Join UNLV alumni and friends for a new and exciting series of engaging workshops and conversations.

Friday, August 16 - The Science and Sacred of Stress Management
Payal Sharma, Assistant Professor of Business
In today’s fast-paced and ever-changing world, we are increasingly exposed to stress from different sources. However, as a society (perhaps more than ever), we are also engaged in a growing discourse on understanding stress management and practicing self-care. Building on these premises, the purpose of this interactive workshop is to introduce attendees to research and practice from disciplines including organizational behavior and psychology which spans topics of: recognizing the impact of stressors on one’s mental and physical health; navigating feelings of uncertainty, anxiety, or isolation; utilizing strategies such as yoga and meditation; and seeking external resources. In addition, this workshop will explore the bridge between science- and sacred-based practices for managing stress effectively -- in mind, body and spirit.

Friday, September 20 - Understand Las Vegas
Michael Green, Associate Professor of History
Who have been the most important movers and shakers in Las Vegas history? (Answer: some of them might surprise you). What have been the biggest issues facing Las Vegas, and when have we faced them? (Answer: it often involves the unexpected).

Friday, October 18 - The Terminal Self: Everyday in Hypermodern Times
Simon Gottschalk, Professor of Sociology
Living at the dawn of a digital 21st century, most inhabitants of Western societies spend an increasing amount of time interacting at or on multiple terminals, and this constant circulation across online and offline transforms us in complex if still poorly understood ways, blurring our taken-for-granted experiences of time and space, public and private, absent and present, thus challenging our sense of identity and producing a “terminal” or “online” self.

Friday, November 22 - Knife Skills – Turkey Carving 101
Jeremy Reimer, Executive Chef UNLV Catering
Learn all the proper knife skills to make this year’s Thanksgiving a breeze. Chef Jeremy will be teaching you how to properly handle a knife as well as how to do all of the basic knife cuts you will need. We will also be doing a demonstration on how to easily carve a turkey for Thanksgiving.

For more information please visit http://engage.unlv.edu/events

Richard Tam Alumni Center - Grand Hall
11:30 a.m Registration and Lunch, 12 - 1 p.m. Program