Session 1 Options

Back to School
What is it like to return to school? Do you have a high school diploma or a GED equivalent? Have you completed a two-year, four-year, or an advanced degree? If you have an interest in continuing your education and/or obtaining a bachelor’s, master’s or doctoral degree, this is the session for you. This session will include information about employee eligibility, enrolling as a student, and using the Tuition Assistance Program (TAP). Come to this session ready to learn, engage, and lead your educational future.
Topics include: Admissions into UWG, TAP Approval Process, Registration Assistance, Academic Advising, Financial Aid

Connecting “U” to UWG – Becoming a UWG All Star
How do “U” fit into making UWG the best comprehensive university in America – sought after as the best place to work, learn, and succeed? We are great as an institution and will only get better as “U” continue to make your professional mark in our ever-advancing academic and collegiate environment. Every person counts! Being great and significant in all that you do is where it starts. Come to this session ready to learn, engage, and be the best “U” that UWG needs.
Topics include:
• How does what “U” do connect to UWG and student success?
• Knowing how “U” fit and aligning your vision to UWG’s mission and vision
• Be There: Bringing your best to work every day
• Leading by example

Session 2 Options

Diversity Awareness and You
Learn to examine the diversity that exists in groups with whom you engage. This session will explore differences and similarities among people and discuss the way groups can learn to connect better by finding commonalities with each other. Come ready to discover, engage, respect, and embrace the uniqueness of our differences.
Topics include:
Diversity Wheel- 8 Types of Diversity
  Cultural Diversity
  Age
  Gender
  Race/Ethnicity
  Disability
  Religion
  Sexual Orientation
  Social Economic Status

Work/Life Balance
Did you know that most stress is not caused by a person or a thing, but by a perspective of the person or thing? Work/life balance is important when combatting stress to ensure both individual and company success. This session will focus on the benefits of work/life balance, how to recognize an unbalanced life, techniques for improving time and stress management, and methods for keeping a balanced life. Come to this session ready to learn, engage, and relax in all of life’s happenings.