All UREC Staff Training
August 16, 2018

12:00 - 1:30

**Behind Happy Faces - All Rooms**
Presented by: UREC Professional Staff
This session will cover mental health information for college students. The goal of the curriculum is to give students the tools they need to address mental health effectively, by providing a more complete education of mental health, understanding of brain development, teaching participants about coping mechanisms, and showing the important steps to help a friend in crisis.

As a result of this presentation, attendees will be able to:
1. Define what mental health is and recognize what barriers prevent us from seeking help.
2. Outline different categories of mental health challenges and identify how to have a balanced life.
3. Determine more effective coping strategies for themselves and friends.
4. Illustrate how to help a friend struggling with mental health challenges.

1:35 - 2:30

**Disability 101 - All Rooms**
Presented by: EDI Committee Members
Representatives from the Equity, Diversity, & Inclusion Committee will define and discuss the various disabilities that our patrons may face. The training will provide ways we can better serve those individuals with disabilities and what resources are available at UREC and on the WSU campus.

As a result of this presentation, attendees will be able to:
1. Identify populations we may work with at UREC.
2. Describe basic meaning of different types of disabilities.
3. Analyze barriers faced by people with disabilities.
4. Outline what resources we have at UREC and on Campus.
2:35 - 3:20
Front Country Leave No Trace - Chinook 25
Presented by: Matt Wagner
Learn the steps UREC is taking, as well as steps that you can take to reduce your environmental impact in the WSU community.

As a result of this presentation, attendees will be able to:
1. Outline the mission of Leave No Trace and the importance of environmental stewardship.
2. Interpret how Leave No Trace applies to frontcountry (on-campus) settings.
3. Identify regional outdoor recreation areas.
4. Identify ways people can reduce their environmental impact.

Say Whaaat?! Giving & Receiving Feedback Professionally- Chinook 30
Presented by: Jonathan Stahl
In this interactive workshop, learn how to give and receive feedback like a champion. Pick up pro tips to help you evaluate feedback and learn how to tell the difference between constructive feedback and corrective action required by an employer.

As a result of this presentation, attendees will be able to:
1. Use the STOP method of giving feedback.
2. Recall effective techniques for receiving feedback professionally.
3. Evaluate feedback.
4. Distinguish between constructive feedback and corrective action required by an employer.

Why Skill, Not Passion, Will Lead To Happiness - Chinook 20
Presented by: Nick Prante
You have probably heard “follow your passion and you will never work a day in your life.” This session will examine why the passion philosophy can be bad for your future happiness and will introduce concepts that have been proven to lead others in being happy in their careers.

As a result of this presentation, attendees will be able to:
1. Summarize the importance of skill vs. passion.
2. Define the importance of control in your work.
3. Identify one skill they can deliberately practice at their position at UREC.
**UREC We Serve - Chinook 22**  
Presented by: David Grassi & Shannon Posey  
This session is meant to inform participants about servant leadership and how meeting others’ needs can make them a more effective employee and leader. Participants will learn that as a servant leader, you focus on the needs of others, especially team members, before you consider your own. Participants will learn about other people’s perspectives and how to give them the support they need to meet their work and personal goals, involve them in decisions where appropriate, and build a sense of community within your team. This leads to higher engagement, more trust, and stronger relationships with team members to help meet UREC goals.

As a result of this presentation, attendees will be able to:
1. Define servant leadership and how it applies to your role at UREC.
2. Identify ten important characteristics of servant leaders.
3. Explain how you can meet the needs of others to become a more effective leader.

**Adaptive Recreation Opportunities @ UREC - Chinook 150**  
Presented by: Donald Schmit, DJ Mackie, Jared Lindorfer, & Joanne Greene  
This session will cover the variety of adaptive recreation program opportunities UREC offers including outdoor programs, intramural sports, fitness and education programs, and aquatics. Come learn about what we currently offer, what we are working on for the future of UREC, and try out some of the equipment available for patrons.

As a result of this presentation, attendees will be able to:
1. Define what adaptive experiences, equipment, sports, and recreation are.
2. Recognize what UREC is currently offering for adaptive recreation programming.
3. Identify what adaptive equipment is available for patrons to use on trips or in UREC facilities.
**3:25 - 4:05**

**Why We Play - Chinook 25**

Presented by: Arturo Gavilanes

Why we play is aimed at tackling the concept of Social Recreation. UREC offers many obvious forms of recreation and a major element to recreation at our facility is the social aspect. In this workshop we look at why it’s important to get out and go play, and the positive effects of doing so socially.

As a result of this presentation, attendees will be able to:

1. Recognize the importance of social networks and its effect on social capital.
2. Identify programing offered by UREC that meets peoples need for socialization.
3. Identify information that can be shared with patrons regarding why one should play and engage in social recreation.

**Fantasy & Physiology: The Untold Story of Exercise & Neurogenesis - Chinook 30**

Presented by: Ramon Sodano & Matt Atwell

Join Matt Atwell and Ramon Sodano for a discussion on fantasy and physiology. Utilizing concepts from the hit series Game of Thrones and the worlds most popular game, Dungeons and Dragons you will learn how exercise aids in memory retention and academic performance. Come prepared to nerd out and move around!

As a result of this presentation, attendees will be able to:

1. Identify how exercise aids in memory retention.
2. Explain how exercise benefits academic performance.
3. Offer a resource to patrons concerning a more in depth on the benefits of exercise on memory retention & academic performance.
**Healthy Eating on a Budget - Chinook 22**

Presented by: Joanne Greene

Our diets impact our energy level, academic success, athletic performance and bank account balance. Learn diet strategies to feel better and get more stuff done while maximizing your food budget!

As a result of this presentation, attendees will be able to:
1. Identify components of a healthy diet.
2. Describe strategies to reduce food bills.
3. Plan a menu for 2 days within a budget.

**Decision Making - Chinook 20**

Presented by: Alexis Charles

Decision making is not always as easy as you think. As a UREC employee you are responsible for a variety of different things such as interacting with patrons to enforcing policies and procedures. This presentation will provide you with 7 steps to enhance your decision-making skills.

As a result of this presentation, attendees will be able to:
1. Define decision making.
2. Recognize and identify the 7 steps to effective decision making.
3. Apply their decision making skills to work related scenarios.

**Crucial Conversations: Tools for Communicating On & Off the Job - Chinook 150**

Presented by: Melanie Rossetti & DJ Mackie

When you are faced with a difficult conversation, do you choose kindness or honesty? When you are in disagreement about something, do you fight to be right, or do you move to silence? In this session we will explore why you don’t have to choose between being nice and being honest and provide tools for managing crucial conversations that can be applied on and off the job.

As a result of this presentation, attendees will be able to:
1. Define what crucial conversations are and how we generally respond to them.
2. Recognize their own communication style under stress.
3. Develop tools to use in future crucial conversations.