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## V5K Swag Bag Pick Up



**Last Swag Bag Pick Up Time is Tomorrow:**  
**Thursday, June 20 between 9am-11am**  
Location: Patio of John Wooden Center

## Upcoming Events & Reminders

**Staff Assembly Centennial Scholarship  
and Awards Recognition Reception**



## STAFF ASSEMBLY AWARDS RECOGNITION RECEPTION

**Date:** Thursday, June 27, 2019

**Time:** 5:00pm – 7:00pm

**Location:** J.D. Morgan Center

Please join us on **Thursday, June 27, 2019**, as we recognize the outstanding achievements of UCLA employees at the 2019 Staff Assembly Awards and Centennial Scholarships Reception. The event will be held at the **J.D. Morgan Center and Athletic Hall of Fame**, from 5:00 p.m. to 7:00 p.m. with a **reception to follow**.

Because space is limited, an **RSVP is required** to attend the event. Supervisors are encouraged to provide release time for staff to attend.

This is an excellent opportunity to celebrate the achievements of our extraordinary UCLA employees. We look forward to seeing you at the recognition ceremony.

[RSVP to attend the Centennial Scholarship and Awards Ceremony.](#)

## Campus Committee Nominations

**Staff Assembly Campus Committee Appointment Period Open through Monday, June 24, 2019**

Each year, Staff Assembly appoints staff members to serve on various campus committees. These are great volunteering opportunities to get more involved in campus affairs and help UCLA maintain our commitment to the True Bruin values.

If you are interested in serving on a committee, please take a few minutes to read the committee descriptions and complete the self-nomination form at <https://sa.ucla.edu/forms/p/WwVAp>.

We are accepting [self-nominations](#) through **Monday, June 24, 2019**. For any questions, please contact us at [staffassembly@ucla.edu](mailto:staffassembly@ucla.edu).

For 2019-2020, we are currently seeking nominations for representatives to serve on the:

- *Staff Assembly Executive Board as Campus Member-at-Large*
- *Staff Assembly Executive Board as Health Member-at-Large*
- *John Wooden Center Board of Governors*
- *Student Conduct Committee*
- *UCLA Committee on LGBTQ (Lesbian, Gay, Bisexual, Transgender, & Queer) Affairs*
- *UCLA Sustainability Committee*

# L@L: The Psychology of Happiness



This month we are partnering with **UCLA Staff & Faculty Counseling** for a special topic:  
**The Psychology of Happiness!**

Happiness is a state of being that transcends the experience of positive mood and positive life

circumstances. Research in positive psychology shows us that much of happiness can be under our personal control by using self-efficacy to build our happiness and developing tools to enhance it. Think of happiness as a skill to be developed. Life does, of course, present us with difficulties, hardships, and tragedies, causing us sadness and pain. How do we think about happiness during those times? Throughout history philosophers, theologians, psychologists have pondered the pursuit of happiness and how to attain it. This presentation will explore ways to think about happiness and provide some tools to guide you.

**Date:** Wednesday, June 26, 2019

**Time:** 12:00pm – 1:00pm

**Location:** Geffen Hall Room 122

[Register to attend this L@L via Eventbrite.](#)

**UCLA**



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