

December 5, 2013

Campus Updates

- **Match305 Attachment Survey**
- **New University Ombudsman**
- **FIU Health's Lunch & Learn Lecture Series**
- **Team Ropes Adventure Challenge @ BBC**

Campus Updates

Are you connected to your community?

FIU has partnered with the Miami Foundation on the innovative Match305 project, which is working on keeping the best and brightest talent in South Florida. The goal is to turn the tide on Miami's *brain drain* and promote civic engagement.

To accomplish this, Match305 is conducting a survey that measures *attachment* to your work and community, which will then provide a suggestion engine that makes it easy for you to find places, events and happenings in Miami that are compatible with your interests. Do you want to know how connected or engaged you are to the community?

Click here to get started

At the end of the 2-minute survey, you will receive your AQ or Attachment Quotient. A higher over AQ means a happier you. Every registered individual will also be registered to win a free iPad Mini.



New University Ombudsman

The Division of Student Affairs is pleased to announce that Dr. Tony Delgado has been selected as FIU's new University Ombudsman & Assistant Dean of Students. Dr. Delgado brings 15 years of experience in Student Affairs, having served most recently as the Director of Student Life at Miami Dade College, InterAmerican Campus for the last 10 years. The University Ombudsman is a designated impartial professional whose function it is to provide confidential assistance to students who are experiencing problems or concerns within the University. Please [click here](#) to review the full announcement regarding Dr. Delgado's appointment.

FIU Health's Lunch & Learn Lecture Series

[Tis the Season: Managing Holiday Stress](#)

Katie Santana, LCSW

Thursday, December 12 | 12:30 – 1:30 p.m.

AHC2 Room 170

It's the holiday season – the time of gift-giving, holiday parties and what seem to be endless activities from now through the end of the year. According to a recent poll, more than 80% of us find the holiday season to be “somewhat” or “very” stressful as the realities of day-to-day life conflict with our efforts to make the holiday season perfect. Bring your lunch and join us as Katie Santana, LCSW, a clinical therapist in the Department of Psychiatry & Behavioral Health and at the FIU Health Faculty Group Practice, gives tips and strategies for managing holiday stress and coping with stress in general. Free admission! RSVP to fiuhealth@fiu.edu.

Team Ropes Adventure Challenge @ BBC

Looking for a great team-building exercise? We invite you to gather your team and take part in the Team Ropes Adventure Challenge at FIU's Biscayne Bay Campus! Each of our programs are uniquely created to address the needs of each group! [Click here](#) for more information and be sure to mention this post from *HR News & Campus Updates* to get a 10% discount for your group!

To provide feedback on this newsletter, please contact us at hradmin@fiu.edu.