8:30 – 9:15  Registration

9:15 – 9:30  Welcome
   Jake Smith, Secretary of the Academic Staff
   Brady Minter, President, Madison Academic Staff Network (MASN)

9:30 – 10:20 Keynote Address: “Collective Care: The Future of Well-Being for Our Campus Community”
   Sarah Nolan, Director of Mental Health Services, University Health Services

10:35 – 11:30 Breakout Session 1

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<td>Agriculture, 3&lt;sup&gt;rd&lt;/sup&gt; Floor</td>
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<td>Kathi Kilgore, ASPRO Executive Director/Lobbyist</td>
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<td>Maximize Your Benefits: 3 Easy Steps to Build a Better Future!</td>
<td>Industry, 3&lt;sup&gt;rd&lt;/sup&gt; Floor</td>
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<td>Thomasin Propson, Benefits Specialist, Office of Human Resources</td>
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<td>The Future for Flood Impacts for Wisconsin</td>
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<td>Dr. Shane Hubbard, Research Scientist</td>
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<td>Space Science and Engineering Center, UW-Madison</td>
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<td>Using Your Performance Evaluation to Develop Your Career</td>
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<tr>
<td>April McHugh, Director of Career Counseling Program for Employees</td>
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<td>11:40 – 12:35</td>
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<td><strong>Discussing to Learn, Learning to Discuss:</strong></td>
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<td><em>An Interactive Approach to Deeper Learning</em></td>
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<td><strong>Title and Total Compensation Project Update</strong></td>
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<td><em>Karen Massetti-Moran, Total Rewards Director, Office of Human Resources</em></td>
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<td><strong>Work Day Stress Relief - Move-Breathe-Pause</strong></td>
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<td><em>Sara A. Arscott, Education and Outreach Program Manager - Integrative Health</em></td>
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<td>12:35</td>
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ASPRO Advocacy Update
Kathi Kilgore, ASPRO Executive Director/Lobbyist

Hear a legislative update from ASPRO’s Lobbyist as the state legislature wraps up its work for the year. Learn about the advocacy arm of the Academic Staff and how you can work with ASPRO to advance academic staff issues with legislators, the Governor and the UW Administration.

Maximize Your Benefits: 3 Easy Steps to Build a Better Future!
Thomasin Propson, Benefits Specialist, Office of Human Resources

In just a few easy steps you can begin to save for retirement, apply for benefits you need but may have previously waived, and protect your loves ones’ futures. Join us to discuss the UW’s supplemental retirement plans and HSA, qualifying life events and evidence of insurability, and beneficiary designations.

The Future for Flood Impacts for Wisconsin
Dr. Shane Hubbard, Research Scientist
Space Science and Engineering Center, UW-Madison

Recent history shows wetter conditions for most of Wisconsin; as a result, many communities have been more frequently dealing with the impacts of flooding. Many climate projections show that Wisconsin’s future includes more rainfall, translating into the potential for more flooding. The potential implications for additional flooding involve additional damages, impacts, and costs to the State of Wisconsin and communities across the State.

Using Your Performance Evaluation to Develop Your Career
April McHugh, Director of Career Counseling Program for Employees

This session will focus on how to use your performance evaluation to guide your career. We will talk about career development and management, stretch goals, how to have these conversations with your supervisor, and advocating for yourself and your work.
**Discussing to Learn, Learning to Discuss:**
**An Interactive Approach to Deeper Learning**

*Mariana Castro, Curriculum Designer & Instructor for the Discussion Project*

*Lynn Glueck, Program Director for the Discussion Project*

The Discussion Project at the University of Wisconsin-Madison’s Wisconsin Center for Education Research teaches instructors how to design and implement high quality discussion in their university classrooms. The presenters will explain the features of the course, why and how they created it, and research that has informed the process. Participants will learn through interactive activities why students must “learn to discuss” - learn the skills of discussion - and “discuss to learn” - engage in discussion in order to learn key concepts and grapple with important issues.

**Overcoming the Imposter Syndrome and Learning Self-Advocacy**

*Binu Palta Hill, Chief Diversity, Equity, and Inclusion Officer*

*Wisconsin School of Business*

In this session, we will discuss why we experience self-doubt in our expertise and competence at work. We will also discuss strategies to overcome the imposter syndrome and learn ways to advocate for one-self beyond an annual ask for a raise.

**Title and Total Compensation Project Update**

*Karen Massetti-Moran, Total Rewards Director, Office of Human Resources*

This session will cover an update on the TTC project and topics including promotion and progression. We will also provide an update on the long term strategy.

**Work Day Stress Relief - Move-Breathe-Pause**

*Sara A. Arscott, Education and Outreach Program Manager - Integrative Health School of Medicine and Public Health*

Please join Sara for a participatory session focused on relieving physical and mental stress during the typical workday. We will move gently, stretch, breathe, and take a moment to pause reflectively. Handouts will be available so you can take these activities with you into your work life.
Special Thanks

Organizing Committee

Tim Dalby
Stephanie Elkins
Lesley Fisher
Danielle Hairston-Green

Brady Minter
Mallory Musolf
Jake Smith

Conference Assistance

Heather Daniels
Lesley Fisher
Ash Rieth

Jake Smith
Tammy Starr
Lindsey Stoddard Cameron

Speakers

Sara A. Arscott
Mariana Castro
Lynn Glueck
Shane Hubbard
Kathi Kilgore

Karen Massetti-Moran
April McHugh
Sarah Nolan
Binnu Palta Hill
Thomasin Propson

Sponsors

Academic Staff Governance
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