

# WELCOME BACK

ANTONUCCI SCIENCE COMPLEX

## DEVELOPMENT DAY PROGRAM

JANUARY 15, 2026



# WELCOME BACK, FALCONS.

## From the President

As our community gathers this morning, I want to invite you to view today not simply as a break from our daily routines, but as the beginning of a vital new chapter for our campus. For the first time, we have designed a day-long professional development opportunity as a unified, campuswide experience—a collective pause intended to harmonize our commitment to professional excellence with our essential need for personal well-being.

In the past, development days across campus have often focused on the "how" of our work: new technologies, updated policies, or shifting administrative tasks. While those topics remain important—and are, in fact, included in today's agenda—this afternoon is framed around a more holistic question: How do we sustain the people who sustain this university?

Our mission as an institution of higher learning is to deliver an excellent education to every student who has the grit to seek and earn a college degree. However, we cannot effectively provide that environment for our students if we do not first cultivate it for ourselves. By integrating wellness into our professional development, we are acknowledging that our greatest institutional asset is not our infrastructure or our technology—it is the energy, creativity, and health of our people.

I encourage you to engage fully with today's programs. Connect with a colleague from a different department, participate in a wellness session that may be outside your comfort zone, and take this time to invest in your own growth.

Thank you for your tireless dedication to our students and to each other.

Onward.

A handwritten signature in black ink that reads "Donna Hodge". The signature is fluid and cursive, with "Donna" on the top line and "Hodge" on the bottom line.

**8:00 – 8:45 a.m.**  
Lisciotti Pavilion

**BREAKFAST**

Continental breakfast and informal conversation.  
*Sponsored by Wellpoint.*

**9:00 – 11:00 a.m.**  
Weston Auditorium

**KEYNOTE**

**Video Greetings:  
President Donna Hodge**

**Welcome:**  
Vice President and General  
Counsel, Stacey Luster

**Featured Speaker:**  
Dr. Joe Sallustio, Co-Founder  
and Host of *The EdUp  
Experience Podcast*;  
Chief Industry Engagement  
Officer and Senior Vice  
President at Ellucian

***The Future of Higher Education***

This session will focus on the strategies and innovations we need to thrive in a rapidly changing landscape. Dr. Sallustio understands higher education's biggest challenges and what is required for institutional transformation.

Dr. Sallustio has become one of higher education's most influential voices by doing something unusual: actually listening. As co-founder and host of *The EdUp Experience Podcast*, he has interviewed over 400 college and university presidents and nearly 1,200 higher education leaders across, generating over 500,000 downloads. No one in higher education has had more candid conversations with sitting presidents about what's really happening in the sector—making him the industry's most connected voice on institutional strategy, innovation, and transformation.

**11:00 a.m. – 12:45 p.m.**  
Holmes Dining Hall

**LUNCH**

Employees are encouraged to join colleagues for a complimentary meal and to use this time for social engagement and collegial discourse. *This window may also be used for official meetings, organizing your inbox, or other professional priorities.*

**11:00 a.m. – 3:00 p.m.**  
Hammond G-Lobby

**RELAXATION LOUNGE**

**VISIT THE RELAXATION LOUNGE**

- Experience 15 minutes of complete relaxation massage as you recline in state of the art chairs.
- Calm your mind and heal your body with our 16 aromatherapy scents at the oxygen bar.
- Relax with the chi machine - gently rocking with a scented eye pillow and soothing music.

1:00 – 2:00 p.m.  
Hammond Hall

WORKSHOPS (CHOOSE ONE)

**Preparing for ADA Title II:  
Digital Accessibility  
Fundamentals**

Hammond Ellis White

**Get ready for the April 2026 ADA Title II compliance deadline.** This digital accessibility crash course covers disability types, assistive technologies, WCAG and Title II basics, and core best practices—from color and alt text to structure, typography, and video.

*Presented by EOTSS.*

**Creating Kindness in the  
Workplace**

Hammond Main Lounge

**Discover how small acts of kindness create big impact at work.** This interactive session blends the science of empathy with practical tools to strengthen collaboration, psychological safety, and team well-being.

*Presented by EAP.*

**Suicide Prevention**

Hammond G01

**Build confidence in responding to**

**mental health concerns.** This workshop covers recognizing warning signs, having supportive conversations, knowing when to involve professionals, and reducing stigma to support a compassionate campus culture.

*Presented by EAP.*

**Building Resilience in  
Traumatic Times**

Hammond S08

**Build resilience in challenging times.**

Learn practical tools for managing stress, supporting colleagues impacted by trauma, and fostering adaptability and stability for individuals and teams.

*Presented by EAP.*

**Bias and What We Can Do  
About It**

Hammond Falcon Pub

**Bias affects us all—but we are not  
powerless against it.** This engaging

workshop explores implicit, explicit, and structural bias, and offers practical tools to recognize, interrupt, and reduce bias while fostering equity-centered, inclusive workplaces.

*Presented by EAP.*

2:00 – 3:15 p.m.  
Various Locations

**SELF CARE, CREATIVITY  
AND RECREATION**

*Optional sessions*

**Chair Yoga with Anita**  
Hammond G01B

**Practice yoga, meditation, and self healing** with Chinese acupressure, all done while sitting in the chair. Class will be taught by Anita Perry, an author, educator, yogi, and podcaster with more than 46 years in the health and fitness field.

**Collaborative Creativity  
Challenge by Fitchburg Art  
Museum**  
Hammond 314

**A fun, hands-on team challenge inspired by art from the Fitchburg Art Museum.** Teams of up to five collaborate on a creative prompt using provided materials—no experience needed. Led by FAM Education Department staff Susan Diachisin and Liz Rosmanith.

**On Beat: Counting Bars  
& Measures**  
Hammond G19

**A beginner hip-hop workshop led by local CoFF33 Corp. musician Jaime Jordan**, focused on counting bars and understanding song structure through listening, practice, and interactive examples. Optional opportunities to write or perform your own bars.

**Poetry Workshop: Playing  
with Your Inner Child**  
Hammond Falcon Hub

**A generative poetry workshop led by Laura DiCaronimo, of The Openest Mic**, inviting participants to explore the “inner child,” reflect on personal growth, and write toward a desired future through guided prompts and poetic forms.

**Intro to Line Dancing**  
Hammond Main Lounge

**Michelle Wright, instructor and choreographer, from Michelle Wright Line Dance**, will instruct participants in two to three beginner-level line dances. No experience needed.

**Sound Bath**  
Hammond S08

**A restorative sound bath led by Maria Pappas, LMT**, featuring crystal singing bowls and calming sound to promote relaxation and balance.



**QUESTIONS ABOUT ACCESSIBILITY?**

**Please contact Personnel Services at [humanresources@fitchburgstate.edu](mailto:humanresources@fitchburgstate.edu)  
or (978) 665-3851**

With support from the Office of the President, Academic Affairs, Center for Teaching & Learning  
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