

'A Winter Sun-derland'

December 2nd - 17th

12 Days of Learning Schedule

DECEMBER 2

View '[Making Big Goals Achievable](#)' via LinkedIn Learning

DECEMBER 3

Attend '[The Ins and Outs of Parking at CSUSB](#)', (10am-11am, Zoom)

DECEMBER 4

View '[Financial Wellness: Managing Personal Cash Flow](#)' via LinkedIn Learning

DECEMBER 5

Attend [SDC/SEC Lotería](#) (10:30am-11:30am, SEC Room 107)

DECEMBER 6

View '[Sustainable Development & Wellbeing](#)' via LinkedIn Learning

DECEMBER 9

View '[Reduce Tension with Breathwork](#)' via LinkedIn Learning

DECEMBER 10

Participate in the "[What & Who is in your Office?](#)" - Scavenger Hunt

DECEMBER 11

View '[Strategies for Being Happy at Work](#)' via LinkedIn Learning

DECEMBER 12

View '[Combating Burnout with Mindfulness](#)' via LinkedIn Learning

DECEMBER 13

Attend [Chai, Crafts, & Colleagues](#) (10:30am-11:30am, SEC Room 107)

DECEMBER 16

View '[Building Optimism for Performance & Wellbeing](#)' via LinkedIn Learning

DECEMBER 17

Attend [Mindful Coloring](#) (10am-2pm, SEC Room 107)

For more information about 12 Days of Learning,
please contact the SDC (x73125 or staffdevelopmentcenter@csusb.edu)
or visit <https://www.csusb.edu/staff-development-center/learn/programs/12-days-learning>.