow
Brenda Lear
Discover a new confidence, strength and flexibility in your body, mind and heart in this creative Vinyasa sequence. Together we will explore the great joy of movement and the subtleties of sacred pauses.

Basic Needs Workshop
Mike Miller
Many students struggle to have basic needs met during their university studies. This session will discuss current on-campus efforts and programs to address food and housing security for UCSB students.

Conversation about Google Connect
Mark Weinsoff
In a strategic, mandated, campus effort to consolidate systems, decrease costs, and increase collaboration, the Division of Student Affairs will migrate our Outlook (Exchange) email system to the campus Google Connect system in the next few months. This workshop is an opportunity for you to meet the Division Google Connect team, and have a conversation about what this change means to you.

The Global UCSB Brand: What prospective international students are saying about UCSB
Lisa Przekop and Cuca Acosta
Are you wondering what’s on the mind of prospective international students as they contemplate applying/attending UCSB? What are their impressions of our campus? What excites them about UCSB? What are their fears and concerns? What are the rumors about UCSB from across the globe? Come hear from our Outreach staff about their travels through Asia, Canada, Latin American, India, and the Middle East.

Faculty Panel: Free Speech
Walid Affi (Communication), Lisa Hajjar (Sociology), Hahrie Han (Political Science), Harold Marcuse (History)
Join a panel discussion about free speech from an esteemed group of faculty! They will discuss free speech, hate speech, and some of the many challenges associated with this complicated issue.