

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: *Foundations of Leadership Program*. More info at:
http://www.sandiego.edu/hr/professional_development/leadership_academy.php

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://www.afa1976.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/>
The Chronicle of Higher Education. Online resource at <http://chronicle.com/>
Leadership Exchange. Online at <http://www.naspa.org/pubs/mags/lex.cfm> (NASPA membership required)
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>