



UPDATE

Official Publication of The University Association for Administrative Development

Volume 27, Issue 6

February 2013

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<http://uaad.unl.edu>

UAAD Founder's Day Celebration

Wednesday, February 20

11:45 am -1:00 pm

East Campus Union

You are invited to celebrate Founder's Day

Keynote Speaker:

Ellen Weissinger, Senior Vice Chancellor for Academic Affairs

Award Presentations:

Carl A. Donaldson Award for Excellence in Management
Floyd S. Oldt Award for Exceptional Service to the University

A buffet lunch will be served featuring: barbecue beef on kaiser roll, sweet corn, flame roasted apples, potato salad, coleslaw, and dessert. The cost is \$12.50.

Registration is required and payment can be made at the door
Please register by Wednesday, February 13th, online at: <http://uaad.unl.edu>

UAAD is now on Facebook!

If you're a Facebook user give us a LIKE, look around the page, and feel free to write on the wall! Not a Facebook user? Don't worry - none of our communication channels are being eliminated. Announcements and reminders will continue to be available via the newsletter, the UAAD web site, Today@UNL, IANR News, or in your email. Communication methods aside, the true value of your membership lies in networking and



participation and we hope to see you often!

General membership meetings are held September through May on the 3rd Wednesday of the month from 11:45 am to 1:00 pm with speakers scheduled at each meeting.

We offer Professional Development Workshops each year in the fall and in the spring.

See page 2 for information about our April Workshop presented by Dr. JoAnne Owens-Nausler.

It is the policy of the University of Nebraska-Lincoln not to discriminate based upon age, race, ethnicity, color, national origin, gender, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion or political affiliation.

President's Message . . .

"People Resources – Mentoring"

We all need people who will help us look at situations from a different perspective. Who are those people in your life? UAAD has resurrected the Mentor program and has 20 active mentor/mentees in the first round of pairings. A new survey is about to be launched to continue to match people who are interested in being mentors or mentees. This is a great opportunity for you to "up your game" by looking at things from a different perspective. You can do this by sharing your experience with someone else while enhancing their personal and/or professional growth, or connecting with someone who will help you move forward with your development.

There are books, webinars, conferences, articles, etc. on mentoring. The book "Monday Morning Mentoring: Ten Lessons to Guide You Up the Ladder" by David Cottrell is one of those resources that is an easy read and is presented in story form. Chapter headings include: Getting Past Splat; Keep the Main Thing the Main Thing; Escape from Management Land; Tough Learning; The "Do Right" Rule; Hire Tough; Exits and Entrances; Do Less or Work Faster; Buckets and Dippers; and The Gift of Your Legacy.

If the chapter titles spark your interest

let me share a quote or two and see if you can relate.

"Until I accept total responsibility – no matter what – I will not be able to put plans in place to accomplish my goals."

"My success is the result of making better choices and recovering quickly from a poor choice."

"I have to build a relationship with my boss with the same intensity I maintain in leading my team."

"My team needs me to hire good people, coach everyone, and de-hire the people who are not carrying their share of the load."

"My job is not to lower the bottom by adjusting and accommodating the falling stars. I should be raising the top by recognizing and rewarding superstar behavior."

"I need to pay attention to what is important to my team members and reward them appropriately."

In this time of the year of New Year's Resolutions, make being a part of the UAAD Mentor Program one of your resolutions. Keep in mind that "when it comes to leading people, there is no problem that is unique to you." Develop your mentor/mentee relationship with mutual benefit in mind!

Vicki Highstreet
UAAD President

"Dr. Jo" Visits UNL in April

April 17

Looking Ahead and Reaching Back: Lessons for Fun Living: This session will focus on the inter-generational lessons we can learn if we "take it all in!" Come prepared to laugh, learn, and share.

April 18

"Secure Your Own Mask, FIRST!" Each time you fly, the flight attendant reminds you to "secure your own mask before you try to help others." This workshop is filled with strategies to manage your own health.

JoAnne Owens-Nauslar, Ed.D; FASHA, FNAS, LBWA

AKA "Dr. Jo" <http://geomotiongroup.com/bios/dr-joanne-owens-nauslar>



Schedule

At-A-Glance

Monthly Meetings
Every 3rd Wednesday

February 20

Founder's Day

Oldt & Donaldson Awards

Speaker: Dr. Ellen Weissinger
East Campus Union

March 20

Stand Up For Nebraska!

Speaker: Diane Mendenhall

April 17

**Looking Ahead & Reaching Back:
Lessons For Fun Living**
Dr. JoAnne Owens-Nausler

May 15

Year-end Picnic
Stay Tuned For Details

Spring

Professional Development

April 18, 2013

**Secure Your Own Mask First:
Managing Your Own Health**
Dr. JoAnne Owens-Nausler

UAAD Community Outreach



The Big Event

The Big Event, a national organization started at Texas A&M in 1982, aims to give back to local communities through one large day of service. At the University of Nebraska-Lincoln more than 3,000 students, faculty, and staff are expected to volunteer and give thanks to Lincoln this spring as part of The Big Event. The organization is entirely student-run and funded by donations from the community.

When: Saturday, April 13, 2013, 7:30 am – 2:00 pm

To Register: Visit <http://bigevent.unl.edu/be-volunteer>

To volunteer as part of Team UAAD, select University Association for Administrative Development (UAAD) on the "Organization" dropdown.

More information: Visit <http://bigevent.unl.edu/> or contact Kate Engel (kengel3@unl.edu)

This Month's Focus: Environmental Wellness



*"The recognition of
interdependence
with nature."*

<http://wellness.unl.edu/>

Are you engaged in the process of Environmental Wellness? Evaluate your own environmental wellness with this brief quiz.

- Do I recycle?
- If I see a safety hazard, do I take the steps to fix the problem?
- Do I volunteer time to worthy causes?
- Am I aware of my surroundings at all times?

Environmental wellness involves a number of different aspects:

- Being aware of the earth's natural resources and their respective limits
- Living a life accountable to environmental needs, both in the present and in the long-term
- Realizing the effects of our daily habits on the world around us

An environmentally well person will also recognize the need to keep a healthy personal environment by:

- Keeping the company of healthy people
- An enjoyment of available recreational opportunities
- Engaging in environmentally responsible activities
- Maximizing personal harmony with the earth, while minimizing harm to it



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