



Summer University 2022 At-a-Glance

Monday, May 16

- 7:30 am UCCU/ UVU Employee Golf Tournament at Talon's Cove (\$20.00)
8:15 – Noon Pre-conference Check-in, SC Ballroom Commons
9:00 am Activities (Limit 1 activity per employee). Contact [Trevor Carter](#) for details.
 - Online Bingo
 - Pickle Ball Tournament SL MAC Court

11:00 am • The Project (Climbing Wall)

12:00 pm • Bowling

Tuesday, May 17

- 8:00 – 9:20 am General Session kick-off (Breakfast provided)
Opening Keynote: Former Utah Governor Gary R. Herbert
Location: SC Ballroom
- 9:20 – 9:30 am Break
- 9:30 – 10:30 Concurrent Sessions (3)
- 10:30 – 10:45 Break
- 10:45 – 11:45 Concurrent Sessions (3)
- 11:45 – Noon Break
- Noon – 1:30 pm Lunch Break**
- 1:30 – 2:30 pm Concurrent Sessions (3)
- 2:30 – 2:45 pm Break
- 2:45 – 3:45 pm Concurrent Sessions (3)

Wednesday, May 18

- 8:00 – 11:30 am Service Projects: Contact [Amber Hendrickson](#) for details.
- 11:30 – Noon Break
- Noon – 1:30 pm General Session Closing (Lunch Provided)
Closing Keynote: James Lawrence "The Iron Cowboy"
Location: SC Ballroom

Session Schedule

Time	Room Number	Title	Presenters
9:30am	SC 206 B&C	Learning When to Say No: Reclaiming Your Time and Energy in the Workplace	Alexis Palmer
9:30am	Ragan Theater	Life Lessons – Eddie Van Halen Style	David McEntire
9:30am	SC 213 A&B	The Power of Habit	Joe Belnap
9:30am	SC 206 A *No Livestream	Retirement Readiness: Key Elements of Preparing for Retirement	Spencer Welch
10:45am	SC 206 B&C	Beginning Authors	Sabine Berlin
10:45am	Ragan Theater	How to Buy, Build, or Renovate Your First Profitable Airbnb Property	Russell Johnson
10:45am	SC 213 A&B	Yoga & Mindfulness	Marisa Johnson
1:30pm	Ragan Theater	Are You a Robot? Humor in the Workplace	Chel Hariavi
1:30pm	SC 213 A&B	Connecting Your Program With Capitol Reef Station	Michael Stevens
1:30pm	SC 206 B&C	The Basics of Great Pulled Pork	Steven Lobb
2:45pm	Ragan Theater	Astrophotography: Eliminating Noise in Our Lives	Kelly Flanagan
2:45pm	SC 206 B&C	Talk Saves Lives	Stephanie Chapple
2:45pm	SC 213 A&B	Bitcoin & Blockchain Basics	Charlene Brown