



Stay up-to-date with the latest FIU COVID-19 Updates at www.fiu.edu/coronavirus.

HEALTH AND WELL-BEING



Balancing work, family and integrating life as we know it today can be quite the juggling act. Join the Office of Employee Assistance for online sessions to help you cope through challenging times. Register for the sessions below at professionaldevelopment.fiu.edu.

- **Managing the Stress of Social Distancing and Working Remotely**
 - Thursday, April 9
 - Monday, April 13
- **Welcoming Your Emotions**
 - Friday, April 10
- **Mindfulness in Togetherness**
 - Wednesday, April 8
 - Friday, April 10
 - Wednesday, April 15
 - Friday, April 17
- **Mindful Practices at Work**
 - Wednesday, April 15
 - Thursday, April 16

Questions? Contact the [Office of Employee Assistance](#) at 305-348-2469.

KOGNITO



Now more than ever we need to be able to identify and help students in distress. Whether you deal directly with students or have student employees in your department, it's important that you be able to recognize at-risk behavior.

FIU's Counseling & Psychological Services is pleased to introduce Kognito, an online resource that helps people prepare for the conversations that matter the most.

Visit [Kognito](#) today and enroll in the At Risk course for faculty/staff today to learn how you can lead real-life conversations that change lives.

One hour professional development credit will be awarded for completing this online course.

Questions? Contact Counseling & Psychological Services at 305-348-2277.

PROFESSIONAL DEVELOPMENT



Looking for professional development opportunities? Register for the upcoming sessions and workshops below:

- [Service Excellence Workshop for Faculty and Staff](#)
- [Next is Now - Future Focused](#)

BENEFITS UPDATES AND REMINDERS



Stay up-to-date with [important benefits updates](#):

- Division of State Group Insurance Update
- State Employee Adoption Benefit

- [Literacies](#)
- [Records Management Compliance Training](#)

Don't forget to also review and stay up-to-date with FIU's [policies and procedures](#) as part of your ongoing professional development.

Questions? Contact [Talent Acquisition and Management](#) at 305-348-3206.

Questions? Contact [Benefits Administration](#) at 305-348-2181.

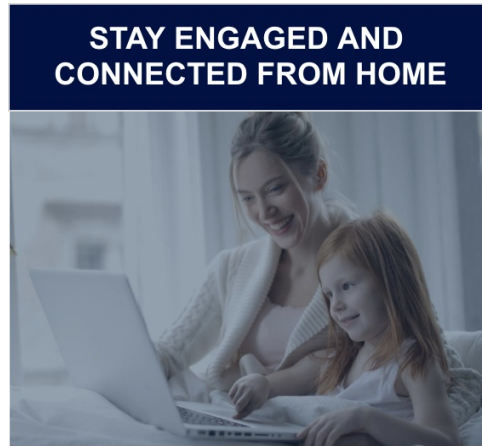


Out of an abundance of caution, FIU Panther TECH's store is closed. However, you can still shop online at panthertech.fiu.edu, by calling us at 305.348.8324 or by emailing us at panthertech@fiu.edu.

If you have ordered any devices, accessories, or have a completed repair from FIU Panther TECH, you can pick them up at the store's loading dock between 9am - 2pm. Make sure you call ahead to confirm that your purchases have arrived.

[Learn more](#) about picking up packages from FIU Panther TECH today!

Questions? Contact [FIU Panther TECH](#) at 305-348-8324.

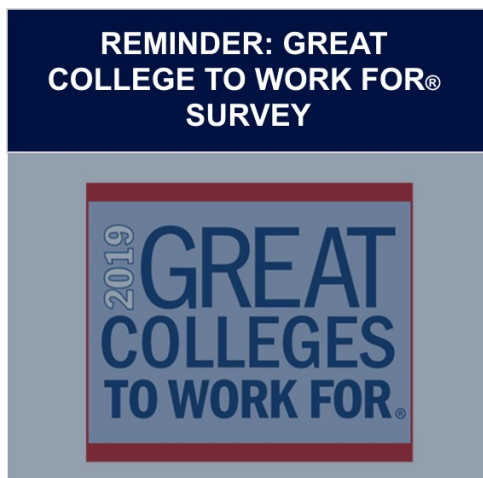


Take advantage of these free offerings to keep you and your family entertained and moving:

- **FIU School of Music Virtual Concerts** - Each Saturday night in April, join the FIU School of Music for virtual music concerts. Tune in tomorrow, **Saturday, April 4** for the [Tchaikovsky Symphony No. 5 & Concerto Competition Winners' Concert](#).
- **Audible** - Selected children's books are free as long as school's are out.
- **Planet Fitness** - Stream workouts free via Facebook for 3 months.
- **Gold AMP Gym** - Get free premium access to over 600 audio and video workouts until Sunday, May 31.
- Discover the [11 Best Meditation Apps](#) to Help You Find Your Inner Peace.

Don't miss out on daily 305 Cafecito Chats hosted by the Office of Engagement to keep you connected, engaged & informed! These virtual chats will take place every weekday at 3:05 pm on their [Facebook page](#).

Stay tuned for more resources coming your way soon!



As we enter the final days of the extended Great College to Work For® survey period, we are turning to you for your support to represent our FIU stronger than ever.

If you are among the [600 randomly selected](#)



Our shopFIU and campus partners are still here to serve the university community during the university's remote operations. Our partners have been hard at work providing continuing service such as free access to course materials from Barnes and

[participants](#) for this year's survey, but have not yet taken it, we encourage you to do so before the extended survey deadline on **Friday, April 10**. Make sure to check your spam and clutter folder for any possible missed reminders from Modern Think LLC.

Questions? Contact [HR Relations](#) at 305-348-0101.

TECH DAYS FOR OUR RETIREES: STAYING CONNECTED



Looking for ways to help our FIU retirees and seniors learn how to stay connected while social distancing? Have them join our virtual learning opportunity designed just for them with our upcoming FIU Retiree Association Tech Day presentation.

Have your beloved seniors [join us Friday, April 17](#) at 2pm for our very first [virtual FIU Retiree Association - Tech Day](#), to learn the "how-to's"!

We'll share tips and live tutorials on how to use and take advantage of the latest technologies, such as video chat, social media platforms and more. Additionally, our team will offer assistance with your other tech questions.

This virtual event is open to our community seniors. Advance [RSVP](#) is required by Friday, April 10.

Questions? Contact [HR Relations](#) at 305-348-0101.

To provide feedback on this newsletter, please email hadmin@fiu.edu.

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[Learn more](#) about these programs and additional information on shopFIU support during this time.

Be sure to check this site frequently, as it is being updated with the most recent shopFIU news.

Questions? Contact [shopFIU](#) at 305-348-2187.

DID YOU KNOW? FOLLOW DHR ON SOCIAL MEDIA



Have you followed us on social media?

Stay connected and informed with the Division of Human Resources on information and resources available to you.

Follow the Division of Human Resources at [@fiudhr](#) on [Instagram](#), [Facebook](#) and [Twitter](#).

Questions? Contact [HR Relations](#) at 305-348-5422.