Personal Foundations Resources

“The Personal Foundations competency area involved the knowledge, skills, and attitudes, to maintain emotional, physical, social, environmental, relational, spiritual, and intellectual wellness; be self-directed and self-reflective; maintain excellence and integrity in work; be comfortable with ambiguity; be aware of one’s own areas of strength and growth; have a passion for work; and remain curious.” (ACPA/NASPA, Professional Competency Areas for Student Affairs Practitioners, 2010, p.24)

USD Professional Development Resources:


Human Resources: Supervisor Essentials Program. More info at: http://www.sandiego.edu/hr/professional_development/leadership_academy.php

Human Resources. Course Descriptions. More info at: http://www.sandiego.edu/hr/professional_development/course_catalog_and_descriptions.php

Center for Educational Excellence at http://www.sandiego.edu/cee/

Professional/Personal Life Balance:

Employee Bingo. Every 2nd Wednesday of month at Noon in Salomon Hall (Maher 240). Sponsored by Human Resources.

USD Torero Athletic Events with Free Admission. More info at: http://usdtoreros.cstv.com/

USD Wellness:

Employee Assistance Program (EAP). More info available with Human Resources or visit www.horizoncarelink.com with Login ID: USD and Password: eap

CHR Free Yoga for Employees. Every 2 weeks on Friday in Mission Fitness Center 108 from Noon – 12:55 p.m. Sponsored by Human Resources.

Fitness and Wellness Activities. Sponsored by Campus Recreation. More info at: http://www.sandiego.edu/campusrecreation/fitness_wellness/

Faculty/Staff Bible Study Group w/ Fr. Gary Rye. Tuesdays from 12-1 p.m. in Founders Lounge. Sponsored by University Ministry.

Faculty/Staff Twilight Retreat. October 20, 5-7 p.m. More info at: http://www.sandiego.edu/um/faith_formation/faculty_staff_programs.php

Faculty/Staff Prayer Breakfast. Sponsored by University Ministry. More info at: http://www.sandiego.edu/um/faith_formation/faculty_staff_programs.php

Student Affairs Professional Organizations:

Campus Activities (NACA): http://www.naca.org/
Campus Unions (ACUI): http://www.acui.org/
Disability (AHEAD): http://www.ahead.org/
Educators (ACPA and NASPA): http://www2.myacpa.org/
   http://www.naspa.org/
Health/Counseling (ACHA and ACA): http://www.acha.org/
   http://www.counseling.org/
Housing (NACURH and ACUHO-I): http://www.nacurh.org/
   http://www.acuho-i.org/
Greek Life (AFA): http://wwwafa1976.org/
Legal (CLHE): http://www.clhe.org/clhe/
Orientation (NODA): http://noda.orgsync.com/
Professional (CAS): http://www.cas.edu/
Student Conduct (ASCA): http://www.theasca.org/
University Women (AAUW): http://www.aauw.org/

Student Affairs Conferences:

Western Regional Careers in Student Affairs Day October 26th at Cal Poly Pomona

NASPA Western Regional Conference November 7-10th: https://naspa2012.csupomona.edu/wp/

ACPA 2013 Annual Conference March 4-7th: http://convention.myacpa.org/vegas2013/

NASPA 2013 Annual Conference March 16-20th: http://www.naspa.org/conf/default.cfm

Student Affairs Online:

The Student Affairs Collaborative. Online resource at http://thesabloggers.org/

Inside Higher Ed. Online resource at http://www.insidehighered.com/


About Campus. Online at http://www2.myacpa.org/publications/about-campus

Net Results: Critical issues for student affairs practitioners. Online at http://www.naspa.org/pubs/mags/nr/ (NASPA membership required)

StudentAffairs.com: Online at http://www.studentaffairs.com/

Student Affairs Journals:

Journal of Student Affairs Research and Practice: http://journals.naspa.org/jsarp/

NASPA Journal About Women in Higher Education: http://journals.naspa.org/njawhe/

Journal of College and Character: http://journals.naspa.org/jcc/

Journal of College Student Development: http://www2.myacpa.org/publications/jcsd