SPRING INTO SUCCESS

CONFERENCE SESSIONS

Required sessions are noted with an asterisk (*).

Thursday, February 1

8:00 a.m. - 4:00 p.m.* International Student Orientation - for international students only
   Location: Trabant University Center

6:00 p.m. - 9:00 p.m. Residence Hall Check-In

7:00 p.m. UD Men’s Basketball vs. Towson University
   See the socials flyer in your conference packet for details.

9:00 p.m. Residence Hall Social Events
   See the socials flyer in your conference packet for details.

Friday, February 2
(New Students attend NSO; Returning Students attend workshops)

8:00 - 9:00 a.m. Residence Hall Check-In

9:30 a.m. - 4:00 p.m. New Student Orientation for Students New to Campus (including international students) *
   Location: Trabant University Center

10:00 a.m. – noon Breakout Workshops for Students Returning to Campus*
   Breaking Up with Stress: Stress Management and Self-Care
   Jennifer Maslow, Student Wellness & Health Promotion
   Location: Memorial 110
   Personal Development Track
   This program will help you to learn about the physical and emotional foundations of stress and practice brief, proven stress-fighting techniques, including deep breathing, isometric stretching, and progressive relaxation. Learn about problem-focused and emotion-focused coping skills, the signs of burnout, and your unique reactions to stressful scenarios, and develop your individualized plan for using evidence-backed methods for reducing stress in the moment and for long-term wellbeing.

   Live Safe, Be Safe On and Around Campus
   Vincent Jackson, Office of Student Conduct, with Master Corporal Bryan Thomas, Regina Donato & Student Panel
   Location: Memorial 108
   Personal Development Track
   Learn about the variety of resources available to students for being safe on campus and around the City of Newark. Whether you are looking to live on campus or move into the greater community, meet with UDPD's Community Resource Unit to discover how you can be as safe as possible and understand the expectations of being a responsible community member. You will also receive strategies in response to an active shooter situation. Additionally, hear from upper division students who have experienced living on and off campus in a moderated panel discussion.
Internships! Sustainability, Student Leadership and Campus Impact
Michelle Bennett, Sustainability, Energy & Engineering
Recycling Intern Team
Location: Memorial 049
Student Involvement and Engagement Track
This workshop is an introductory presentation to sustainability internship opportunities on campus, with an exercise to address a real campus sustainability issue.

Noon – 2:00 p.m.  
Lunch Break
Lunch on your own in Newark

Career Services Drop-in Consultation
Location: Memorial 123
Have a question about your resume? Looking to develop your interview skills? Stop by and speak with a career counselor and learn more about the services offered through the Career Services Center.

2:00 p.m. – 4:00 p.m.  
Breakout Workshops for Students Returning to Campus*

Breaking through Barriers (and BHLP overview)
Susan Luchey, University Student Centers, Blue Hen Leadership Program
Location: Memorial 123
Personal Development Track
This workshop is designed to have you step just a bit out of your comfort zone. You probably know that the first step towards success is setting “smart” goals. A second step, that often gets skipped over, is identifying barriers, challenges or even fears that have the potential to impede our path to success. This workshop will give participants the opportunity to learn how to create goals, how to identify those barriers and how to overcome them through a physical metaphor. Participants will leave with a plan for success for the spring semester and the confidence to put it into action.

From Student to Professional: Designing Your Own Career Plan for Success
Amber Ridgeway, Career Services Center
Location: Memorial 108
Academic and Career Success Track
Planning your career is not a one size fits all process. In this session we’ll discuss strategies for designing your own individual professional development path by starting where YOU are.

Unlocking Your Assets: Using an asset-based mindset to pursue your passions
Danielle Barefoot, Residence Life and Housing
Location: Memorial 110
Personal Development Track
Do you sometimes struggle to overcome challenges when working on your goals? Do you ever feel like there is a disconnect in your personal passions and your day to day work? Do you want to learn how to leverage your innate talents and skills to anything you do? If so, come join this workshop. While here you will learn more about your talents, gain strategies on how to use your assets in any situation and make a plan to help you persist past challenges.

Maximizing Your Strengths: Unlocking Your True Potential through StrengthsQuest
Michele Kane, Residence Life and Housing
Location: Memorial 049
Personal Development Track
Everyone has a UNIQUE contribution to make! Participants will use the StrengthsQuest tool to apply your individualized Top 5 Strengths to set help achieve your 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. (Pre-Registration was required for this session).
4:00 p.m. - 6:30 p.m.  **International Coffee Hour**
*See the socials flyer in your conference packet for details.*

6:30 p.m.  **Welcome Speaker and Kickoff * **
**Keynote Speaker - Arel Moodie**
*Location: Mitchell Hall*
Success in college is self-driven, and students are the owners of their experience. Learn the secrets for how to succeed in school and in life by applying Success Principles developed by our Keynote Speaker, Arel Moodie. Arel is a national bestselling author and motivational speaker who uses personal experience and finely developed philosophies for success to inspire students to find their personal successes. Arel has been featured in several national publications and was recently a featured speaker at the White House. This will be a fun, interactive presentation you won’t want to miss!

8:00 p.m.  **Perkins Live! Preview**
*See the socials flyer in your conference packet for details.*

---

**Saturday, February 3**  
(For All Participants)

9:30 a.m. – 3:00 p.m.  **Complimentary Continental Breakfast, Coffee and Tea Station & Help Desk**  
*Location: Gore Rotunda*

10:00 – 11:00 a.m.  **Breakout Sessions* **
**Career Services Table**
*Location: Gore Lobby*

**Responsible Decision Making**
Logan Penna, Student Wellness & Health Promotion, with Rebecca Glinn and Tyler Reininja  
*Location: Gore 103*

**Personal Development Track**
Attend the health class you never had, but wish you did! This interactive programming will show its audience ways to make responsible decisions while here at UD. Participants will learn how to map their night and stay safe during a night of drinking. You will also learn the correct steps to putting on a condom (there are 14!) and other ways to stay safe during sex. You’ll become familiar with some key campus resources so you can make more responsible decisions as a new Blue Hen.

**Time Management**
Lysbet Murray, Office of Academic Enrichment  
*Location: Gore 104*

**Academic and Career Success Track**
Can’t seem to stay on top of your schedule? Having a tough time finding balance? It’s all in how you plan. Come join us for a look at ways to take control of your time so you can be in the driver’s seat this Spring semester.

**Mind the Gap: Navigating Assumptions and Bias in a Whirlwind News Environment**
Lauren Wallis and Maisha Duncan, Library  
*Location: Gore 208*

**Academic and Career Success Track**
Evaluating news coverage today involves navigating clickbait, filter bubbles, and even reports of misinformation campaigns that sound like the plot of a spy movie. Being an informed, critical consumer of news is more challenging than it’s ever been! In this hands-on session, we’ll develop strategies for evaluating news coverage and identifying our own implicit biases that impact our interpretations. Participants will work with current news stories from a variety of sources and come away with strategies for staying informed about all sides of an issue.
A World of Opportunities: On-Campus Global Engagement
Meghan Gladle, Institute for Global Studies
Location: Gore 217
Student Involvement and Engagement Track
UD was the first in the U.S. to found study abroad and we continue to be innovators in the world of international education. This fast-paced workshop will introduce you to a myriad of opportunities for you to "go global" without leaving campus. Attendees will emerge with an understanding of why global is important, what they can do to be a part of UD's international scene, and how they can map out a plan for personal globalization! The world awaits!

Engaging with Difference: Developing Intercultural Communication Strategies
Adam Booher, Residence Life and Housing
Location: Gore 205
Personal Development Track
This session is focused on learning some communication strategies that will allow you to have some wonderful conversations with your fellow students who come from a variety of different cultures, backgrounds, and belief systems. You will learn how to start conversations with someone new, recognize your own verbal and nonverbal communication cues, how to move past cultural barriers that prevent productive conversation, and how to maintain relationships with your fellow students through an appreciation for difference and a desire to continuously learn from one another.

A Common Factor Among Successful Students
Jade Carcamo, Residence Life and Housing/First Gen Network
Location: Gore 116
Student Involvement and Engagement Track
Studies have shown that developing meaningful relationships with faculty and staff is positively related to academic success. One of the common factors among successful people is Mentorship! By attending this session, you will be able to identify the key elements of mentorship that could benefit your personal and professional success as well as develop a lens for finding one that fits your mentorship needs.

11:15 a.m. – 12:15 p.m. Breakout Sessions*
Career Services Table
Location: Gore Lobby

Study Skills Blitz
Lysbet Murray, Office of Academic Enrichment
Location: Gore 104
Academic and Career Success Track
Need a tune-up? This quick overview of study skills techniques will be a great study warm-up for your upcoming classes: we’ll touch on time management, note-taking, reading & annotating textbooks, and test-taking.

Mind the Gap: Navigating Assumptions and Bias in a Whirlwind News Environment
Lauren Wallis and Maisha Duncan, Library
Location: Gore 208
Academic and Career Success Track
Evaluating news coverage today involves navigating clickbait, filter bubbles, and even reports of misinformation campaigns that sound like the plot of a spy movie. Being an informed, critical consumer of news is more challenging than it's ever been! In this hands-on session, we'll develop strategies for evaluating news coverage and identifying our own implicit biases that impact our interpretations. Participants will work with current news stories from a variety of sources and come away with strategies for staying informed about all sides of an issue.
A World of Opportunities: On-Campus Global Engagement
Meghan Gladle, Institute for Global Studies
Location: Gore 217

Student Involvement and Engagement Track
UD was the first in the U.S. to found study abroad and we continue to be innovators in the world of international education. This fast-paced workshop will introduce you to a myriad of opportunities for you to "go global" without leaving campus. Attendees will emerge with an understanding of why global is important, what they can do to be a part of UD's international scene, and how they can map out a plan for personal globalization! The world awaits!

Mindfulness to Stress Less
Annabel Feider, Residence Life & Housing
Location: Gore 103

Personal Development Track
Learn about how mindfulness can reduce your stress and help you be more present in your own life. We will learn about the science behind mindfulness and why it is so helpful to so many. You will also get to practice a few exercises that can be done anywhere.

Curb Your Comparison
Lyndsay Hepler, Residence Life and Housing, with Gillian Williams
Location: Gore 116

Personal Development Track
Find yourself stuck in a loop of comparing yourself to others? Curb Your Comparison! During this program, you will learn the root causes and outcomes of comparing ourselves to others as well as being able to distinguish between beneficial and harmful forms for comparison. You will engage in small discussions with peers to gain a deeper understanding of your experiences. By the end of this program, you will be able to list alternative approaches for comparing yourself to others when faced with challenging situations.

Exploring your Endless Opportunities at UD!
Stephen Lawrence, Residence Life and Housing, with Alyssa Drinkard
Location: Gore 205

Student Involvement and Engagement Track
Student involvement and engagement on campus are fundamental to contribute to success at UD! Join us to explore how your talents, passions, and strengths will lead you to variety of opportunities this semester! We will explore the many opportunities for students at UD and the motivation strategies you can utilize to reach your engagement goals!

12:30 p.m. - 1:45 p.m.  Spring into Success Luncheon
Complimentary Luncheon and Featured Speaker: Adam Cantley
Location: Trabant University Center Multi-Purpose Rooms
All participants are invited to join us for lunch with featured speaker Adam Cantley, Interim Dean of Students.

2:00 p.m. - 3:00 p.m.  Breakout Sessions*
Career Services Table
Location: Gore Lobby

Breaking Bad (Habits): Your Formula for Success
Margie Kiter Edwards, University Studies Program/FYE
Location: Gore 217

Academic and Career Success Track
It seems that everyone from child development specialists to health care providers to popular TV talk show hosts have suggestions about how to break bad habits. Standard psychological models of behavioral change emphasize the importance of getting individuals to feel personally committed to change by creating inner motivation and providing external incentives. Since willpower is actually a poor source of motivation, and most of our daily actions are highly routinized and unconsciously performed, this session will demonstrate how we can more readily enable people to break existing habits and form new ones through altering their environments.
Pat Summitt's Definite Dozen Keys to Success
Brittany Acosta, New Student Orientation
Location: Gore 103
Personal Development Track
Pat Summitt, head coach of the Tennessee Lady Vols, was a phenomenon in women's basketball. Her ferociously competitive teams won three NCAA championships in a row--1996, 1997, and 1998. She is also known for having a 100% graduation rate of her players during her 38 seasons as Head Coach of the Lady Vols. This session will cover Pat's 12 step formula for success and how you can apply those steps to be successful here at UD and beyond!

Daring Greatly, Rising Grittier
Christian Williams, New Student Orientation
Location: Gore 104
Personal Development Track
College is your training arena - the testing ground where you will prepare to go out into the world swinging! Together, we'll combine the work of researchers Brene Brown and Angela Duckworth to unpack the best and worst of what could happen when one chooses to 'dare greatly', and how to use 'grit' to stay in the arena when the going gets tough. Remember – we are the FIGHTIN' Blue Hens for a reason!

Who Am I? Understanding One's Identity for Personal Development
Richa Khanna and Steve Craig, Center for Counseling and Student Development
Location: Gore 116
Personal Development Track
College is a time for understanding yourself and others while navigating many different roles. This interactive presentation will help you understand various cultural influences that shape your development. This session will involve experiential activities including self-exploration and small group discussions. We will also provide valuable campus resources you could use to explore and help direct your personal, academic and social development on campus.

Fraternity and Sorority Life - A Community to Experience
Amne Harrington, University Student Centers
Location: Gore 205
Student Involvement and Engagement Track
Interested in learning more about fraternity and sorority life at the University of Delaware? The UD fraternity and sorority community is comprised of almost 5000 students and 45+ national chapters. The community emphasizes 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 from staff and students about the Delaware fraternity and sorority community, how to join a chapter, and the benefits of being a member.

How Service Can Lead to Success
Melissa Bader, Residence Life and Housing
Location: Gore 208
Student Involvement and Engagement Track
Have you ever done service? Do you wonder how service to your community can relate to your personal success? Come learn about strategies to create and sustain service partnerships with community members. We will also discuss ways questions you can ask yourself to ensure that you are finding the opportunities right for you and the community you plan to serve.
3:15 p.m. - 4:15 p.m. Breakout Sessions*

Career Services Table
Location: Gore Lobby

Breaking Bad (Habits): Your Formula for Success
Margie Kiter Edwards, University Studies Program/FYE
Location: Gore 217

Academic and Career Success Track
It seems that everyone from child development specialists to health care providers to popular TV talk show hosts have suggestions about how to break bad habits. Standard psychological models of behavioral change emphasize the importance of getting individuals to feel personally committed to change by creating inner motivation and providing external incentives. Since willpower is actually a poor source of motivation, and most of our daily actions are highly routinized and unconsciously performed, this session will demonstrate how we can more readily enable people to break existing habits and form new ones through altering their environments.

Finding Your Way to Career Success: Career Services Overview
Alyssa Lavin, Career Services Center
Location: Gore 208

Academic and Career Success Track
It's never too early to start your career planning process. Whether you're trying to decide on a future career, build an effective resume, or land a great internship, Career Services is here to help. In this session, one of our student representatives will walk you through the resources and services we have at your disposal to help launch you into the career you want after graduation. You'll also learn about the things you should be doing now to set yourself up for success!

Daring Greatly, Rising Grittier
Christian Williams, New Student Orientation
Location: Gore 104

Personal Development Track
College is your training arena - the testing ground where you will prepare to go out into the world swinging! Together, we'll combine the work of researchers Brene Brown and Angela Duckworth to unpack the best and worst of what could happen when one chooses to 'dare greatly', and how to use 'grit' to stay in the arena when the going gets tough. Remember – we are the FIGHTIN' Blue Hens for a reason!

Who Am I? Understanding One's Identity for Personal Development
Richa Khanna and Steve Craig, Center for Counseling and Student Development
Location: Gore 116

Personal Development Track
College is a time for understanding yourself and others while navigating many different roles. This interactive presentation will help you understand various cultural influences that shape your development. This session will involve experiential activities including self-exploration and small group discussions. We will also provide valuable campus resources you could use to explore and help direct your personal, academic and social development on campus.

Student Involvement Opportunities with the University Student Centers
Amne Harrington, University Student Centers
Location: Gore 205

Student Involvement and Engagement Track
The University Student Centers (USC) are more than just two locations on campus in which to eat, study, meet friends, relax, or have fun. The USC is comprised of many different areas of programs and activities that provide a variety of opportunities to become part of a greater community. Come learn about student organizations, fraternities and sororities, employment opportunities, the Blue Hen Leadership Program, student media, and a lot more!
Untying the Knot in Your Not Goals
Lyndsay Hepler, Residence Life and Housing with Emily Georgia

Location: Gore 103
Personal Development Track
During this session, you will learn about the most effective ways to set goals that you can actually achieve in the long run. We will discuss how you sabotage yourself by creating "not" goals and focusing on what you don't want to achieve rather than what you do want to achieve. Through this session, we will help you create goals that are truly achievable.

6:30 p.m. - 7:30 p.m.  UD Bookstore & Taste of UD Event
See the socials flyer in your conference packet for details.

8:00 p.m. – 9 p.m.  Recast, Rethink, Revue
Location: South Academy Residence Hall Main Lounge
Join us for this musical about gender and sexuality. This performance will consist of songs from musical theater productions that are “recast” and performed from a different perspective. First 10 students to attend receive a free Spring into Success t-shirt.

8:00 p.m. – 10 p.m.  Ice Skating & Social
Location: Fred Rust Ice Arena
Join fellow conference participants for a football-themed night of ice skating. Skate rentals are free for the first 50 conference participants to attend and $3 for everyone else! Snacks will be provided in celebration for the upcoming game. First 15 students to attend receive a free Spring into Success t-shirt.

8:00 p.m. – 11:45 p.m.  The Hen Zone
Location: Perkins Student Center (Lower Level)
Work collaboratively or challenge your new friends in a variety of games in the improved and expanded Hen Zone!

Sunday, February 4 - Friday, February 9
(For All Participants)

Spring into Success Reflection Assessment*
Reflection is an essential practice for learning. Participate in our Reflection Assessment to process the learning you experienced from the Spring into Success Conference and provide your feedback for future conferences! The link to this Assessment will be emailed to participants.