Helpful Campus Resources for CSUN Students: Understanding and Helping Students – Part II. Sponsored with Student Affairs

This workshop will focus on how to leverage your retirement income needs and provide ideas on how to efficiently manage your assets in retirement. One or two sessions available after workshop. Facilitated by Dana Mahanaw.

Fee Waiver
In this session we will learn about the CSUS/CSU Employee Fee Waiver Program which allows eligible staff and faculty to enroll in CSU courses at reduced rates for up to six units per semester. Facilitated by Sherri Bence – Benefit Counselor, Benefits, Benefits, Benefits, Benefits Office.

Nearing Retirement: How to Use Savings Plus to Prepare
As you approach retirement, Savings Plus can help you prepare for this next stage of your life. This workshop helps you understand how your retirement income needs will change and provide ideas on how to efficiently manage your assets in retirement. One or two sessions available after workshop. Facilitated by Dana Mahanaw.

CalPERS Seminar: Planning Your Future Retirement
Learn more about CalPERS retirement and the strategic choices you can make to maximize your retirement benefits. Employee must email the CalPERS retirement office at http://my.calpers.ca.gov.

CalPERS One on One Consultation
CalPERS is offering one on one consultations to assist you with planning your retirement. Employee must email the CalPERS retirement office at http://my.calpers.ca.gov.

Documentation
Learn how to effectively transcribe your verbal coaching, counseling or diplomatic conversations, creating proper documentation. We will cover the benefits and hurdles of email communication. Facilitated by Kristina de la Vega – Interim Associate Vice President, Human Resources.

VALIC – One on One
Through an interactive one on one session learn about retirement planning. To schedule an appointment with VALIC, contact Rachael Barraza at (832) 863-6309 or email at rachael.barraza@valic.com.

Understanding Exempt & Non Exempt Status – For MPP’s
Come learn about job classifications. Are they exempt or non-exempt status and how that impacts: rest/milive periods, overtime/comp time off, additional leave, and time/attendance tracking. Facilitated by Mike Wilson - Director, Recruiting Services & CAMPUSCompensation & Classification.

Sponsorship
Come and learn about Sponsorship, California's S29 College Savings Plan where earnings grow tax-deferred, and distributions for qualified higher education expenses are tax-free. Lunch will be provided. Facilitated by Yvette Haring.

Fidelity – One on One
Through an interactive one on one session learn about retirement planning. To schedule an appointment with Bill Nagert call (800) 755-2047.

CalPERS Seminar: Continuing CalPERS Member
This class is open for members in early to mid-career who want to learn more about CalPERS and its programs. Topics include retirement calculation, income sources, online resources, health benefits and more. Register at http://my.calpers.ca.gov.

TIAA-CREF – One on One
Through an interactive one on one session learn about retirement planning. To make an appointment with Michael Johns, please call (800) 732-8353.

MetLife – One on One
Through an interactive one on one session learn about retirement planning. To make an appointment with Chris Metzler, Contact Chris to schedule an appointment on these dates or at another time at (805) 371-4217.

Public Speaking Part II The Power of Persuasion – Sponsored with Faculty Development
Develop the techniques for how you see and sound comfortable speaking in public and want to take their skills and careers to the next level, this presentation will focus on persuasive communication. Learn how to assemble your ideas in a powerful, persuasive manner, tailored for maximum impact. Facilitated by Todd Parker - Faculty, Communications Studies.

Diamond University Leadership Series
Sports Center Vice President: Ericson: “How an “inside-out” approach helps us to present and achieve important private victories. We will also discuss the value of seeing challenges and recognizing emotions and how these game winning topics can be transferred to your workplace.” Facilitated by Greg Moise, Head Baseball Coach.

Coach’s Clinic
Come out and meet new former USA softball Olympic and Head Softball Coach, Taei Flowers. Get Coach Flowers’ view of practice plans, recruiting and what it takes to compete at the Division I level. Facilitated by Taei Flowers - Head Softball Coach.

Coordination of a Leave
In this training session you will learn when the leave process is triggered, the types of leave programs available, and the important role you play in the coordination process. Facilitated by Kari Dom – Leave of Absence & Workforce Coord Support Specialist & Leah Gold-Brubaker – Assocs Dr. Benefits Admin & Workers Comp.

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Choosing the Right Tech Tool: Snagit, Camtasia and myCSUNbox
Learn the similarities and differences between SnagIt and Camtasia and when it's best to use each tool. In this demo only class, you will also see what we use to produce content and store it in myCSUNbox. Facilitated by Cerri Mazzocchi - IT Training Lead.

Supporting Employees with Disabilities - Part II Guidelines for Effectively Engaging in the Interactive Process
This session is for MPP’s only and requires that you attended Part I. This workshop includes real-life scenarios from court and also how to respond to questions when corresponding to disability-related accommodation requests. Facilitated by Lauren Gold-Brubaker, Assocs Dr. Benefits Admin & Susan Hus, Dr. Equality & Diversity.

Mindfulness Series Part I
This two-part series is designed for the both informative and experiential participant, providing participants with a basic understanding of what is meant by “mindfulness” and how to incorporate it into their daily lives. Facilitated by Amy Boivincent, Counselor, University Counseling Services.

Weight Loss Trends (What Really Works?) and Incorporating Healthy Eating While on Campus
In this workshop we will help you identify the common diet pitfalls and guide you in making lasting lifestyle changes for healthy weight loss success along with ideas for making healthy food choices while on campus. Facilitated by Amy Boivincent, Counselor, University Counseling Services.

Women’s Health Lecture
A discussion of the top 5 health issues, including cervical and breast cancer, etc. Learn about myths, cues, and how to be a self-exam. Facilitated by a Facility Representative.
3.16 Diamond University Leadership Series
3.23 HR Conference Room
10 AM - 11 AM
VOYS
Communications Counts: Linking CSUN’s Reputation and Visibility
Facilitated by Dr. Susan L. McFaul, Senior Vice President for Marketing & Communications.

3.23 Diamond University Leadership Series
3.23 HR Conference Room
10 AM - 11 AM
VOYS
What Leaders Need To Know About Employment Law - For MPPs
Facilitated by Dr. Susan L. McFaul, Senior Vice President for Marketing & Communications.

3.23 The Path to Doubbling Research and the Impact on Students, Faculty, and Staff
3.23 HR Conference Room
10 AM - 12 PM
VOYS
We introduce the key ideas to double research activities and what we may look like once we are three times in impact on and outcomes for students, staff, and faculty. Facilitated by Crist Khachikian - Assistant VP, Research & Graduate Studies.

3.23 Becoming a Better Leader: Knowing Yourself And Your Followers Using True Colors - Sponsored with Faculty Development
3.23 HR Conference Room
10 AM - 12 PM
VOYS
This presentation, based on the book True Colors, a color profiling system helps leaders understand themselves and their team members. Discover how to effectively leverage talents, delegate, improve communication, and prevent conflict. Facilitated by Bridget Serenson - Faculty, Communication Studies.

4.01 The Benefits of Asian Medicine
4.01 HR Conference Room
10 AM - 11 AM
VOYS
The presentation will be focus on the symptoms and treatments for pre-menopause and menopause. The Benefits of Asian Medicine will follow to explain the survival mind-set necessary and realistic strategies for coping. An explanation of what to expect as we discuss ways to improve our concentration (lock), separation (block) and communication (talk) in the big game and every day. Facilitated by Greg Moore - Head Baseball Coach.

4.02 VOYA Retirement Life & Annuity: One on One
4.02 HR Conference Room, UN 105
10 AM - 11 AM
Dawn Ellerbe, Assoc. Athletics Dir & Linda Reid-Chassiakos Dir. Klotz SHC.

4.02 Mindfulness Series Part II
4.02 HR Conference Room
10 AM - 11 AM
VOYS
This two-part series is designed to be both informative and experiential, providing participants with a basic understanding of what is termed “mindfulness” and how to incorporate it into their daily lives. Facilitated by Amy Rosenblit - Counselor, University Counseling Services.

4.02 Coping with Stress – Exercise
4.02 HR Conference Room
10 AM - 11 AM
VOYS
Learn how stress and exercise affect the amount of stress levels in your body handles. Different exercise tips for home, outdoors, rest, or at work. Facilitated by a Facemy Rep Program.

4.02 Mindfulness Series Part II
4.02 HR Conference Room
10 AM - 11 AM
VOYS
We will discuss the factors that are, and are not used in determining the appropriate classification, the types of reviews needed, the classification process, potential reclassification implications, and appeal and appeal processes. Facilitated by Mike Williamson - Director, Recruitment, Staff & Comp and Lynn Morris - Mgr - Classification & Compensation.

4.02 Workshop Violence Part II
4.02 HR Conference Room
10 AM - 11 AM
VOYS
Part 2 of the workshop will deal with the worst case scenarios on campus. A dynamic video will be shown and a discussion will take place where the survival mind-set necessary and realistic strategies for coping. An explanation of what to expect will follow to explain the survival mind-set necessary and realistic strategies for coping.

4.03 Parents and Caretakers: Navigating Through the Procurement Trail
4.03 HR Conference Room
10 AM - 11 AM
VOYS
This workshop is designed to provide an overview of the bidding process and enhance the participant’s knowledge of navigating through the procurement trail. Facilitated by Deborah A. Flugum - Manager, Purchasing.

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