

# Division of Human Resources HR News and Campus Updates

June 1, 2018

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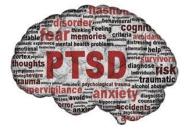




Experts recommend mindfulness for everything from maximizing workouts to managing anxiety. Mindfulness can be a good way for someone to begin exploration of meditation, as it does not require that you completely "clear" the mind. With long-term practice, you can learn to dis-identify with your thoughts and worries and find a more consistent sense of peace. Join the Office of Employee Assistance for the Mindful Well-Being at Work practice sessions. Click here to register for the sessions below.

Wednesday, June 6<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-482 | MMC Wednesday, June 20<sup>th</sup>, 12:00 p.m. – 1:00 p.m., GL-482 | MMC Wednesday, June 27th, 12:00 p.m. – 1:00 p.m., CSC-1123 | MMC

### PTSD Awareness Month - Knowledge can Lead to Transformation



Post-traumatic stress disorder (PTSD) can happen to anyone. According to the National Center for PTSD, about 6 of every 10 men and 5 of every 10 women experience at least one trauma in their lives. Women are more likely to experience sexual assault and child sexual abuse. Men are more likely to experience accidents, physical assaults, combat, disasters, or to witness death or injury. Some common symptoms of PTSD include avoiding activities that will remind you of the trauma, and insomnia. The Office of Employee Assistance is available for a free and confidential consultation. For more information, please contact the OEA at (305) 348-3469 or oea@fiu.edu.

## **Employee Benefits**



**People First Portal Upgrade & Payment Process Changes –** The new and improved <u>People First system is now here!</u> As a State of Florida employee, you use the People First system to enroll and make changes to your benefit plans. The new system is now compatible with all five supported browsers (Internet Explorer, Edge, Chrome, Safari, and Firefox). <u>Click here</u> for a quick introduction to the new People First system.

**Please take the time to review** your personal contact information in the <u>HR Panther Soft system</u> to ensure it is up to date.

**9 over 12 month Deferred Earning Program (DEP) Enrollment Period –** The 9 over 12 Deferred Earning Program (DEP) provides 9-month faculty an alternative option to receive payment of their salary over a 12-month period. This method of payment is available on an optional basis only and authorization is required from the faculty member. All 9-month faculty members will have the opportunity to select this payment option, or to dis-enroll, during the 9 over 12 Deferred Earning Program (DEP). Enrollment period ends **August 17<sup>th</sup>**. For more information, please click here.

**Summer Perks** – This summer, discover savings on housing, car rentals, entertainment, and more. <u>Click here</u> for a complete list of perks.

### Sign up Today for the Service Excellence Workshops

# Service Excellence



The Service Excellence Workshops are back! Brush up on your "in-person" telephone, and written customer service skills. The workshops will cover:

- FIU's philosophy on Service Excellence
- Professionalism at work
- Effective service over the telephone
- Managing written correspondence
- Techniques for delivering excellent service, even in difficult situations

#### **Dates and Times:**

Tuesday, June 12<sup>th</sup>, 9:00 a.m. – 12:00 p.m., CSC-1144A Tuesday, June 26<sup>th</sup>, 1:00 p.m. – 4:00 p.m., CSC-1144A Thursday, July 12<sup>th</sup>, 9:00 a.m. – 12:00 p.m., CSC-1144A Wednesday, July 25th, 1:00 p.m. – 4:00 p.m., CSC-1144A Tuesday, August 7th, 9:00 a.m. – 12:00 p.m., CSC-1144A Wednesday, August 22nd, 1:00 p.m. – 4:00 p.m., CSC-1144A

Register Today!



Click here to like us on Facebook!

**PAWS End of Year Survey** – Participated in any PAWS programs this year? Have suggestions for what you'd like to see for next year? We want to hear from you! Please take 5 minutes to take the <u>PAWS End of Year Survey</u>. Should you have any questions, please contact Nathan Burandt, Wellness Manager, at <u>pawswellness@fiu.edu</u>.

**NEW! PAWScast –** <u>Click here</u> to listen as Nathan and Giselle spread a little kindness with special guest, Marly Q, founder of the PARK Project. Discover how your kindness is your superpower. Enjoy!



It's time to focus on yourself with an FIU Online master's degree. Transform your future with an advanced degree. As an FIU staff member, you can take advantage of the tuition waiver and apply for FIU Online scholarships. Most programs can be completed in 12 to 24 months. Go the next level and become a leader with tools that FIU Online can provide. Explore our online programs <a href="here">here</a>. For more information, please contact FIU Online at (305) 348-3125 or <a href="mailto:online-programs@fiu.edu">online-programs@fiu.edu</a>.



Have you ever encountered a student you were concerned about but did not know what resources to share with them? There is a place on campus that can help! Mental health is just as important as physical health and a big component for student success, retention, and graduation. The Counseling and Psychological Services and the Victim Empowerment Program offer free and confidential help for students struggling with depression, anxiety, body image issues, and much more. As a staff member, you are in a privileged position to make an impact in the life of one of our Panthers. For more information, please contact The Counseling and Psychological Services at <a href="mailto:reqpres@fiu.edu">reqpres@fiu.edu</a> or visit their website at <a href="mailto:caps.fiu.edu">caps.fiu.edu</a>. If you are in need of similar services, please contact the Office of Employee Assistance at <a href="mailto:caps.fiu.edu">caps.fiu.edu</a>.

## The College of Arts, Sciences & Education Camps at MMC



Searching for a fun, adventurous, and exciting camp for kids during the summer? Look no further! The College of Arts, Sciences & Education at MMC is sponsoring enrichment workshops for youth ages 5 and up. For more information or to register online, please <u>click here</u>. Should you have any questions, please contact Ana Jimenez at (305) 348-6545 or email <u>summercamp@fiu.edu</u>.

**Forensic Science/CSI Camp – July 23<sup>rd</sup> – July 27<sup>th</sup>** – Learn about crime scene investigation, detection and interpretation of fingerprints, forensic anthropology, and much more! Youth are invited to engage in a one-week hands-on, in-depth experience led by forensic scientists and CSI experts. The camp will run July 23<sup>rd</sup> – July 27<sup>th</sup> from 8:00 a.m. – 5:00 p.m. Registration fee is \$750.00 and includes meals and activities. To register, and for more information, please contact Ana Jimenez at summercamp@fiu.edu or (305) 348-6545.

### Women in Medicine and Science Spotlight Series Event



The Office of Women in Medicine and Science (WIMS) cordially invites you to the next Spotlight Series event, [D]isaster Planning: Divorce, Disability, Downsizing and Death. These series bring renowned figures of our community who will share their expertise.

Listen as Peggy Hollander, a certified CPA, and founder and managing director at the Succession Group, Inc., as she provides knowledge and experience regarding succession planning. Please join WIMS for an interesting topic in which the speaker will be providing advice on life's unforeseen stages. To register for the talk below, please <a href="mailto:click here">click here</a>. For more information, please contact Wendy Bravo at <a href="mailto:comwims@fiu.edu">comwims@fiu.edu</a> or (305) 348-3981.

[D]isaster Planning: Divorce, Disability, Downsizing and Death June 14th, 12:00 p.m. – 1:00 p.m., AHC2-562 iLearn Lab (Herbert Wertheim College of Medicine)

### **Panther Adventure Recreation Camp**



As proud Golden Panthers, you can begin fostering that same Panther pride in your child this summer at FIU's first Panther Adventure Camps. Housed inside the newly renovated Wellness & Recreation Center at MMC, Panther Adventure Camp is a mix of fun and educational activities aimed at improving kids' well-being, promoting creativity, community, and health and wellness through recreation and outdoor adventure. Some of the activities planned for campers include:

- Field Games
- Archery
- Aquatics
- Group Games
- Nature Hikes
- Arts & Crafts
- Outdoor Education
- STEM and more

For more information, please <u>click here</u>. Should you have any questions, please contact Arleen Rodriguez at <u>arlrodri@fiu.edu</u>.