



## DIVISION OF STUDENT AFFAIRS

Best Wishes for the Spring 2024 Semester

Monday, January 22, 2024

Dear Colleague,

Last week, I had the pleasure of meeting our newest Division of Student Affairs staff at New Employee Orientation. During our time together, my direct reports (called the Vice President for Student Affairs Council) offered advice from their many years of working at UMD. The insights they shared remind us how we can take care of each other and ourselves. They also remind us how to make the most of our experience at UMD. I want to offer their wisdom to you, too, as I think it sets the stage for a successful and wonderful semester ahead.

### **Invest in yourself.**

Learning and growth are among [our values](#). We want to see you advance personally and professionally. Don't shy away from exploring and honing skills beyond your current role. It can open doors you never imagined! Investing in yourself also means taking care of your physical and mental health: get exercise and take breaks. [We remain committed to investing in you, too.](#)

### **Build community with each other.**

We are stronger together. Deep connections create trust, enhance collaboration, and increase well-being at work. Stepping away from the task at-hand can feel challenging, but take the spontaneous midday walk with a colleague! Put that coffee date on your calendar, go to your unit's staff gatherings, or talk to your colleague as you work alongside them.

### **Ask for help.**

Everyone feels overwhelmed at times — it's part of the human experience. Know that you are not alone, and we are all here to support you. DSA is a community of care. Talk to a supervisor or coworker, or you may consider reaching out to the [Faculty/Staff Assistance program](#).

### **Take advantage of all that UMD offers staff.**

UMD offers many perks and enrichment opportunities. Recreation and Wellness offers [memberships for employees](#). You now have [free access to the New York Times](#). And, let's not forget about [tuition remission](#)! These are only a few examples of [what's available](#).

Whether it's your first month here or your 25th year at the university, this advice holds true. Let us carry this wisdom forward as we embark on the spring 2024 semester together. I look forward to what the months ahead will bring. I wish you joy, growth, and fulfillment always — I want you to thrive!

Warmest Wishes,

Patty Perillo, Ph.D.

Vice President for Student Affairs, University of Maryland

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