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Save the Date

Emerging Research Speakers Series



Dr. Jonathan Flint
The Genetic Basis of Depression

To foster community between UCLA faculty and staff, the UCLA Academic Senate, UCLA Staff Assembly and Campus Human Resources cordially invite you to the 10th annual Emerging Research Speaker Series and reception.

Date: Thursday, March 14, 2019

Time: 1:30pm

Location: Optimist Room at the Iris Cantor Auditorium Level 1 - Geffen Hall

Dr. Jonathan Flint, a professor in residence, Psychiatry and Biobehavioral Sciences at UCLA David Geffen School of Medicine will offer an engaging look into his research on understanding how genes influence behavior in a presentation, **“The Genetic Basis of Depression.”**

Dr. Flint, a senior scientist with the Center for Neurobehavioral Genetics, is also a member of

the UCLA Depression Grand Challenge Executive Committee. In this role, he explores the biological basis of depression with a 100,000-person study to identify genes linked to depression; this will be the largest genetic study of a single disorder.

For questions, please contact Djoko Setiyawan, UCLA Staff Assembly Vice President of Special Programs, at dsetiyawan@mednet.ucla.edu.

[RSVP for your chance to attend this event.](#)

Upcoming Learn at Lunch Opportunities



UCLA Staff Assembly

This month we are partnering with the **Hammer Museum** to learn all about their exhibitions and future transformation. During this 1-hour session, attendees will receive an overview of the museum, followed by tours of the current exhibitions **Allen Ruppersberg: Intellectual Property 1968–2018** and **Dirty**

Protest: Selections from the Hammer Contemporary Collection.

Located at the intersection of Wilshire and Westwood, the Hammer Museum is part of the School of the Arts and Architecture at UCLA, and offers exhibitions and collections that span classic to contemporary art. It holds more than 50,000 works in its collection, including one of the finest collections of works on paper in the nation, the Grunwald Center for the Graphic Arts.

What to expect:

12:00-12:10pm: Arrivals

12:10-12:20pm: Presentation by Scott Tennent, Hammer Communications

12:25pm: Walk upstairs and gather on bookstore terrace

12:30-1:00pm: Exhibit tours

The Hammer Museum champions the art and artists who challenge us to see the world in a

new light, to experience the unexpected, to ignite our imaginations, and inspire change. And through our unwavering commitment to free admission and free public programs, the Hammer is open for all and FREE FOR GOOD.

Date: Wednesday, March 20, 2019

Time: 12:00pm – 1:00pm

Location: [Hammer Museum](#)

[RSVP for the Hammer Museum Learn at Lunch.](#)



UCLA Staff Assembly

In April we are partnering with **U See LA Optometry** and **Bruin Health Pharmacy**.

U See LA Optometry and Bruin Health Pharmacy, extensions of the **Arthur Ashe Student Health Center**, are conveniently located on the UCLA campus inside the **Ackerman Union**. Our full optometry and pharmacy services are there to meet the needs of all active UCLA faculty, staff and students.

U See LA Optometry, located in Ackerman Union B level

Learn about common and uncommon eye health conditions including myopia, hyperopia, presbyopia, astigmatism, UV ray exposure, Blue light transmission, close vision, dry eye syndrome and other physical opportunities that can affect your ability to see clearly. Learn about the right solutions to overcome these obstacles to clear vision through proper frame, contact and glasses lenses and other protections, and how to utilize your UCLA VSP insurance benefits to cover the majority of the cost. With four credentialed full time optometrists and four nationally certified opticians U See LA will work to find you the right choices for all your vision related needs.

Bruin Health Pharmacy, located in Ackerman Union A level

With five pharmacists and extended hours to meet the needs of active UCLA Faculty and Staff, Bruin Health Pharmacy is there to fill prescriptions in a timely and accommodating manner. Learn how to easily transfer your prescription to Bruin Health Pharmacy from any doctor and how we work with UCLA medical coverage insurance plans to minimize any out of pocket cost.

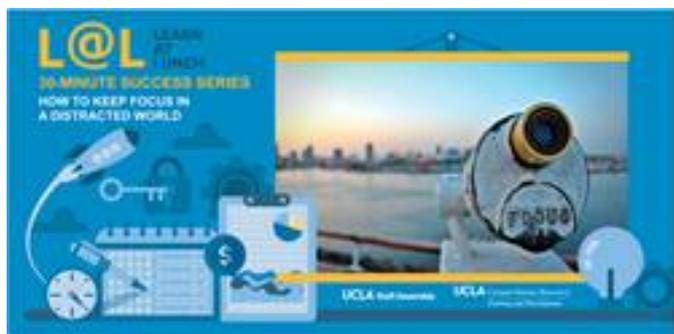
Join us for an informative session where we will answer any of your questions and as an added bonus, provide free eyeglass cleaning. We look forward to meeting you.

Date: Tuesday, April 9, 2019

Time: 12:00pm - 1:00pm

Location: TBA

[RSVP for this Learn at Lunch.](#)



UCLA Staff Assembly & UCLA Campus HR Training & Development are pleased to introduce a new Learn-at-Lunch series, "**30-Minute Success,**" which aims to teach participants one measurable, marketable skill in only 30 minutes. This installment will center on "**How to Focus** in a Distracted World."

In today's workplace, distractions are everywhere. The daily barrage of emails, texts and the pull of social media can make it challenging to stay focused and get things done. It's no surprise that 54% of office workers say that distractions make them less productive than they'd like to be.

One solution is attention training. In this session, you'll learn why distractions can be so frustrating and how to use a simple attention training practice that, when taught to students taking the GRE, increased both their concentration and their test scores by 16.

In this 30-minute session, you'll:

- Discover why multitasking doesn't work
- Learn how your focus can be trained like a muscle to concentrate longer on projects or in meetings
- Practice a research-based 2-minute attention training exercise

This session will include presentation, group discussion and practice exercises. Additional reading references will be sent to all participants.

Presenter: Darlene Mininni, PhD, MPH, UCLA Training and Development

Schedule:

12pm-12:15pm: Guests arrive

12:15-12:45pm: 30-minute program

12:45-1pm: Q&A / Networking

UCLA's comprehensive training program offers job-relevant and career-building classes across the full spectrum of professional development. In partnership with other central service providers inside and outside Campus Human Resources, programs range from computer desktop software mastery, supervision, management development, professional development, business operations, academic and staff personnel and research administration.

Event venue possible with support of UCLA Library.

Date: Wednesday, April 24, 2019

Time: 12:00pm - 1:00pm

Location: UCLA Young Research Library (more info)

[RSVP for the 30 Minute Success Learn at Lunch.](#)

Couch to 5K Free Training Classes



Walking or running your first 5K is a great goal for those who are looking for some motivation to get improve their health. A 5K race is 5 kilometers long (or 3.1 miles) and a popular

distance for first-timers. Even if you don't consider yourself a runner, you can be ready to walk or run a 5K by starting slowly, learning the basics, and following a smart training plan.

Every Tuesday and Thursday now through April 25th you can join other staff members for free training classes to walk around campus and prepare for the 5K. Meet in front of the John Wooden Center and sign up below to participate.

Date: Tuesdays and Thursdays

Time: 12:10pm – 12:50pm

Location: Meet in front of John Wooden Center

[Sign up for the training classes.](#)

Parking Goes Paperless with Bruin ePermit May 2019

Bruin ePermit
Your plate is your permit.

UCLA Transportation will launch a new virtual parking permit system, Bruin ePermit, this May. The innovative technology will streamline the purchasing process, allowing customers to buy and manage permits online. Customers will no longer need hangtags or gate access cards, as their license plate will now serve as their permit.

The Bruin ePermit system works similar to a supermarket scanner with your license plate functioning as the barcode. When read, the numbers of your plate are automatically referenced against the parking database to verify a valid permit for the location.

With the implementation of Bruin ePermit, UCLA Transportation is improving the parking permit system by removing paper and plastic from the production process, taking away the need to come to the Transportation lobby to purchase a permit, and eliminating fees for lost or stolen hangtags and gate access cards. The transition to virtual permits begins in May. For more information, visit the [Bruin ePermit website](#).

The Graduate Division and Graduate Students

Association Present: 5th Annual Grad Slam Competition



March 13, 2019 5:00 pm – 7:30 pm
WEDNESDAY California NanoSystems Institute
(CNSI) Auditorium | 570 Westwood Plaza

Grad Slam is a campus and UC-wide competition that showcases and awards the best **3-minute research presentations** by graduate students.

The competition aims to strengthen the important career development skill of articulating graduate research concisely and effectively to a non-specialist audience. It also highlights the excellence, importance and relevance of UCLA graduate students and their research.

Grad Slam is comprised of preliminary and semi-final rounds, culminating in a final competition and reception on **Wednesday, March 13, 2019** that will be broadcast live via an Internet feed. This is a fun way for staff to learn about the various research that is happening across campus. Please come out and support these graduate students!

Date: Wednesday, March 13, 2019

Time: 5:00 – 7:30 pm

Location: [CNSI Auditorium](#)

[Register to attend Grad Slam.](#)

Be a part of UCLA Bruin Day for admitted freshmen students!



APRIL 13, 2019

Date: Saturday, April 13, 2019

Time: 6:30am – 4:00pm

Location: Various Campus Locations

Special Events & Protocol is looking for staff members interested in volunteering at **UCLA Bruin Day** on Saturday, April 13, 2019. We anticipate approximately 18,000 admitted freshmen students and their guests will visit the campus, and your help is vital to making the day a success.

UCLA Bruin Day gives admitted students the chance to tour the campus, hear from professors, meet current students and experience what life is like as a Bruin. Our goal is to pack all UCLA has to offer into one spirited and unforgettable day.

We're looking for friendly faces to help greet guests, direct them around campus, and help us showcase all UCLA has to offer. If you would like more information or to sign-up to volunteer, please visit the link: [Volunteer for Freshmen Bruin Day 2019](#).

We look forward to your help in welcoming admitted students to our Bruin family!

Questions? Email: eventvolunteer@specialevents.ucla.edu.

Upcoming Shows from the School of Theater, Film and Television



The Kitchen

Performances:

March 1-2, 5-8, 2019, 8:00 p.m.

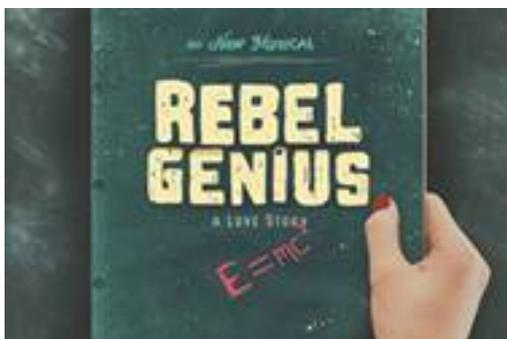
Saturday, March 9, 2019, 2:00 p.m., 8:00 p.m.

Freud Playhouse

225 Charles E. Young Drive, East

[Get Tickets to *The Kitchen*](#).

Directed by Michael Hackett, *The Kitchen* spans a day's work at a chaotic London restaurant. It praises the values of teamwork while criticizing the exploitation of workers. The protagonists in Arnold Wesker's play are the kitchen staff and food servers who waver between anger and hope for new working conditions.



Rebel Genius

Performances:

March 8-9, 12-15, 2019, 8:00 p.m.

Saturday, March 16, 2019, 2:00 p.m., 8:00 p.m.

Little Theater

225 Charles E. Young Drive, East

[Get Tickets to *Rebel Genius*](#).

Rebel Genius is new musical from award-winning songwriter and film composer Matthew Puckett, based on the life of the young and highly ambitious Albert Einstein. This world premiere production crashes physics and love into one another as Albert falls madly in love with Mileva Maric and then risks everything he has to find a perfect Unified Theory of the

Universe. Directed by Brian Kite, choreographed by Dana Solimando, musical direction by Dan Belzer and Jeremy Mann.

UCLA



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