B2B (Bears to Bears)
Collaborating Across Campus

Next Opportunity at Work 2020
Envision Your Future
Introductions

Kimberly Henderson
School of Public Health
Undergraduate Program
Advisor/Co-Manager

Patricia Cruz
School of Public Health
Undergraduate Program
Advisor/Co-Manager
Learning Objectives

1. Valuing collaboration
2. Promoting Diversity, Equity, and Inclusion through collaboration
3. Motivation for Creation - getting creative with how you collaborate
What is Collaboration?

“to work jointly with others or together especially in an intellectual endeavor”
- Merriam-Webster Dictionary

Partnerships
Creativity Connections
Connection of Voices
Forming, Storming, Norming, Performing

1. **Forming**: Getting to know one another.
2. **Storming**: Frustrations, difference of opinion... will this work out?
3. **Norming**: Comfort asking each other for help, resolving differences, appreciating strengths.
4. **Performing**: Accomplishing tasks with some to little guidance.
How are we collaborating?

- DREAM Office - graduate panel and CC/HS communication and outreach
- BSP - PH major peer advisor
- Study Abroad
  - peer advisors hold an info session for students
  - Working to make approved elective list
  - Global edge
- Summer Sessions
  - GPH minor
  - Global internship
- Student Reps & Peer Advisors
  - Administrative Student representation
  - Advisor workload capacity
  - pre-application workshops, panels, resource creation
- PH communications team
  - Website
  - Wording - streamlined school vision
  - Major Maps (with Immediate Office of the Vice Chancellor for Undergraduate Education)
  - Jeff and Kelechi - MIHC
  - Newsletter HUGE!
    - Faculty research ops
    - PH specific ops
  - DeCal facilitators
  - EOP - satellite advising
  - ASUC - program plans/sample plans
  - Grad schools - info sessions such as UCSF and John Hopkins
  - Peace corps ph specific opportunities for paid internships
- TAP - changing assist.org to better serve and reach transfer students
- L&S Neighborhoods
  - creations google site
  - Connecting and sharing information between MCB, IB, L&S
  - Streamlining communication - debunking myths
  - Creating community and connection within campus
- L&S - satellite advising
- Career center/pre-health committee -
- GBO/GBA - Cal Day/Week - Transfer Tuesdays
- Athlete Advisors
- And more!

How are we collaborating?

• PH communications team
  • Website
  • Wording - streamlined school vision
  • Major Maps (with Immediate Office of the Vice Chancellor for Undergraduate Education)
• Jeff and Kelechi - MIHC
• Newsletter HUGE!
  • Faculty research ops
  • PH specific ops
• DeCal facilitators
• EOP - satellite advising
• ASUC - program plans/sample plans
• Grad schools - info sessions such as UCSF and John Hopkins
• Peace corps ph specific opportunities for paid internships
• TAP - changing assist.org to better serve and reach transfer students
• L&S Neighborhoods
  - creations google site
  - Connecting and sharing information between MCB, IB, L&S
  - Streamlining communication - debunking myths
  - Creating community and connection within campus
• L&S - satellite advising
• Career center/pre-health committee -
• GBO/GBA - Cal Day/Week - Transfer Tuesdays
• Athlete Advisors
• And more!
How are we collaborating?

Every academic year we cycle [FSNP]
- Student Reps
  - UG rep in FAC, EPCC, UGMC, Gov’t, DICE
  - Graduate panel or Mixer
- Peer Advisors
  - advising
  - pre-app workshops
  - social media
  - newsletter (+more!)

Continuous collaboration examples
- Forming
  - Athlete Advisors
- Storming
  - BSP PH Peer Advisor
- Norming
  - L&S Satellite Advising
- Performing
  - PH Communications Team
Review: FSNP

[F] establish connection.

[S] establish trust.

[N] reaffirm trust.

[P] succeed.
The Importance of Collaboration

How did collaboration benefit the School of Public Health Undergraduate Program?

• Cost effective!
• New partnerships! New voices! New ideas!
• Create new programs with other experts or build stronger ones
• Variety of projects

• Motivation, engagement, reflection and building relationships with students leaders and others
• Consistent messaging and communications
• Identify gaps and increase efficiency to effectively solve problems
You’re collaborating more than you think!

How can you strengthen those relationships?

Questions to ask yourself and write out:
1. Who do I work with every week?
2. Who do I consider a partner?
3. Who do I work with in my own department?

Questions to ask to strengthen those collaborations:
1. How often do I check in with them?
2. Have I ever asked or had a discussion about who they are? Asked their thoughts? Are they well? Arranged to have coffee/tea/water with them outside the office?
3. Do I schedule time throughout the semester/year to check in with them? If not, do I frequently check in as a given?
Reflection Time - What are you doing in your department?

Who are you already collaborating with? How did you get to that point?

Who could you collaborate with?

Why are you not collaborating? Are there international problems that need to be addressed first?

Any ideas? (Campus partners, off-campus partners, current students, alumni, etc.)

Are you collaborating more than you thought?
- How can you strengthen those relationships?
- How important are those relationships to your department?
- Are there any challenges? How could you address this to build the partnership?
Large group share out!

- Something new that you learned / key takeaways?
- What was interesting that someone shared?
- What are some challenges you have faced or are facing with collaboration?
- What type of collaborations are you doing or thinking of doing?
How to stay motivated...

Best part - YOU ARE NOT ALONE! You have so many people who want to help and could benefit from working with you! Got to take that first step to reach out...

Tips on keeping up with Collaborators:

● Organization - Having so many collaborations can be overwhelming! Keeping a clean calendar and setting honest, realistic time goals is a must (think that meeting will only take an hour? Better plan for at least 1.5 hours plus walking time).

● Self Care - It’s hard to work with someone if they are tired, distracted, or seem unwell. Your health is first and foremost, and often tied to keeping an honest schedule. This also includes allowing time for thinking (that walk…)

● Honesty - Don’t lie or even white lie about what you can and can’t do. Don’t over promise yourself or your team! Always remember, honesty, transparency, communication.
How to stay motivated...

- Focus on yourself
- Take care of your body
- Build positive affirmations
- Thank yourself
- Be mindful of your inner voice
- Drop toxic people
- Remove negative comparisons

rest stop!

How are you feeling?
- Is there anything you should keep an eye on?

How's your body?
- Maybe stand up and stretch a little!
- Take a few deep breaths
- And let out some stress.

I hope you resume your day with renewed energy.
How to stay motivated...

Remember this skill [collaboration] is like any muscle in your body - you have to train it in order for it to be strong and keep using it to keep it that way.

Forming
Storming
Norming
Performing

YES you can do it!

NO it won't be easy, but it'll be worth it!

Berkeley
UNIVERSITY OF CALIFORNIA
Contact information

Kimberly Henderson
hendersonk@berkeley.edu
sphug@berkeley.edu

Patricia Cruz
pmcruz@berkeley.edu
sphug@berkeley.edu
Thank you for your time!

Questions?