

worklife



Fall 2008

WorkLife Spotlight

FAMILY CARE

Participate Today!

Syracuse University Family Care Assessment

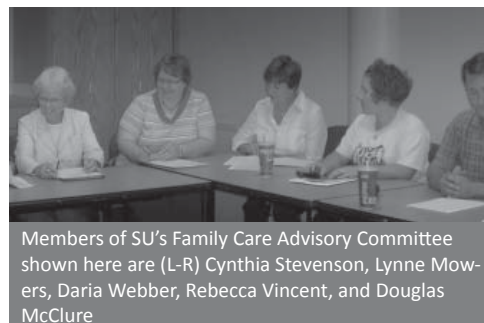
A campus-wide family care assessment to gather data on current and anticipated family care needs of benefits eligible faculty and staff is currently underway. Whether you are personally addressing family care for elders, spouses/partners, or children; have colleagues addressing these needs; or are functioning in a supervisory role; your perspective is important to this effort.

“This is a great opportunity for faculty and staff to lend their voices to an important discussion that impacts family life now and in the future,” says **Mickey Lord**, director, WorkLife and Organizational Development. “It is so important that we hear from every voice, regardless of current child or elder care needs, to fully inform assessment results. Managers will have a unique view on how family care intersects the workplace. Colleagues can comment on how specific family care resources could improve their work environment as well as their personal situations.”

This initiative is a joint effort of the Family Care Advisory Committee, the Office of Human Resources, and the Office of Institutional Research and Assessment. The data collected through this confidential process will be reviewed by the Family Care Advisory Committee and form the basis for a report to University administration with recommendations for enhancing family care services and support.

If you are a faculty or staff member, you received an e-mail that includes the URL and your access code to the Family Care survey. If you are an SEIU staff member, you were sent a paper survey addressed to you in your work area, in addition to an e-mail. SEIU staff can either complete the paper survey and return it in the self-addressed envelope provided or complete the survey online.

If you have specific questions about family care support currently available to faculty and staff, visit the family care web site at http://humanresources.syr.edu/worklife/family_care.html or contact **Lisa Brennan** at x2099.



Members of SU's Family Care Advisory Committee shown here are (L-R) Cynthia Stevenson, Lynne Mowers, Daria Webber, Rebecca Vincent, and Douglas McClure

The New Look of the WorkLife Newsletter

We have updated our newsletter layout to bring you a fresh look at the different areas of SU's WorkLife.

We welcome your comments and suggestions on this and future issues.

E-mail learn@syr.edu or call x2488.

Power to Advance 2008

INDIVIDUAL GROWTH AND DEVELOPMENT

On Wednesday, July 30, 2008 the WorkLife Individual Growth & Development Advisory Committee presented the second annual Power to Advance conference. More than 80 participants joined in this year's event to take ownership of their careers and professional growth, and participate in a forum for skill development related to future career advancement.

Opening remarks were presented by **Neil Strodel**, associate vice president - chief Human Resources officer and **Mickey Lord**, director of WorkLife & Organizational Development. They provided insight into the importance of professional development in a staff member's current role and encouraged participants to identify and achieve current and future work/life goals.

The half-day event also included resume and cover letter writing techniques, interviewing skills, and one-on-one resume development consultations presented by the following experts:

- **Lisa Brennan**, assistant director, WorkLife and Organizational Development;
- **Sharon Cole**, employment specialist, Human Resources;
- **Jennifer Crisp**, Esq., assistant director, Office of Technology Transfer & Industrial Development;
- **Diana Ecker**, career consultant, Center for Career Services;
- **Rosanne Ecker**, assistant director, Graduate Student Career Services, Center for Career Services;
- **Chris Percoski**, employment specialist, Human Resources; and,
- **Chuck Reutlinger**, associate director, Information Resources and Services, Center for Career Services.

A panel discussion featuring hiring managers from across campus provided participants with their unique perspectives and advice regarding the University's hiring process. Panel presenters included:

- **Karen Davis**, manager of career development, L.C. Smith School of Engineering;

WorkLife's Individual Growth and Development
Advisory Committee Presents:

THE POWER TO ADVANCE

"Leveraging Your Potential"

Wednesday, July 30, 2008

8 a.m. - 1 p.m.

- **Dr. James Duah-Agyeman**, director, Office of Multicultural Affairs;
- **Kim Kopp**, senior administrator, Network & Systems Management;
- **Jack Matson**, director, Staff Relations and Recruitment, Human Resources;
- **Jake Tanksley**, human resources director, Institutional Advancement; and,
- **Mike Torak**, assistant dean, School of Education.

To further support staff career development, representatives from the SU Bookstore, Library, The Writing Center, University College, Toastmasters, and Affinity Groups set up tables of information for participants.

The Power to Advance was coordinated by members of the Individual Growth and Development Advisory Committee. Committee members are Mike Cahill, Sharon Cole, Nancy Corgel, Jennifer Crisp, Linda DeFrees, Kathy Hartelius, Denise Hendee, Smita Rane, and Mary Santy. For more information about Individual Growth and Development visit <http://human-resources.syr.edu/worklife/growth.html>.

Join Toastmasters Today!

Participating in a fun and supportive Toastmasters group can help improve your public speaking skills and builds confidence. Guests are always welcome to attend a meeting to see what it's all about. For more information, visit the Orange Orators web site at <http://www.orangeorators.org>.

of Life?

Flexible Work Chat

FLEXIBLE WORK

WorkLife stopped by to chat with **Melissa Cadwell**, marketing manager of the Sustainability Division of ECM, about her flexible work schedule and how it helps her be more sustainable.

What type of schedule do you have?

I normally work Monday – Thursday, 8 a.m. – 4:30 p.m. and telecommute from home on Fridays, working 7 a.m. – 3:30 p.m.

When working from home, how do you stay connected with your colleagues and campus?

I transfer my work phone to my cell phone so I can be reached at my office throughout the day. I also use e-mail to communicate and have remote access to my office desktop.

How do you feel this flexible work arrangement has impacted your life and what you spend on gas?

Working in the sustainability office at SU has changed my perspective. I have changed my work routine and lifestyle to be sustainable. I telecommute one day per week and have added errands

into my drive home from work. For example, I now go grocery shopping Wednesday night, eliminating that extra trip I used to make on Saturdays. By adding errands into my trip home and the one day I telecommute, I drive about 100-150 miles less per week.

How does telecommuting work for you?

I actually did a trial run during the last Campus Commuter Challenge. I realized I had to be extremely disciplined when working from home. Telecommuting from home has its advantages. I have less noise distractions and the stress of battling traffic to get to work on time was gone. I grab my coffee, log-on and start the day.

More information on sustainable flexible work options and can be found at <http://humanresources.syr.edu/worklife/fws.html>.

SU's sustainability web site is <http://greenuniversecity.syr.edu>.



Depression Screening

COUNSELING



NATIONAL DEPRESSION SCREENING DAY®
The key to recognition and treatment

Friday, October 10, 2008

National Depression Screening Day is October 10 and the Syracuse University Faculty and Staff Assistance Program (FSAP) will be sponsoring a Depression Screening event during the month of October. This event, which is open to all staff and faculty, is designed to increase awareness about depression and available resources.

A brief depression screening is available on the FSAP web site, <http://fsap.syr.edu>, under Psychological Concerns. A more comprehensive screening is available by appointment at the FSAP office,

111 Waverly Ave., Suite 215 (in the Health Services building). Those who participate in the comprehensive screening will be administered a free, confidential depression assessment and given feedback about their scores by one of the FSAP professional counselors. The assessment/feedback takes 30 minutes to complete. Information and resource materials will be available.

To schedule a time for a screening or for more information, contact FSAP at x1087 or visit the web site at <http://fsap.syr.edu>.

Harvest for Health Wellness Fair

Thursday, October 23

11 a.m. - 2 p.m.

Goldstein Auditorium, Schine Student Center.

The WorkLife Wellness Committee will host SU's fourth annual Harvest for Health wellness fair on October 23. The goal of this event is to increase the level of awareness of faculty and staff about the benefits of wellness and to educate them about related activities on campus and in the community.

Wellness is an important component of WorkLife at Syracuse University, driven by the Wellness Committee's mission:

"To provide a comprehensive wellness concept that supports an individual's personal commitment to wellness through the vehicles of education and programming."

Registration is not required for this event. For more information, go to <http://humanresources.syr.edu/worklife/wellness.html> or contact WorkLife and Organizational Development at x2488.



Scenes from the 2007 Harvest for Health



Save the Date Upcoming WorkLife Programs & Events

Toastmasters Orange Orators Meeting

Every Tuesday from noon- 1 p.m.

Peter Graham Scholarly Commons Room

E.S. Bird Library

www.orangeorators.org

Family Care Assessment

October 1 - 15

http://humanresources.syr.edu/worklife/family_care.html

Bereavement Panel Discussion

Wednesday, October 15

www.fsap.syr.edu

Harvest for Health Wellness Fair

Thursday, October 23

<http://humanresources.syr.edu>

Aging Well: Brain Workout

Wednesday, November 5

www.fsap.syr.edu

Understanding Children's Fears

Lowering Their Stress

Wednesday, November 12

www.fsap.syr.edu

Tweens/Teens and Technology

Wednesday, November 19

www.fsap.syr.edu



This publication is brought to you by the WorkLife Strategy Committee through the Office of Human Resources.

More information on WorkLife is online at <http://humanresources.syr.edu/worklife>.