

MONTHLY PUBLICATION FROM HUMAN RESOURCE SERVICES

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## Paydays

Wednesday, Oct. 10  
Thursday, Oct. 25

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## *Join the Celebration!*

### Quarter Century Club Breakfast on October 3

Washington State University will host the 85th annual Quarter Century Club Breakfast on Wednesday, October 3, 2018. The celebration will start at 9:00 a.m. in the M.G. Carey Senior Ballroom, Compton Union Building, Pullman campus. You can register at [go.wsu.edu/qcc](http://go.wsu.edu/qcc).

The following WSU employees reached 25-year milestones in 2018. If you know them, please congratulate them and thank them for their service!

Geoffrey Allen	Michael Bergam	Drew Betz
Anjan Bose	Brenda Boyd	Bart Brazier
Aaron Brumbaugh	Gale Carpenter	Gillian Coldsnow
Rebecca Craft	Jody Everett	John Farnsworth
Allan Felsot	Charles Harrsch	Desiree Hellegers
Akram Hossain	Chris Hoyt	Larry Hufford
Stewart Hughes	Kevin Imel	Tom Johnson
ChulHee Kang	Brian Lande	Jeannette Mageo
Amy Mazur	Norah McCabe	Michael Morgan
Brian Nicholson	Kat Odell	Kay Palmer
Craig Parks	Bruce Pinkleton	Roger Rada
David Savage	William Schillinger	Marian Sciacchitano
Nathan Tarlyn	Paul Verrell	Mary Wack
Julie Watkins	Mark Wildung	Lydia Zalubil

For those who cannot attend at the Pullman location, the breakfast will be hosted concurrently at the WSU Everett, Spokane, Tri-Cities, and Vancouver campuses. Light refreshments will be provided at these host locations. Seating is limited at all locations. Visit [go.wsu.edu/qcc](http://go.wsu.edu/qcc) to register for the QCC celebration.

Please contact Human Resource Services at 509-335-4521 or [hrs@wsu.edu](mailto:hrs@wsu.edu) for assistance.

# Benefits



## Open Enrollment

The annual benefits open enrollment period is almost here! Be on the lookout in October for information from the Health Care Authority (HCA), including the *For Your Benefit* newsletter. The newsletter will have all you need to know about the upcoming changes to the benefits plans.

## Wellness Tips

Aiming for at least 150 minutes of physical activity each week can result in lifelong health. It's easy to be intimidated by that big number, but don't be! You can split that up into increments of as little as 10 minutes throughout the week. Also remember that physical activity is not limited to gym time. Get creative and get moving!

- Make your meeting a moving meeting instead of huddling in a conference room.
- Walk or bike to run your errands.
- Spend some time in the garden or tackle that home project you've been putting off.
- Pair media with activity: find a podcast that interests you and listen as you walk or jog.
- Find a workout video or class that interests you.

**Did you know?** Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits (Centers for Disease Control and Prevention, 2018). Assess where you stand today and take one realistic step toward improving yourself.

## WFSE Represented Employees

Requests for a personal leave day/personal holiday should be submitted in writing to your supervisor no less than fourteen (14) days prior to the date for which the leave is requested.

**Such scheduling requests must be made no later than November 1 of each calendar year.**

*Questions? Please contact HRS at [hrs@wsu.edu](mailto:hrs@wsu.edu) or 335-4521.*



*Walking on the Chipman Trail, photo by Bob Hubner*

## Crimson Spirit Award



Sheryl DeShields, secretary senior in the Department of Psychology, received the September 2018 Crimson Spirit Award.

One nominator called Ms. DeShields "the heart and soul of our talented and close-knit department." Another nominator simply notes "Outstanding in every way. I have had experience with at least twenty different secretaries in two different colleges, and Sheryl is the best that I have seen." Ms. DeShields' colleagues

honor her for her noteworthy extra efforts and commitment. She promotes the work and accomplishments of the Psychology Department, provides creative problem-solving, and is unfailingly helpful!



# Training and Development

## Featured Online Training

### Reaching Goals Using Perseverance and Resilience

This short course explains how the signs and symptoms of stress can be physiological, behavioral, and psychological in nature. The training reviews strategies for coping with stress and avoiding burnout. The course also covers how you can positively change your responses to stress once you are able to recognize how you respond to stressful situations. Relaxation techniques such as breathing and mediation are offered.

Click [here](#) to take the course. This may require you to log into WSU's training website with your WSU network ID and password.

## Featured Online Book

### Hard Facts, Dangerous Half-Truths and Total Nonsense: Profiting from Evidence-Based Management

by Jeffrey Pfeffer and Robert L. Sutton

This book guides managers in using evidence-based management to establish best practices for their companies, rather than simply copying what seems to have worked elsewhere. This practical and candid book challenges leaders to commit to evidence-based management as a way of organizational life. It also shows how to turn common sense into common practice.

To read this online book, click [here](#). This may require you to log into WSU's training website with your WSU network ID and password.

## Modernization Initiative Updates

Visit [modernization.wsu.edu](http://modernization.wsu.edu) and click on the News link for updates on recent activities.



## Pre-Retirement Seminar

October 3, 2:00–3:30 p.m.

Monthly pre-retirement seminars are offered at Human Resource Services (French Administration, room 139, Pullman).

Concurrent videoconferencing is also available for other WSU locations. More information about retirement is available [here](#).

## Instructor-Led Trainings (ILTs)

*Click the links below for more information. This may require you to log in with your WSU network ID and password.*

### WSU Online Training System: Management Functions

Oct. 2, 9:00–10:30 a.m.

### Dreaded Conversations: Effectively Communicating Difficult News

Oct. 2, 9:00–10:30 a.m.

### Interpersonal Communication in the Workplace

Oct. 4, 9:00–11:30 a.m.

### Customer Service at WSU

Oct. 9, 9:30–11:30 a.m.

### Hands-On Training: Tips and Tools

Oct. 10, 9:00–10:30 a.m.

### Supporting LGBTQ+ Students in Advising

Oct. 11, 9:00–10:00 a.m.

### Coaching for Growth

Oct. 16, 1:30–4:00 p.m.

### Inclement Weather Suspended Operations: Employee Training

Oct. 18, 3:30–4:30 p.m.

### Inclement Weather Suspended Operations: Manager Training

Oct. 26, 1:30–2:30 p.m.