

KEEP INDIVIDUALLY NOTICING DEDICATION



Calendar of Kindness

THE DIVISION OF
 Student Affairs

Fall 2021

**STAY
HUMBLE
AND
KIND. ♡**

**make
kindness
the norm.**

OCTOBER 2021

HUMILITY



PRIDE IS CONCERNED WITH WHO IS RIGHT. HUMILITY IS CONCERNED WITH WHAT IS RIGHT. —EZRA TAFT BENSON

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	INTERNATIONAL COFFEE DAY 1	WORLD SMILE DAY 2																																																																																																		
CARD MAKING DAY 3 Make a card for your best friend and send it to them.	TACO DAY 4 Week 2 Listen to what others are saying and respond with kindness.	5 Bringing Out the Best in Others webinar (English language) 10-11 a.m.	6 Bringing Out the Best in Others webinar (Spanish language) 10-11 a.m.	7 Be open to hearing the other side of an argument.	8 Sept Employee of the Month nomination deadline Donate items you no longer need to a local charity.	9 CURIOUS EVENTS DAY Listen to advice from those trying to help you.																																																																																																		
10 Watch a TEDx talk on humility.	11 Week 3 Staff Appreciation Week Admit mistakes and apologize when appropriate.	12 When an opportunity presents itself, help in a way only you can.	13 Keep an open mind about new ideas and experiences.	14 Be vulnerable with others and be empathetic.	15 Be aware of when your actions are helpful or hurtful.	16 DICTIONARY DAY Look up a new word in the dictionary today and start using it!																																																																																																		
17 Volunteer at a local organization that helps those in need.	18 CHOCOLATE CUPCAKE DAY Week 4 Treat yourself to something you love today.	19 Allow yourself to be corrected when you are wrong.	20 Invite others into the conversation when ideas are being shared.	21 Remember that everyone is going through something you don't know about. Be kind.	22 Lend a hand when you see someone struggling.	23 Start listening to an uplifting podcast.																																																																																																		
24 Identify three of your strengths and find ways to share them with others.	25 Week 5 Share your struggles with those you trust. Ask for support if you need it.	26 Remember that sometimes just listening to someone with an open heart is enough.	27 Don't allow yourself to be mistreated. Know that you are worth it.	28 Creating Cultures of Belonging II 11:30 a.m.	29 Reach out to someone with whom you've had a disagreement. Try to reconnect in a positive way.	30 Try something new and outside of your comfort zone.																																																																																																		
MAGIC DAY 31 Try showing someone a magic trick today!	1 Week 6	2	3	<p>SEPTEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> <p>NOVEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table>		S	M	T	W	Th	F	S	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	S	M	T	W	Th	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	
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This is the month to work on humility as a strength. Make a bold move - ask for forgiveness for something you've done in the past and you know that wound hasn't healed. Reach out to someone to let them know you can do better in how you communicate with them. Listen without judgement and take what others are saying to heart.

Humility is something we are always working on and while no one expects you to be treated poorly and accept bad behavior from others, try a mindset of humility and try to hear the messages you're being given.

Encourage others by sending them a **Student Affairs Sunshine Gram** - you can download and print your own from the website, or pick some up from Student Affairs at 426 Aldrich Hall.

Nominate a colleague for SA Employee of the Month at bit.ly/EOM-SA

**BE
THANKFUL.** 

**make
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NOVEMBER 2021

GRATITUDE

KEEP INDIVIDUALLY NOTICING DEDICATION



I DON'T HAVE TO CHASE EXTRAORDINARY MOMENTS TO FIND HAPPINESS—IT'S RIGHT IN FRONT OF ME IF I'M PAYING ATTENTION AND PRACTICING GRATITUDE. —BRENÉ BROWN

SUN	MON	TUE	WED	THU	FRI	SAT
31 Week 6	1 Start a 'things I'm grateful for' list and add to it as you think of things.	2 Play 'gratitude ping pong': pass a ball back and forth for two minutes sharing things for which you are grateful.	SANDWICH DAY 3 Spend part of today hand-writing a letter of gratitude to someone who has affected your life.	COMMON SENSE DAY 4 If you're having trouble thinking of things for which to be grateful, look in the mirror.	Oct Employee of the Month nomination deadline 5 End the work week by letting someone know how much you appreciate them.	6 Even if your job isn't ideal, be grateful that you are able to work and earn money.
7 Think of three things about your supervisor that you appreciate. Share with them.	TONGUE TWISTER DAY 8 Week 7 Appreciate whatever the weather is today - rain, sun, wind, snow...it's all good!	9 Leave sticky notes with appreciative and inspiring words around your workplace and home.	10 Spend part of today looking through old photos to remember important events in your life.	ORIGAMI DAY 11 Veteran's Day Donate items you no longer need. Someone else will be grateful to receive them.	12 Start your day by greeting the sun and silently appreciating all the good in your life.	WORLD KINDNESS DAY 13 Thank someone today: a cashier, server, nurse, teacher... anyone!
14 Find a reason to laugh today.	CLEAN OUT YOUR FRIDGE DAY 15 Week 8 Organize and clean your workspace - appreciate yourself!	16 Send a dear friend a small gift and note telling them how much they mean to you.	TAKE A HIKE DAY 17 Go for a walk in nature and notice all the beauty and life around you.	18 Institutional Microaggressions & Advocacy 11:30 a.m.	USE LESS STUFF DAY 19 Whatever mode of transportation you have/use, be grateful.	20 Know that even on your most difficult days, someone is struggling even more.
WORLD HELLO DAY 21 Forgive someone you have been holding a grudge against.	GO FOR A RIDE DAY 22 Week 9 Leave a note of appreciation for those who are rarely thanked.	23 Create a 'gratitude wall' in a public place at work and ask people to post notes to each other.	CELEBRATE YOUR UNIQUE TALENT DAY 24 While eating a meal, remember all the people who helped (farmers, truckers, grocery store clerks, etc.).	Thanksgiving holiday 25 Help a neighbor out with yard work or a chore they have not been able to complete.	RAK FRIDAY 26 Take the time to call a family member or tell your children how much they mean to you.	BUY NOTHING DAY 27 Write yourself a letter at futureme.org telling yourself all the reasons you appreciate YOU.
28 Pick up litter around your neighborhood to show you care.	Week 10 29 Finish a meeting by telling everyone how much you appreciate their input.	30 When you go to bed tonight, close your eyes and think of 10 things for which you are grateful.	1	<p style="text-align: center;">OCTOBER</p> <p>S M T W Th F S 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6</p> <p style="text-align: center;">DECEMBER</p> <p>S M T W Th F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8</p>		

In our fast-paced lives, it's way too easy to miss a lot of things that are truly good and meaningful—things that can help us be genuinely happy and content in life. Little things easily rush by—like savoring each sip when our morning coffee tastes extra delicious, or the fact that most of us have phones in our pockets that connect with the world at the speed of light.

Infinitely more important than any of these 'things' are all the people in our lives. **There are a million reasons to be grateful for our loved ones, friends and colleagues.**

This month, try slowing down just a little to make time to appreciate the people (and things) that are already right in front of all of us and make us truly happy.

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DECEMBER 2021

RESPONSIBILITY

KEEP INDIVIDUALLY NOTICING DEDICATION



THERE ARE TWO PRIMARY CHOICES IN LIFE: TO ACCEPT CONDITIONS AS THEY EXIST, OR ACCEPT THE RESPONSIBILITY FOR CHANGING THEM. —DENIS WAITLEY

NOVEMBER							JANUARY							
SUN	MON						TUE	WED		THU	FRI		SAT	
5	Finals week						6	7		8	9		10	11
Go to the bookstore and spend time in a section you don't frequent.	Think of new and more interesting ways to do your job.						LETTER WRITING DAY Write a letter of gratitude to someone who has made a difference in your life.	PRETEND TO BE A TIME TRAVELER DAY Write a note to your 8-year-old self and offer words of wisdom.		Offer to run a meeting at work on the theme of innovation. Invite everyone to offer ideas.	Fall quarter ends Begin planning something new and exciting for 2022.		Look up projects you can do at home with your kid(s) related to science and innovation.	
12	13						14	15		16	17		18	
Cook a recipe you've been afraid to try.	Try a new approach to a problem you've been trying to solve.						Watch your favorite science-related television show or listen to a science podcast.	Change the format of your meeting today. Solicit feedback from attendees.		CHOCOLATE-COVERED ANYTHING DAY Share a chocolate-covered anything treat with others today.	Try smiling while talking to clients or greeting customers today. It changes everyone's mood!		UGLY SWEATER DAY Celebrate the season with an ugly sweater party!	
19	20						21	22		23	24		25	
Start a new hobby.	Think of unique ways to show your friends how much you appreciate them.						When you see something isn't working, offer thoughtful solutions.	ACHIEVE Check-In Try a new organization system in an area where you feel disorganized		Winter Administrative Recess - campus offices closed Tackle a challenge that has kept you procrastinating for too long.	Spend the day doing whatever brings you pure joy.		Savor time with whomever you spend the day with. Gift the gift of love.	
26	27						28	29		30	31		1	
THANK YOU NOTE DAY Write and mail thank you notes to those who have been helpful and supportive this year.	NO INTERRUPTIONS DAY Close your door or put on some headphones. Focus on getting your work done.						Reframe negative thoughts into positive ones.	Thank your colleagues and supervisors for a great year.		Spend the day reflecting on all the good that happened this year and set some positive intentions for the coming year.	Write one positive thing each week on a sticky note and place it in the jar. At the end of next year you can reflect back on everything.			

It may not feel like responsibility and kindness go hand in hand. However, if we think about acting responsibly and being accountable it becomes clear that **our actions affect others**. In addition to personal responsibility, we can also (kindly) hold others accountable for their actions.

This month, look for opportunities to complete tasks, help others complete theirs, be accountable for your actions and encourage your family, friends, and colleagues to hold themselves accountable for their actions.

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