FRIDAY, FEBRUARY 8, 2019

10:15–10:45 AM
Conference Check-In | Gore Rotunda
Delaware & DC, World Scholars, & Returning students

10:45–11 AM
Welcome Activity*

11:15 AM–12:45 PM | Workshops*

- **Using Sleep to be Smarter, Happier and More Attractive**
  Brad Wolgast | Gore 303
  Learn how sleep can make you a better student and a better friend! The power of sleep is only recently becoming understood. Get insights into why and how you should be sleeping so that you can reduce your chances of having a car accident, say (and text) fewer things you later regret, write better papers, be a better athlete, have fewer days feeling down or feeling fear, and yes even be more attractive to others. Discussion will also include caffeine, screen use, melatonin use. Come with questions!

- **Courage Counts**
  Kelsey Chambers | Gore 304
  Inspired by the research and works of Dr. Brené Brown, this interactive workshop will demonstrate the courage to be kind and compassionate with oneself through the lens of vulnerability and shame resilience.

- **Gallery of Life**
  Mark D’Angelo | Gore 318
  This workshop will help students to explore their backgrounds and values, along with those of their fellow participants. Students will then take time to explore the peer-created illustrations and note their thoughts about what each illustration may communicate.

- **Becoming an Active Citizen**
  Valerie Lane | Gore 320
  As a part of the Active Citizen Workshop Series, this session will focus on understanding identity as it relates to service and citizenship. Students will receive an introduction to the workshop series and be guided through a self-inventory, such as True Colors, to frame how they view their strengths as an active member of society. Students will describe how their strengths and values relate to one another, and how that applies to the greater UD and Delaware community. This session counts towards credits for the Active Citizen Workshop series co-sponsored by BHLP, Residence Life & Housing, and the Community Engagement Initiative.

- **Get Lost! Learning to Explore so you can Excel in Your Future Career**
  Amber Ridgeway & Jenifer Laird | Gore 116
  It’s said, “Those who wander are never lost.” Career exploration shouldn’t stop at choosing a major; in fact, it’s an essential part of all steps along the path of your career. Whether you aren’t sure what field you want to go into, what exactly you want to do in that field, where to start in the internship searching process, or more – this workshop is for you! This interactive session will include discussion and activities designed to activate your inner explorer and give you the tools to design the career path that’s right for you!

1–2 PM
Lunch and Resource Fair* | Trabant Food Court

* denotes required sessions for students

Schedule continues on other side →
2:30—4 PM | Workshops*

- **Stress Management and Self Care: Finding the Balance**
  Jennifer Maslow | Gore 303

Wondering where all the time goes? Want to know why stress makes you feel sick? Not sure how to balance your time? Want to finally do something about your stress? Come learn about how stress impacts your body, mind, and emotions in this program that will engage you with a variety of activities meant to help you develop a self-care plan that will work for you. Learn where your time goes and how you might gain more of it; engage in exercises to calm the body and mind; understand how to validate your emotional reactions to stressful situations; learn your unique relationship between stress and control; and come away with tips and strategies for relieving and reducing your stress now and in the future. Free stress ball included!

- **Eat, Sleep, Repeat**
  Michelle Scott | Gore 304

Using a microwave, we will show students a 1, 2, and 3 minute breakfast they can make on their way out the door to class. We will provide them with a few easy strategies to get more rest throughout the week. We will also provide them with resources they have available to them from Student Health Services, We’re not just here for illness and injury!

- **Maximizing Your Strengths: Unlocking Your True Potential Through StrengthsQuest**
  Stephen Lawrence | Gore 318

Everyone has a UNIQUE contribution to make! Participants will use the StrengthsQuest tool to apply their individualized Top 5 Strengths to help set and achieve their goals for the spring. Students who participate in this workshop will have the opportunity to analyze how talent themes can be applied to academic tasks and begin to develop goals for the spring semester based on personal or academic interest.

- **Emotional Safety Planning: Transitioning & Trauma**
  Zainab Shah | Gore 320

If your compassion does not include yourself, it is incomplete. - Jack Kornfield

Whether in the distant or more recent past, students who have experienced any kind of trauma may benefit from this session. A brief overview of trauma, triggers and the healing process will be provided. Trauma and triggers can present differently in new environments. This session will provide students with the tools, coping strategies and campus resources to help them create an emotional safety plan.

- **The Rabbit Hole: How Social Media is Stealing Your Time and Why You Need to Get it Back**
  Michele Juarez - Huffaker | Gore 219

Many of us enjoy social media, binge watching shows online, and spending time on our Xbox or PlayStation. Do you ever feel like you are procrastinating or are spending too much time with these activities? Come to this fun, playful, interactive workshop to assess your use of these activities.

4—6:45 PM
Break

6:30 PM
Conference Check-In | Mitchell Hall
Friday NSO & ISO participants

7 PM
Keynote Speaker | Mitchell Hall*

8:30 PM
Perkins Live
University Student Centers hosts this weekly programming series throughout the fall and spring. Join us for a sneak-peek of the action with giveaways, games, snacks, and a guided paint-night! All activities are completely FREE and first come, first served.

* denotes required sessions for students
SATURDAY, FEBRUARY 9, 2019

9–10 AM
Continental Breakfast | Gore Rotunda

10–11 AM | Session One*

All the Feels: Recognizing & Regulating Emotions
Bridget Dubrey & Katie Morrison | Gore 117

The purpose of this workshop is for students to consider their emotions and how they can effectively regulate negative emotions. Through participating in this workshop, students will be challenged to understand what events trigger emotional responses and how to utilize provided emotion recognition exercises to employ healthy coping mechanisms.

Time Management: Planning for a Successful Semester
Lysbet Murray | Gore 204

Is your work/life balance out of whack? Never seem to have the time you need to get things done? We’ll talk about taking control of your time this spring by spreading your work across time rather than having to run along to catch up. You’ll leave this session with a template for your weekly planning and an understanding of how to move forward with confidence.

Fraternity & Sorority Life: a Community to Experience
Corin Edwards | Gore 219

The UD fraternity and sorority community compromises almost 5000 students and 50 national chapters. Our organizations were founded on academic success, community service, and giving back through various philanthropic causes. There are opportunities for leadership development, networking, and making connections that last beyond your time at Delaware. Come learn about the Delaware fraternity and sorority community, how to join a chapter, and the benefits of being a member.

11:15 AM–12:15 PM | Session Two*

It’s all about M.E. (Managing Expectations)
Melissa Bader-Huesgen & Stephen Lawrence
Gore 222

The purpose of this workshop is for students to explore their expectations of themselves and expectations others have of them. After this exploration, students will gain skills to utilize with decision making and management of expectations to the end of meeting their goals. The workshop will end with multiple strategies toward the end of coping with not meeting expectations or prioritizing conflicting expectations.

Building Your Information Overload Toolkit
Lauren Wallis | Gore 223

How do you deal with an overwhelming amount of news coverage and other information about current events? Do you feel tempted to avoid the news entirely because it is so complex and continuous? Or do you wish you had a better way to find good sources and multiple viewpoints on topics covered in the news? This session will help you learn strategies for engaging with news sources, including analyzing the reach of viral stories, avoiding your own confirmation bias, identifying the original source of a story, and more. Using current news stories, you’ll practice these strategies and develop your own plan for consuming and evaluating the news.

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A refresher for you before you jump into the spring semester! We’ll take a quick look at key strategies for taking control of your life as a student, including recommendations for effective time management, note-taking, textbook reading and test-taking.

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Promoters of Wellness (POW) peer educators will help you create a useful, easy career plan that will help you make better decisions about academic and professional paths. You’ll learn how you personality plays an important role in helping you achieve career wellness. The first 24 attendees will receive FREE career wellness books!

As the first US institution to found study abroad (95 years ago!), we send 30 percent of our undergrads abroad before graduation & bring the world home to you! This fast-paced workshop will introduce you to a myriad of opportunities for you to get global without leaving campus. Attendees will emerge with an understanding of why global is important, what you can do to be a part of UD’s international scene, and how you can map out a plan for personal globalization! The world awaits.

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The purpose of this workshop is to help students recognize issues that arise in their lives and how they can utilize a solution-oriented mindset to assist them in moving beyond these issues and challenges. The workshop will provide students with skills to utilize their new found solution-oriented mindset to achieve goals and overcome challenges.

**Where’s My Class? Tours**  
OL Staff | Meet in Gore Rotunda

3:15–4:15 PM | Session Four*

**Now’s the Time: Setting Yourself up for Career Success**  
Jade Carcamo & Kerri Johnsen | Gore 115

Are you currently undecided, having difficulty selecting a major, or are unsure of what career path you want to take? By attending this session, you will have the opportunity to identify your personal values and interests, set goals to begin skill-building, and explore potential occupational opportunities.

**Create a POWerful Career Plan**  
Nicole Lovitch & Logan Penna | Gore 204

Promoters of Wellness (POW) peer educators will help you create a useful, easy career plan that will help you make better decisions about academic and professional paths. You’ll learn how your personality plays an important role in helping you achieve career wellness. The first 24 attendees will receive FREE career wellness books!

**A World of Opportunities: On-Campus Global Engagement**  
Amy Greenwald Foley | Gore 219

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**Where’s My Class? Tours**  
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4:30 PM  
Closing Celebration | Perkins HenZone

Join us as we close out the conference with free pizza, UDairy, exclusive access to HenZone games, and more. Create your Spring Into Success Vision Board for a chance to win $100 gift card to Barnes and Noble along with other prizes!

**Sunday, February 10, 2019**

All Day Assessment*  
(sent electronically)

* denotes required sessions for students