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## 1995-96 UNOPA Annual Report

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Professional Growth Committee Annual Report for 1995-1996  
Submitted by Kim M. Freeman, Director

**Committee Members**

During the 1995-1996 year the professional growth came up with many interesting ideas. The members of this year's committee were Kim Freeman (Director), Nell Inselman, Lee Manns, Sandi Mongar, Susan Nichols, Cheryl Selvage and Diane Wasser.

**Professional Growth Opportunities**

**October 17, 1995**

***"Learn How to Plan for Your Retirement"***, a pre-retirement seminar presented by Greg Clayton, Director UNL Risk Management and Benefits and Dave Anderson, Assistant Manager, Lincoln District of Social Security Administration. Open discussion of UNL benefits, investing, SRA's, disabilities, retirement benefits, survivor benefits, Medicare and how it ties in with supplemental policies. One hundred participants attended the program (free). 3/6 PSP Point

**November 10, 1995**

***"Sensible Defense"*** A Hands-On-Workshop. This program had to be cancelled due to low enrollments.

**February 20, 1996**

Brown Bag Tour ***"The Nerve Center of HuskerVision"***. The Michael Grace Production Studio in the West Stadium of Memorial Stadium. 1/6 PSP Point

**March 19 & 20, 1996**

***"It Takes All Types"*** - A Myers-Briggs Seminar presented by Deborah Rood, Program Coordinator Agricultural Economics. Two separate half day workshops, 35 participants attended between the two sessions (free for UNOPA members). 3/6 PSP Point

**April 3, 1996**

Brown Bag Tour of *Barkley Memorial Center* for Child Development. 1/6 PSP Point

**May 1, 1996**

***"Think Assertively, Feel Confident, and Behave Positively"*** a professional development seminar in conjunction with NAEOP Educational Foundation. Presented by Kay Blair, director of the National Association of Educational Office Professionals and the NAEOP Educational Foundation. All day hands-on workshop working with professional or personal situations. Brainstorming together for suggestions that will help you positively assert yourself in the future.

Thanks to all the people involved with the Professional Growth committee. Their commitment was greatly appreciated. A special thank you to Tamara Phillips, registrar at the Division of Continuing Studies, for her support in allowing me to fulfill the needs and responsibilities of this position. Best of luck to the new Professional Growth direction in 1996-1997.