

SPRING 2016

Programming At A Glance

Schedule subject to change. For a current list and description of classes, visit our website at www.FresnoState.edu/learning



JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7 Data Warehouse	8 Red Friday Data Warehouse
11	12 Data Warehouse OUCampus Training	13 Data Warehouse	14 Spring Faculty/Staff Assembly Data Warehouse	15 Understanding & Taking Control of Change Bold Ideas Challenge Opens
18 Martin Luther King Jr. Holiday	19 Semester Begins	20 Seconds 2 Survive	21	22 Must Have Apps This Semester Thrive Celebratory Luncheon
25 OUCampus Training	26 Social Media Round Table	27 Microsoft Project	28 Planning A Successful Event With Catering Mentor Luncheon	29

NAVIGATING FRESNO STATE

ENHANCING YOUR TECHNICAL SKILLS*

DEVELOPING A HEALTHY U

LEADERSHIP SKILLS FOR MANAGERS & DEPARTMENT CHAIRS

ADMINISTRATIVE ACADEMY (Limited to program participants)

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Microsoft Excel Parliamentary Procedure CAIFE Alumni Breakfast	3 Seconds 2 Survive Navigating Change	4 Campus Event Planning Part I	5 Red Friday Last day to submit Bold Ideas
8 Visio	9 Speak Up For Fresno State	10 Saving & Investing Leveraging Incubators & Innovation for Interdisciplinary Thinking	11 Mindfulness DISC Assessment Review (Optional) Data Warehouse	12 Winning With A Healthy Lifestyle OUCampus Training
15 Presidents Day	16	17 Parking Ins & Outs	18 Advanced Powerpoint	19 Winning With A Healthy Lifestyle Managing Conflict
22	23 Intro to Prezi The Strategic Alumni Relations Enterprise	24 Daring Greatly in Leadership OUCampus Training	25 Customer Service Conflict of Interest	26 Winning With A Healthy Lifestyle Women's Campus Connection

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 25Live	2 Tips & Tricks for Apple Devices Data Warehouse	3 Seconds 2 Survive	4 Red Friday Winning With A Healthy Lifestyle
7	8 Planning An Accessible Event OUCampus Training	9 5 Wishes	10 Tips & Tricks for Android Devices Conflict of Interest Mentor Luncheon	11 Winning With A Healthy Lifestyle
14	15 Social Media Round Table	16 Speaking The MAGIC: Powerful Relationships & Compelling Storytelling Mindfulness	17 Gender 101	18 Microsoft Excel Winning With A Healthy Lifestyle
21	22	23 FERPA OUCampus Training Spring Break	24 Enhancing Customer Service	25
28	29 Easy Weekday Meal Prep	30 Microsoft Project	31 Cesar Chavez Day	

FACULTY/STAFF MENTOR PROGRAM

LUNCH & LEARN (Drinks & Dessert provided)

CAMPUS EVENTS

CAMPUS HOLIDAY

*Additional Tech Workshops available weekly at the DISCOVERe hub. See online calendar for more details.

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 Social Media Round Table	6 Mindfulness Data Warehouse The Off-Campus Student	7 Emotional Wellness for Life OUCampus Training	8 Red Friday Winning With A Healthy Lifestyle
11	12 Visio	13 Campus Event Planning Part II Seconds 2 Survive	14 Saving & Investing	15 Vintage Days Pancake Breakfast President's Showcase of Excellence Winning With A Healthy Lifestyle Women's Campus Connection
18 Advanced Powerpoint	19 Customer Service Gender Violence Prevention Building Bridges: Tackling Fears	20 OUCampus Training	21 Intro to Prezi	22 Time Isn't The Problem, You Are Time Isn't The Problem, You Are Time Isn't The Problem, You Are
25 Intersectionality: Where You & I Meet Part II	26 Intersectionality: Where You & I Meet Part II Tips & Tricks for Android Devices	27	28	29 Winning With A Healthy Lifestyle

MAY

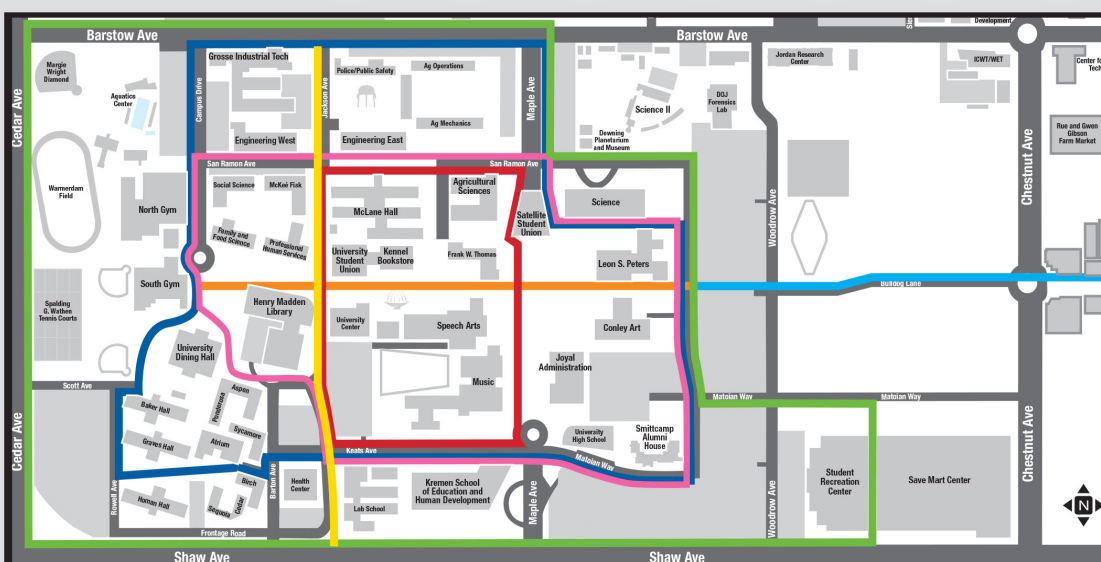
Monday	Tuesday	Wednesday	Thursday	Friday
2 Mentor Luncheon	3 Tips & Tricks for Apple Devices OUCampus Training	4 Seconds 2 Survive	5	6 Red Friday Rising Strong 8am-5pm Winning With A Healthy Lifestyle
16 OUCampus Training				

JUNE

Wednesday
1 STAR Day

BULLDOG Trails

- 2.6 Miles
- 1.5 Miles
- 0.5 Miles
- 0.4 Miles
- 2.0 Miles
- 1.0 Miles
- 0.6 Miles



FITNESS Activities

- YOGA**
A mind-body practice that combines stretching exercises, controlled breathing, and relaxation techniques.
 Location: ED140
 Time: 12:15 - 1:00 pm
 Tuesdays & Thursdays (weekly)
- TAI CHI**
A graceful form of exercise, Tai Chi helps reduce stress and anxiety and increases flexibility and balance.
 Location: USU314
 Time: 12:15 - 1:00 pm
 Tuesdays & Thursdays (weekly)
- OPEN GYM**
Open Gym allows employees to work out freely while a fitness professional provides instruction, motivation, and guidance in setting fitness goals and providing feedback.
 Location: NG201
 Time: 12:00 - 1:00 pm
 Mondays (weekly)
- BODY BURN**
Incorporates full body movements, flexibility, core strength, and muscular endurance.
 Location: NG200
 Time: 12:15 - 12:45 pm
 Tuesdays & Thursdays (weekly)
- BULLDOG TRAILS**
Walk these new campus trails throughout the semester. The color of the paw print denotes the trail walked that day.
 Location: Fresno State Fountain
 Time: 12:15 - 1:00 pm
 Wednesdays (see calendar)