



Rafael Labbe

Web & Graphic Design

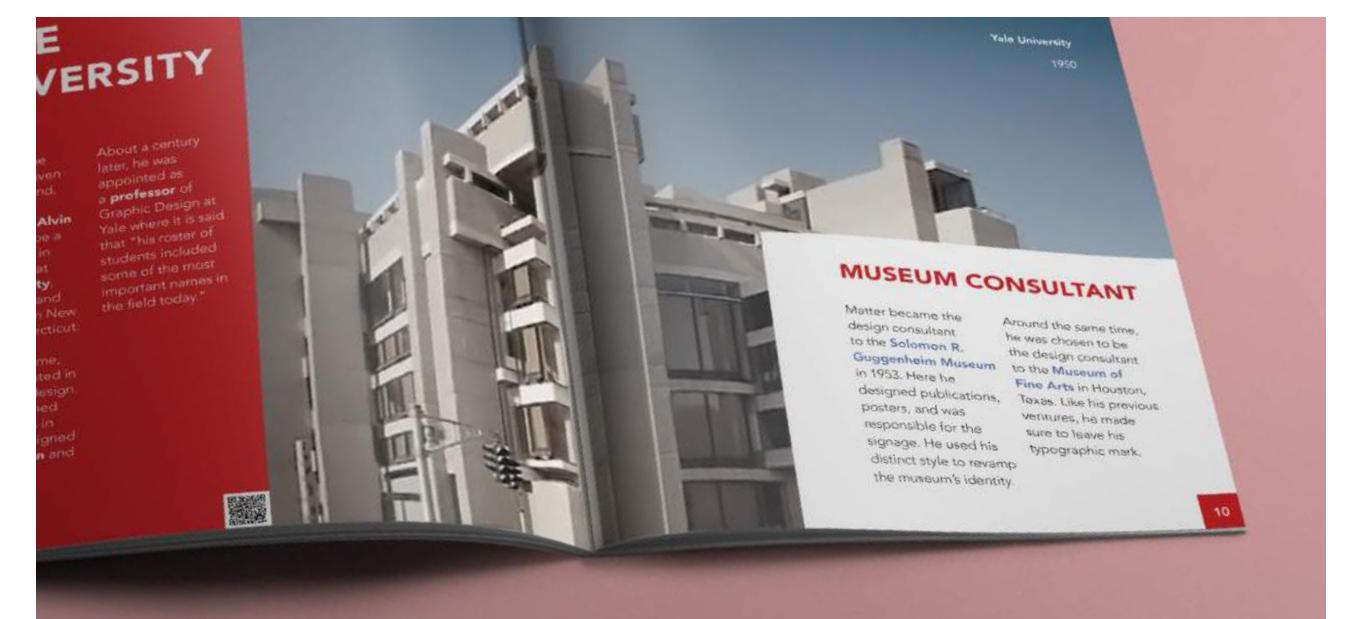
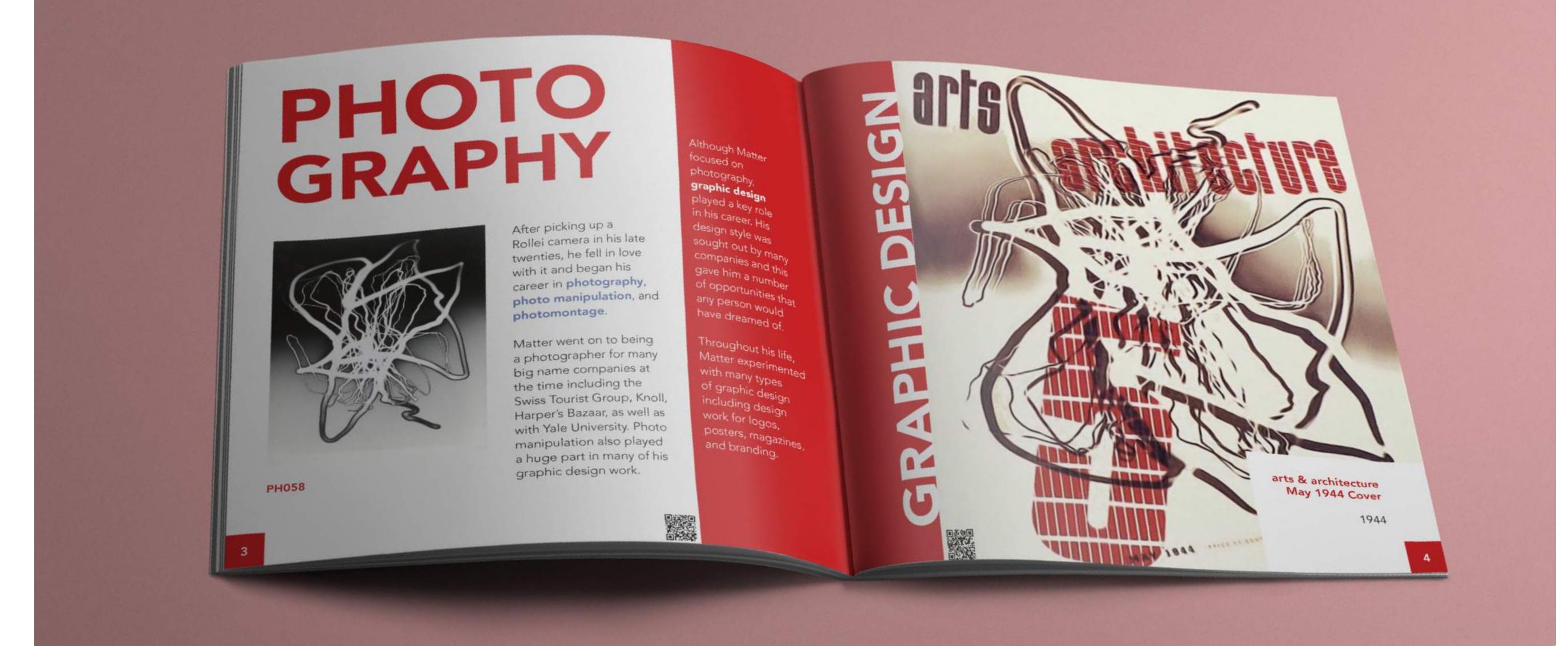
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The Swiss Tourism posters were just the beginning. Over time, Matter would create posters for many other companies including the 1937 Zurich Aviation Meeting, the Container Corporation of America, and Guggenheim.

employment with Post Office as a printer and designer, designed remarkable brochures. These were used to effectively communicate a message using design techniques.



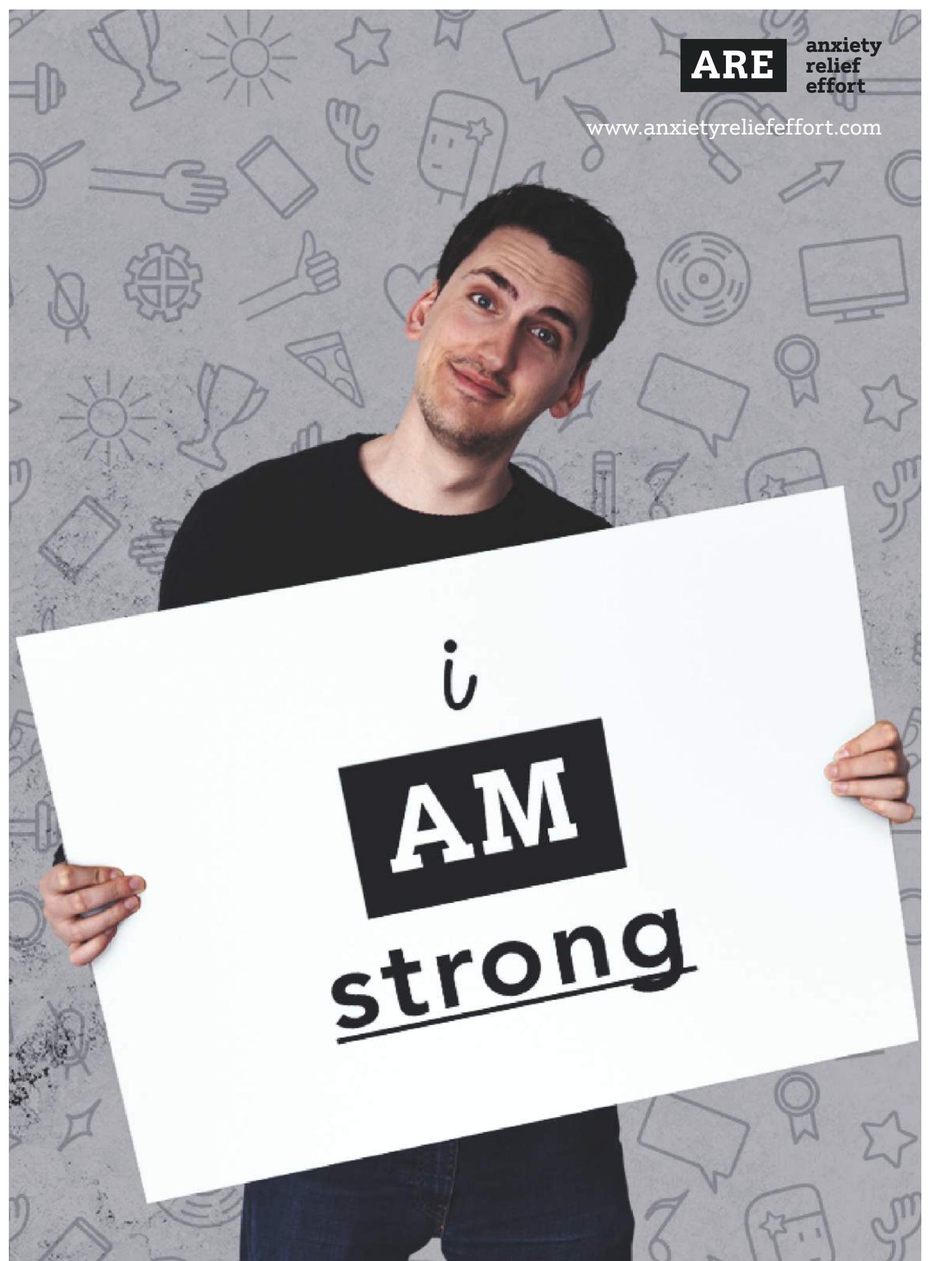
ARE

anxiety
relief
effort

The ARE app is designed to assist and empower those living with anxiety through the use of calming exercises and community.



ARE app ad *



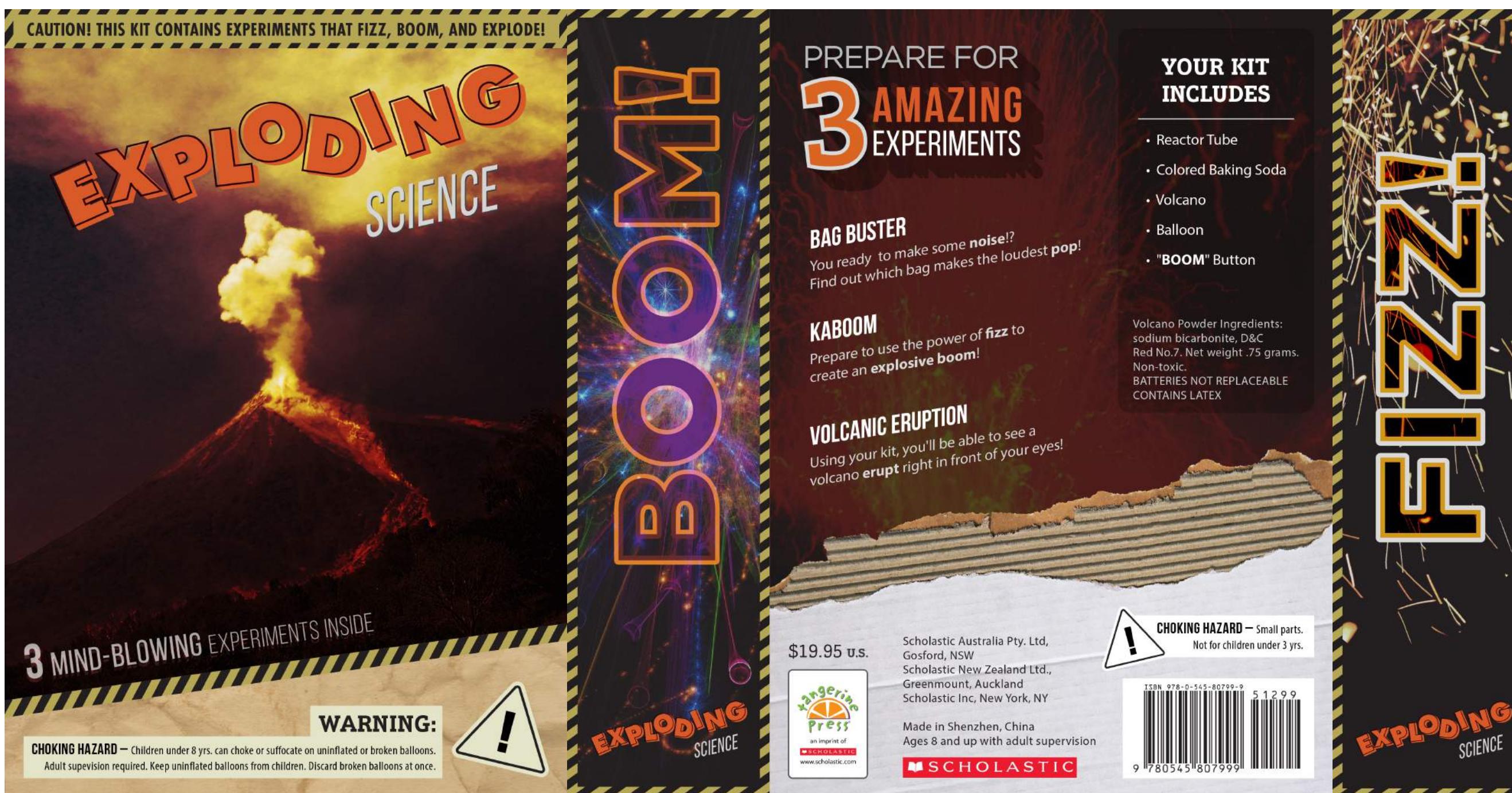
* ARE app ad

The screenshots illustrate the ARE app's user interface across several screens:

- Login Screen:** Shows a placeholder profile picture, input fields for 'username' and 'password', and buttons for 'login' and 'signup'. It also includes social media links for Facebook, Instagram, and Twitter, and a link to 'skip to main menu'.
- Home Screen:** Displays a greeting "good morning, maria" (tue april 4, 2017). It shows two sections: "Daily Training" (breathing, observe) and "Extra Training" (exercise, meditate). Buttons for "more training" and "progress" are present. A message congratulates the user on completing their daily breathing training.
- Progress Screen:** Shows a summary for user "maria" (age 24). It lists completed training sessions (daily and extra), time spent (breathing: 30min, exercising: 45min), and activity counts (observe: 1, meditation: 0).
- Achievements Screen:** Lists achievements in a grid format, such as "complete 5 daily training sessions" and "complete all sessions 31 times".
- Community Screen:** Encourages users to "head to community" with a message: "Greetings! A community awaits! Here app goers can post their stressors, support and encourage each other, and share success stories. What are you waiting for? Go ahead!" It shows small icons of users interacting.
- Sound Selection Screen:** Allows users to select sounds from a circular library. Options include "crude sandstorm", "heavy rain", "wind waking ocean", and "campfire". A message indicates the current sound is "heavy rain".
- Conversations Screen:** Shows a feed of messages from other users, such as "felt an attack earlier, not sure why..." and "The man I'm in love with isn't treating me right. :(

EXPLODING SCIENCE

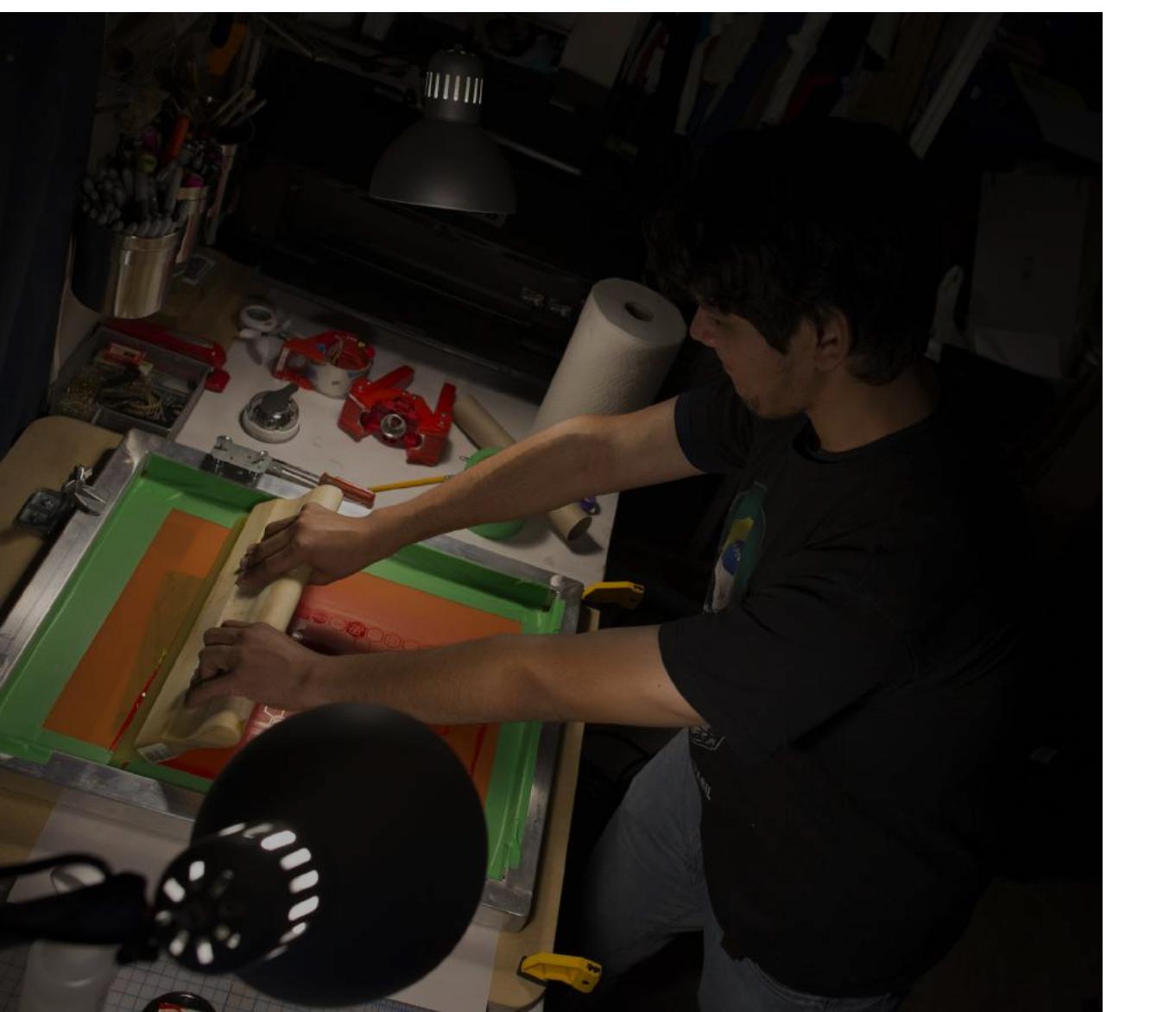
Exploding Science is a science kit package designed for Scholastic. The design aimed at catching the eye of a child through exciting images and fun wording.

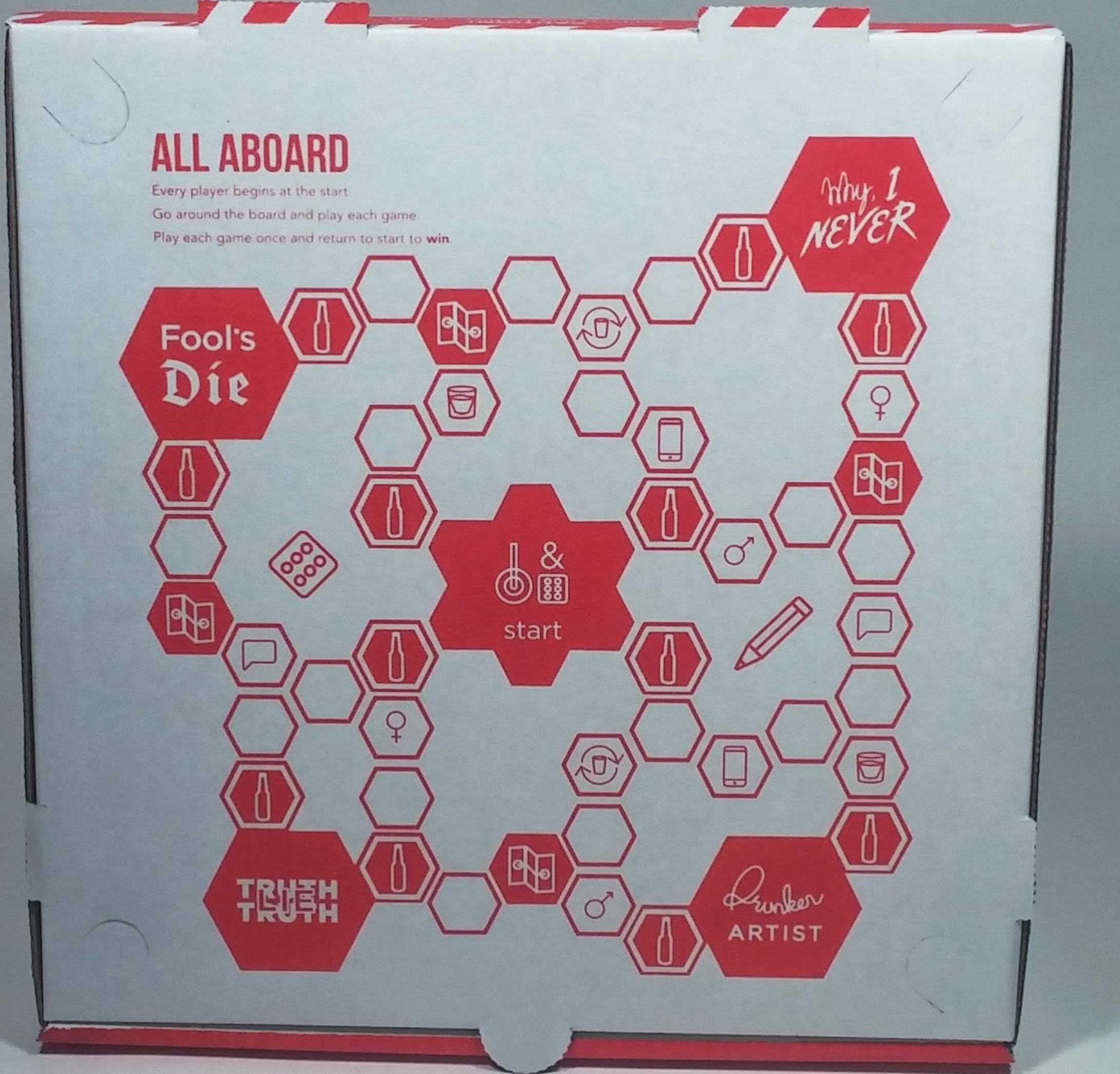


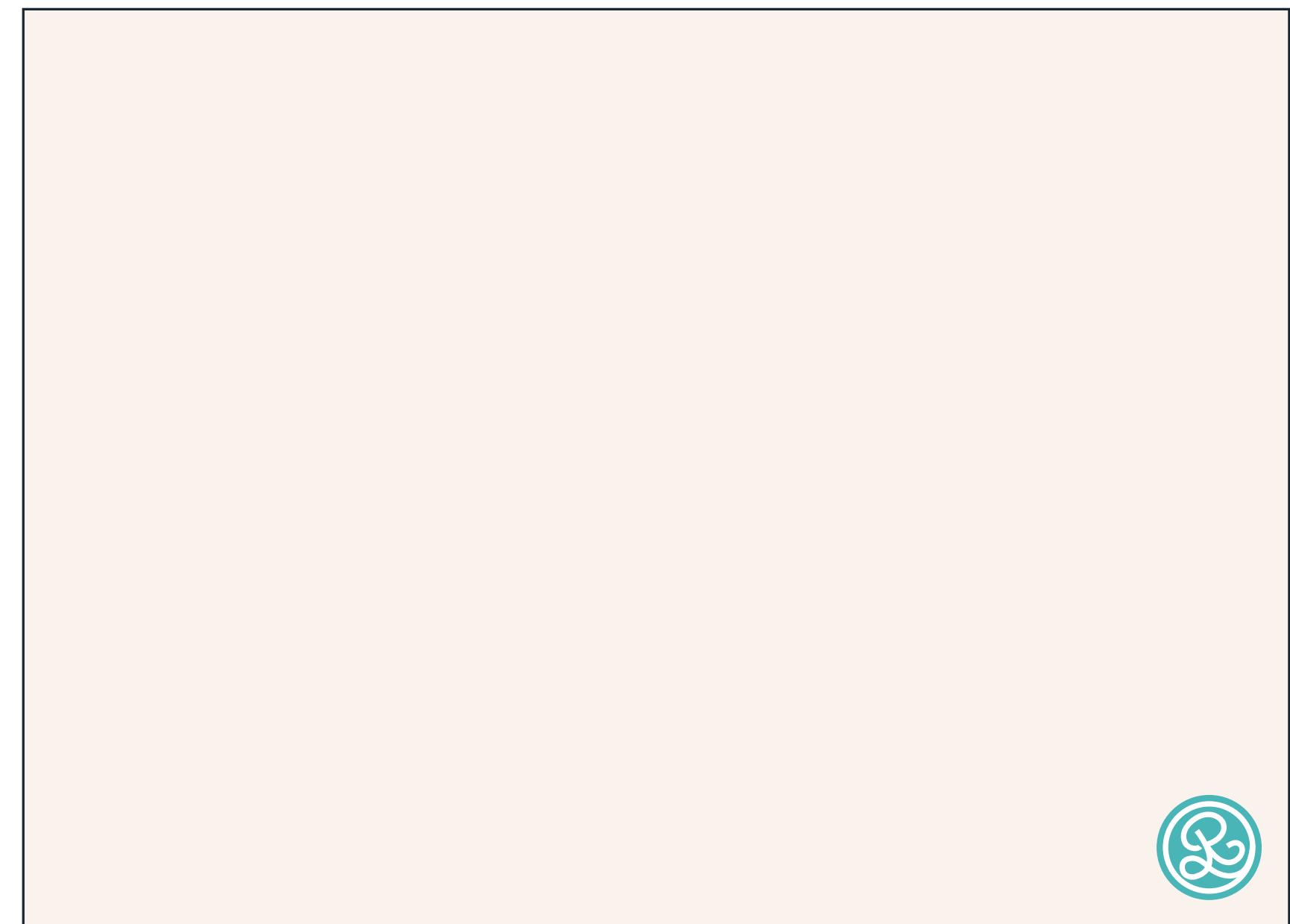
SLICE & DICE

Inspired by modern minimalism and popular board games, Slice & Dice is a combination of all things that make life more enjoyable: pizza, games, and drinks.

The boards contain minigames similar to popular drinking games including Ring of Fire and Never Have I Ever.







The **University of Central Florida Recreation and Wellness Center**. Poster designs were created for many events while also being adapted into several other formats including instagram and tv screens.



Flag Football Preseason Overtime Challenge



Evening Hike Trip



Freshmen Learn to Surf



Colorado Ski & Snowboard Trip



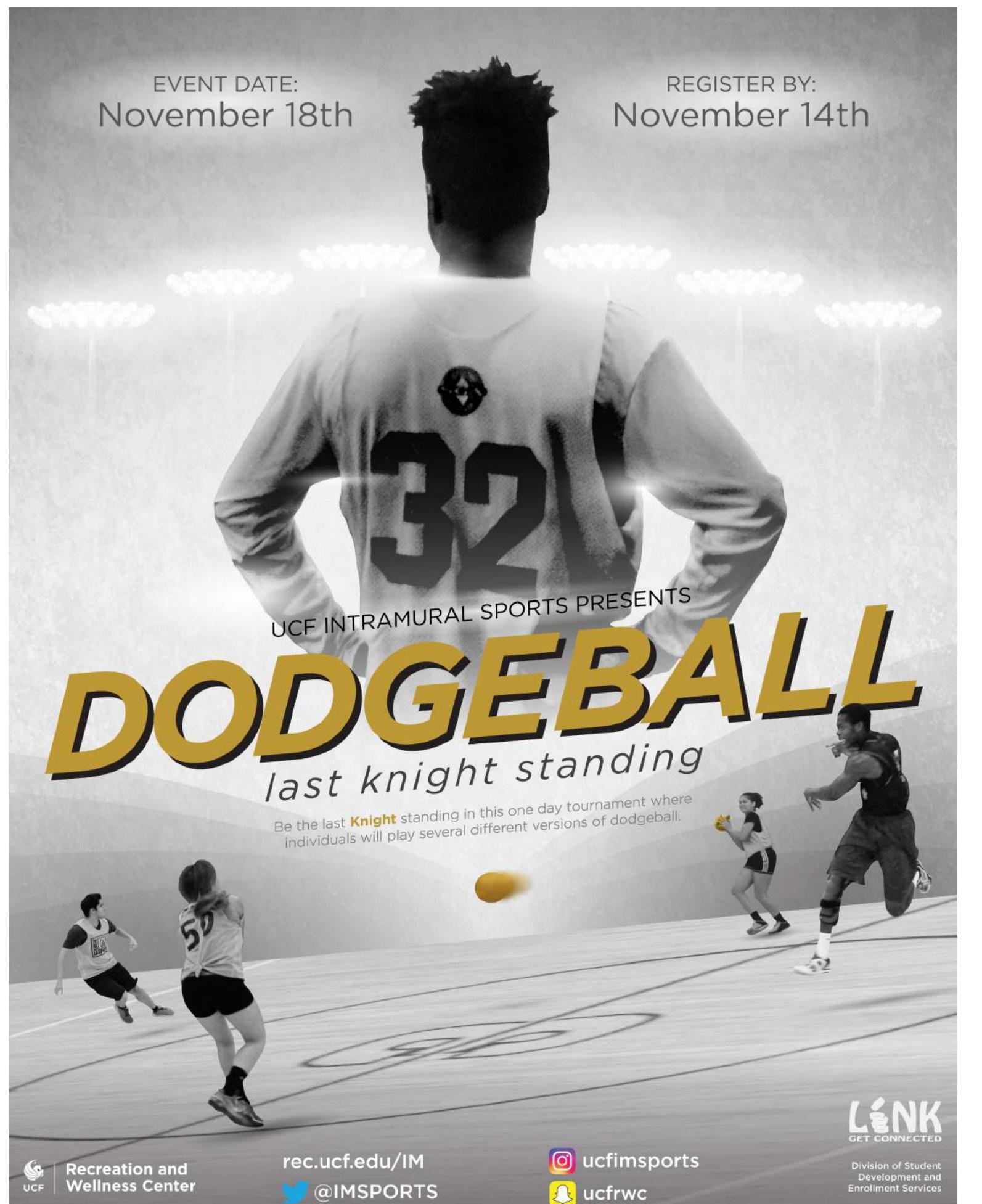
Halloween Knight Climb



Private Swim Lessons



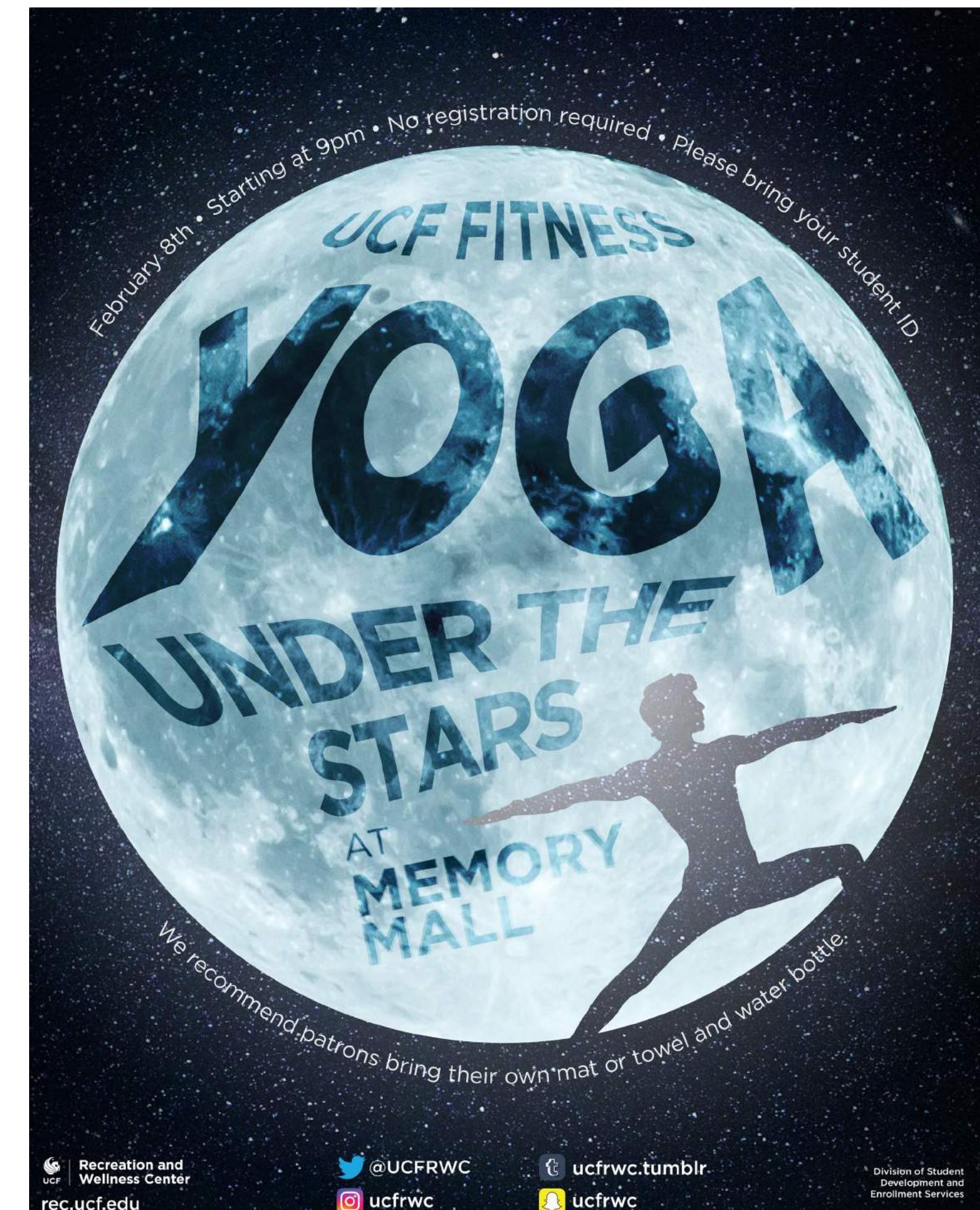
Lifeguard Certification Class



Dodgeball: Last Knight Standing



Ultimate Frisbee



Yoga Under the Stars

Knights Leadership Series

LEADERSHIP AS A TRANSFERABLE SKILL

Improve yourself and become a leader!

Prepare yourself for upcoming challenges by improving your leadership skills.

We will present how students can be involved as leaders in the RWC and future professional jobs.

Presented by
Kevin Buchanan & Joaquin Vidal-Collazo

October 12 2017

11am and 4pm

room 206

Recreation and Wellness Center rec.ucf.edu [@ucfrwc](https://www.instagram.com/ucfrwc) [ucfrwc](https://www.snapchat.com/add/ucfrwc)

Leadership as a Transferable Skill

Knights Leadership Series

the IMPACT of FAILURE

Learn how failure can impact your life positively and how you can learn to succeed through it.

Jordan Morgan
Jordan Robinson
October 24, 2017
11am & 4pm
Multi-Purpose Room

Recreation and Wellness Center rec.ucf.edu [@ucfrwc](https://www.instagram.com/ucfrwc) [ucfrwc](https://www.snapchat.com/add/ucfrwc)

The Impact of Failure

KLS

MORE than SPORTS

JOIN THE KNIGHTS LEADERSHIP SERVICE (KLS) AS WE DISCUSS THE HISTORY OF ACTIVISM IN SPORTS, HOW THE MESSAGE USUALLY GETS LOST, AND ON COLIN KAEPERNICK.

01/22 4PM-10PM

STUDENT UNION **CAPE FLORIDA BALLROOM**

rec.ucf.edu [@ucfrwc" style="color: yellow;">ucfrwc](https://www.instagram.com/ucfrwc)

More Than Sports

KLS KNIGHTS LEADERSHIP SERIES SPRING 2018 Calendar

JAN 17 wed RM 206	Now You're Talking My Language <small>Speakers: Amy Lingefelter & Stacey Myers</small> 1. Provide RWC employees with alternative words and phrases to increase motivation and decrease intimidation when communicating with fitness participants 2. Describe the difference between intrinsic and extrinsic motivation and how to use different motivational cues to increase participation and connections
JAN 30 tue MPR	Manufacturing Happiness <small>Speakers: Rob Blumer, Domestic Resources, Joyce Crawford</small> This presentation will be a mixed presentation of both mental health awareness and strategies for increasing happiness. Examples will be given of various strategies positive psychologists use to improve general happiness. These strategies include three good things and a gratitude letter.
FEB 14 wed RM 206	Initiative <small>Speakers: Kim Holman, Debbie Becker, Sacha Evans</small> We will provide a thoughtful and meaningful examination of the concept of initiative, how students can demonstrate initiative and what steps students can take to improve their initiative in both the workplace and their personal lives.
FEB 27 tue RM 206	Let's Talk Sex: A Culturally Competent Approach to Sex Talk <small>Speakers: Kim Davis, Gabriele Marquez, MSW</small> This presentation focuses on the foundations of sexual health, STIs including HIV and preventative measures. However this presentation will focus on how we talk about sex to students and others, what are some signs to look for whether physical or in conversation, and what resources are out there to refer students and clients.
MAR 7 wed RM 206	Professionalism in the Workplace <small>Speakers: Kim Holman</small> We would like to give employees an idea of how important professionalism is in the workplace in the RWC environment. This will include effective communication (electronic, verbal and non-verbal), organization and time management expectations, maintaining constructive and positive attitudes in difficult situations, and vocational integrity.
MAR 22 thu RM 206	The Benefits of Volunteering in Your Community <small>Speakers: Scott Meuro & TBA</small> Volunteerism is the backbone of any strong community, but did you know there are some professional development benefits to being civically engaged. Find out how your philanthropy can help you in the long run.
APR 11 wed RM 206	Motivation and Positivity in Everyday Life <small>Speakers: Anthony Serrano, Angel Perez</small> We want to provide ways to motivate and show positivity in everyday life such as school, work, and everyday situations.

rec.ucf.edu [@ucfrwc" style="color: yellow;">ucfrwc](https://www.instagram.com/ucfrwc)

Spring 2018 Event Calendar



Knights Leadership Series

KNIGHTS LEADERSHIP SERIES Summer 2018 Calendar

MAY 31 thu	References: "A Love Story" <small>Speaker: Gary Cahen</small> Learn why relationships are critical to your future career prospects and how references can make or break the candidate with the "perfect" resume or interview.
JUN 20 wed	The Quest for Hydration <small>Speaker: Troy Morris</small> Drinking fluids is essential to stay alive. But how much do we really need? Learn what really matters in our quest to stay hydrated.
JUL 24 tue	TBA <small>Speakers: Valerie Reed and Andrea Snead</small> TBA

Each session available at **11am and 4pm** in **Room 206**

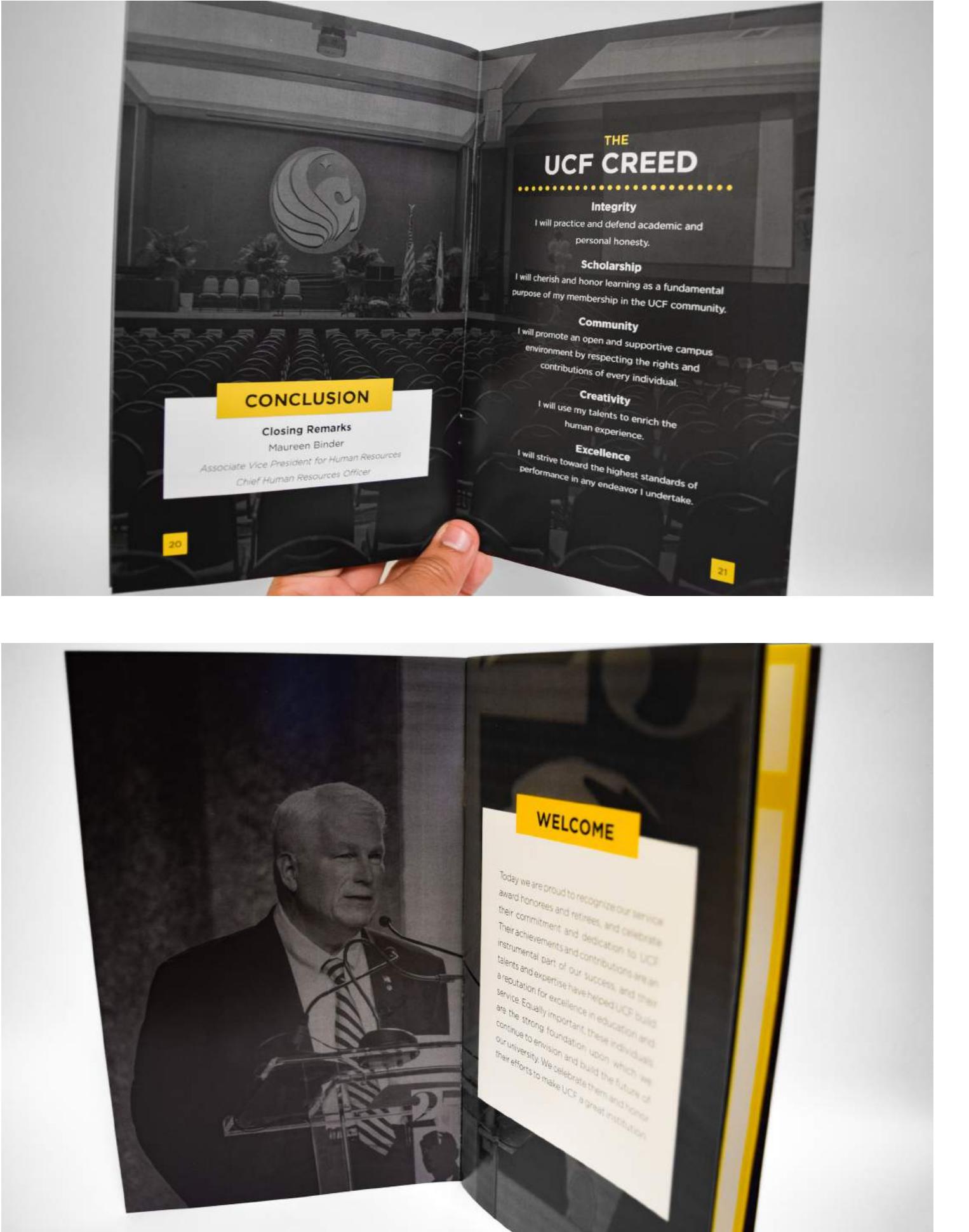
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Summer 2018 Event Calendar





45th Annual Employee Awards Program



WELCOME

Today we are proud to recognize our service award honorees and retirees, and celebrate their commitment and dedication to UCF. Their achievements and contributions are an instrumental part of our success, and their efforts have helped UCF build a reputation for excellence in education and service. Equally important, these individuals are the strong foundation upon which we continue to envision and build the future of our university. We celebrate them and honor their efforts to make UCF a great institution.

INTRODUCTION

Welcome Remarks
Maureen Binder
Associate Vice President for Human Resources
Chief Human Resources Officer

Congratulations to Awardees
John C. Hitt
President
University of Central Florida

William F. Merck II
Vice President for Administration and Finance
Chief Financial Officer

Service Awards
Ben Anderson
Assistant Director
Benefits and Leave Administration

Doug Lewis
Assistant Director
Facilities & Safety Human Resources

HONORING SERVICE

5 YEARS OF SERVICE

John J. Aiello	Greg Cahn
Glen-Archie Alvarez	Pawne Roberto Calderon Sanchez
Marlin A. Amarendo	Ted Yelander Campbell
Jerry Archambault	John M. Campopiano
Ian P. Armento	Jennifer Carter
Maria-Elena Augustin	Catherine Marie Cash
Bettina Marie Bach	Christopher M. Chacko
John M. Baker	Damien Chaffin
James Matthew Barnes	Shafiq Chaudry
Marie Lynn Bartlett	Thomas Chisholm
Brian Baskin	Robert J. Cifalo
Gabrielle Bell	Manuel Colon Gonzalez
Doris Costanza Bernal	Aldo Coloma
Vaneska Bonilla	Correta L. Cotton
Christine Caley Bond	Noel Crespo-Correia
Tina Marie Bott	Mark E. Dabbs
Tricia Bostick	Tatiana Marie Cruz-Negroni
Sandra L. Briggs	Jeanette C. Cullar
Traci Briggs	Christopher Custer
Frederick Robert Brown	Kelly D'Agostino
Zoe Brown-Wetsman	Elise M. Dantuma
Drew Bryant	Jacobo Alexander Gomez
Josephine Michelle Legaspi Buhain	Fern M. Goss
Katie Burroughs	Shanks H. Gooding
Madeline Christine Byrne	Renee Grigor

5 YEARS OF SERVICE

François L. De Saligny	Andrew Hackler
Georgina Delbar	Patricia Marie Heferkamp
Chuchey Tamara Defreitas	Key Hall
Kalpana Ben Deva	Connie Sue Harper
M. S. Dickey	Josephine Hernandez
Karen A. Ditsch	Sandra M. Hick
Jesse Brian Dooley	Daren Hill
Dobilyo Doyle	Jeffrey A. Houts
Donna Dulcic	Christopher J. Huff
Brian Eide	Ellen Hughey
Heidi Elizabeth Alotiza	Eris M. Jackson
Anthony Febo	Raymond Clark Jarrett Jr.
Jennifer Marie Feltz	Keya Jatkar
Hector Luis Flores	Abdullah Iqbal Jayama
Matthew Flores Benages	Matthew J. Kastro
Albert John Francis II	Steven Robert Keith
Wenita Gait	Hector L. Koenig
Cathleen Gibson	Matthew S. Kommer
Megan Elizabeth Giddens	Sarah Patricia Jones Laake
Keurista Gibson	Deborah Ladewig
Clayton Gilmore	Albert Louis Lambright Jr.
Cissy Gioiello	Gary M. Leese
Drew Glynn	Amberlynn Lette
Jessica Gosselin Legaspi Buhain	Timothy Wayne Lindner
Alejandro Manuel Davila	Stacy Little
Patricia Nadia Davis	
Marta de Catal	

CELEBRATING EXCELLENCE

5 YEARS OF SERVICE

John J. Aiello	Andrew Hackler
Glen-Archie Alvarez	Patricia Marie Heferkamp
Marlin A. Amarendo	Key Hall
Jerry Archambault	Connie Sue Harper
Ian P. Armento	Josephine Hernandez
Maria-Elena Augustin	Sandra M. Hick
Bettina Marie Bach	Daren Hill
John M. Baker	Jeffrey A. Houts
James Matthew Barnes	Christopher J. Huff
Marie Lynn Bartlett	Ellen Hughey
Brian Baskin	Eris M. Jackson
Gabrielle Bell	Raymond Clark Jarrett Jr.
Doris Costanza Bernal	Keya Jatkar
Vaneska Bonilla	Abdullah Iqbal Jayama
Christine Caley Bond	Matthew J. Kastro
Tina Marie Bott	Steven Robert Keith
Tricia Bostick	Hector L. Koenig
Sandra L. Briggs	Matthew S. Kommer
Traci Briggs	Sarah Patricia Jones Laake
Frederick Robert Brown	Deborah Ladewig
Zoe Brown-Wetsman	Albert Louis Lambright Jr.
Drew Bryant	Gary M. Leese
Josephine Michelle Legaspi Buhain	Amberlynn Lette
Katie Burroughs	Timothy Wayne Lindner
Madeline Christine Byrne	Stacy Little

THE UCF CREED

Integrity
I will practice and defend academic and personal honesty.

Scholarship
I will cherish and honor learning as a fundamental purpose of my membership in the UCF community.

Community
I will promote an open and supportive campus environment by respecting the rights and contributions of every individual.

Creativity
I will use my talents to enrich the human experience.

Excellence
I will strive toward the highest standards of performance in any endeavor I undertake.

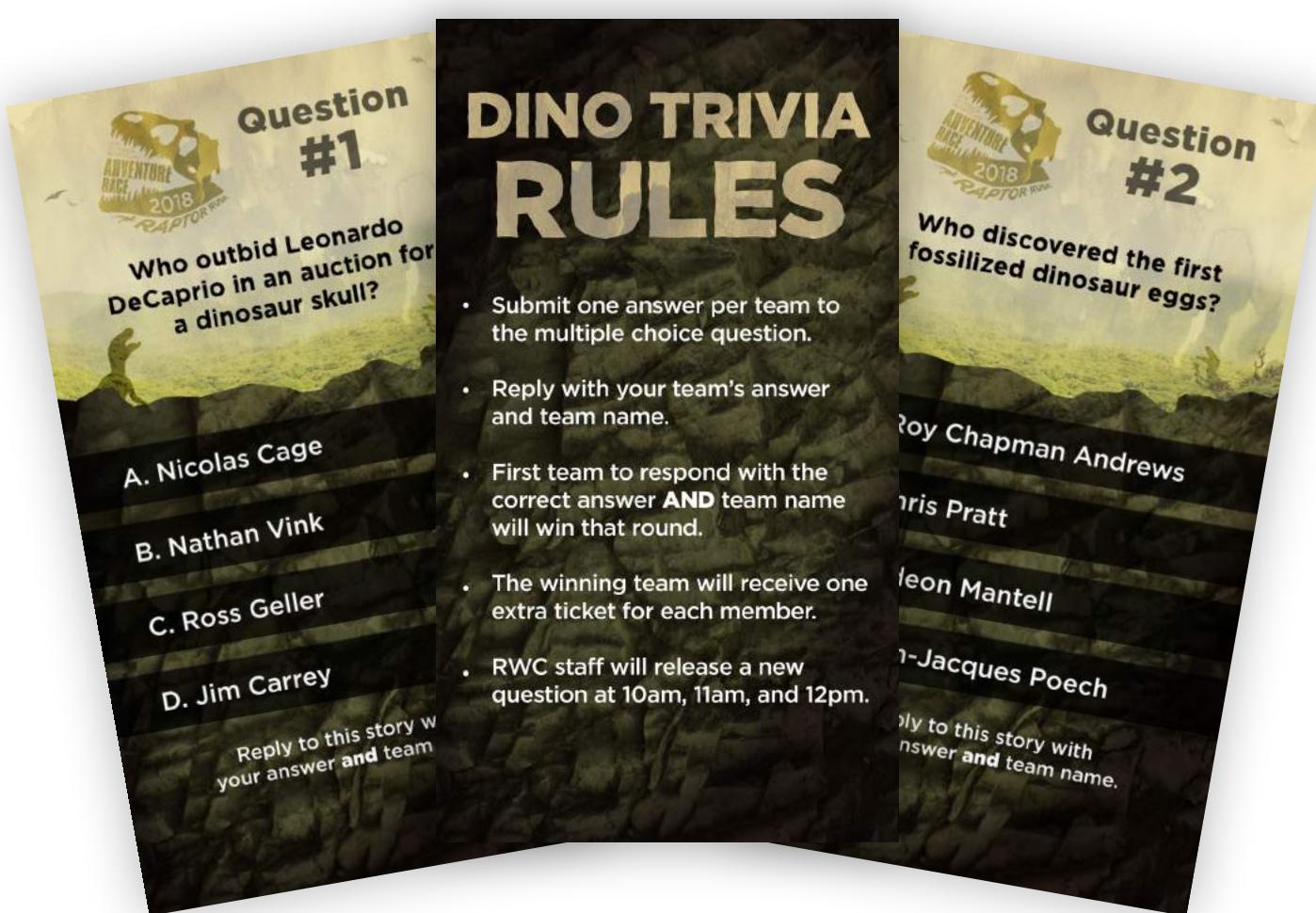
CONCLUSION

Closing Remarks
Maureen Binder
Associate Vice President for Human Resources
Chief Human Resources Officer



Adventure Race Poster

Adventure Race is an annual RWC event where students race across campus completing challenges along the way.



Dino Trivia on Social Media



Adventure Race Shirt



Riddle Card



Park Pass





Rafael Labbe

Web & Graphic Design

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