

June 15, 2018

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Employee Benefits



People First Portal Upgrade & Payment Process Changes – The new and improved [People First system is now here!](#) 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). [Click here](#) for a quick introduction to the new People First system.

Please take the time to review your personal contact information in the [HR Panther Soft system](#) 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 17th. For more information, please [click here](#).

Dependent Eligibility Verification Audit (Final Reminder) – The [Dependent Eligibility Verification Audit for employees of all State Universities](#) is nearing its final deadline. The Health Management Systems, Inc. (HMS) is the contracted party administering the audit process. Please [click here](#) for more information. If you have not yet verified your dependents, the deadline of June 21st is swiftly approaching. To ensure that your dependent(s) will continue to receive benefits under the State of Florida group health insurance plan, you must take prompt action upon receipt of any requests for documentation to verify the eligibility of your spouse and/or dependent child(ren). For more information, please visit the State's Frequently Asked Questions, website or contact HMS directly at (877) 577-4549.

Summer Perks – This summer, discover savings on housing, car rentals, entertainment, and more. [Click here](#) for a complete list of perks.

Sign up Today for the Service Excellence Workshops



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 26th, 1:00 p.m. – 4:00 p.m., CSC-1144A

Thursday, July 12th, 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

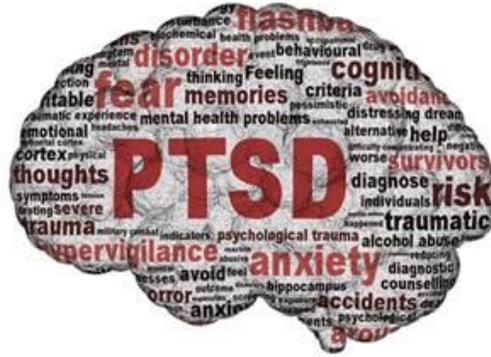
[Register Today!](#)



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 20th, 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.



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 (305) 348-2277 at MMC, or (305) 919-5305 at BBC or visit their website at caps.fiu.edu. If you are in need of similar services, please contact the Office of Employee Assistance at oea@fiu.edu.



[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 [PAWS End of Year Survey](#). Should you have any questions, please contact Nathan Burandt, Wellness Manager, at pawswellness@fiu.edu.

NEW! PAWScast – [Click here](#) 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!



FIU is the place you go when you want the power to do. It's the place for engineering, and the next cyber gadget. It's where you gain the ability to calm that special needs child that no one can reach, and the place that will help you quell every pregnant mothers' **Zika virus fears**. **This is only a small fraction of what you can learn** with FIU's online programs. FIU Online graduate degrees can be completed 100% online. We're not stopping. We're adding more degrees every semester. When you think about where you are and **where you will be**, the choice is clear. Be online with FIU Online. You're one degree closer to being that difference. Explore our online programs [here](#). For more information, call FIU Online at (305) 348-3125 or email onlineprograms@fiu.edu.

Earn Your Master's Degree in Global Strategic Communication



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FIU Communication

Thinking about continuing your education? Have a passion for communication? Join the School of Communication + Journalism for a webinar and information session on the online Master of Science in Global Strategic Communication on Thursday, June 21st at 2:00 p.m. Tune in for a live webinar entitled “When Conflict Brews: Top 3 Lessons From Starbucks Crisis,” and learn more about the Master of Science program. For more information and to RSVP, please [click here](#).

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 [click here](#). Should you have any questions, please contact Ana Jimenez at (305) 348-6545 or email summercamp@fiu.edu.

Forensic Science/CSI Camp – July 23rd – July 27th – 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 23rd – July

27th 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.

Panther Music Camp – July 30th – August 10th – Sing Out! String Out! FIU Music at The Wertheim and the College of Arts, Sciences & Education has designed a collaborative enrichment program for youth ages 7 – 16 where students can Sing Out! or String Out! During summer camp. The enrichment experience includes exercises to enhance musicianship, live Orchestra performances, All-State preparation, and master classes by renowned FIU Faculty. The camp will run from July 30th – August 10th from 8:00 a.m. – 6:00 p.m. Registration fee for Sing Out! Session, 1-week \$250.00/2-weeks \$470.00, and registration for String Out! Session, 2-week camp \$470.00. To register and for more information, please contact Ana Jimenez at summercamp@fiu.edu or (305) 348-6545.

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 [click here](#). Should you have any questions, please contact Arleen Rodriguez at arlrodri@fiu.edu.

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