

### Quick Links

[Visit Our Website](#)  
[Events Calendar](#)  
[More About Us](#)



P&S Council  
President  
Tera Lawson

## January Professional and Scientific Council Meeting

Thursday, January 7 at 2:10 p.m. - Pioneer Room - Memorial Union

Please join us for the Professional and Scientific Council meeting. All P&S staff are welcome to attend. [Click here to view the agenda.](#)

## Register Today!

**Building YOU, Reinforcing US - February 11, 2016**

The Professional and Scientific Council Professional Development Conference registration is open! The cost of the conference is \$75 through this Friday, January 8. After the 8th the cost increases to \$90.

Participants will learn methods for "Building YOU, Reinforcing US" at the full day Professional and Scientific Council Professional Development Conference on Thursday, February 11, 2016 at the Scheman Building.

[For more information and to register click here.](#)

## January Professional and Scientific Council Seminar Series Event

**Managing the Impact of Caregiving on Your Career**

DATE: Tuesday, January 12

TIME: 2:00-3:00 pm

LOCATION: Gallery Room, Memorial Union\

PRESENTERS: Donna Donald, human sciences specialist, Field Operations; and Kristi Cooper, human sciences specialist, Family Life

LIVE STREAM: View [online](#) using guest access

Do you find yourself caught between the demands of career, family, personal time, and caregiving? If so, you are not alone. According to a 2015 research report, Caregiving in the U.S., six in 10 caregivers are employed.

The stress and strain of caregiving can impact a person emotionally, physically, and financially. As an employed caregiver balancing multiple roles, it is easy to focus on survival and getting through from one day to the next. While there are no simple answers, a caregiver can learn tools to thrive, not just survive, this time in his/her life.

During this seminar you will learn two different tools that will help you communicate clearly with supervisors, medical professionals, other family members, and the person receiving care. You will also learn about where to find resources and caregiving support. And most importantly, you will develop an action plan focused on taking care of yourself as continue in your various roles.

Recordings of the Professional and Scientific Council Seminar Series Events may be found at: <http://www.pscouncil.iastate.edu/activities/professional-development/coursework>

## University Strategic Planning

Share your ideas and make your voices heard throughout the strategic planning process! You can reach out by contacting the P&S Staff Members who are serving the [six subcommittees](#), or by submitting comments via the strategic planning website. When [submitting comments](#) via the website you can choose whether or not you would like to remain anonymous as well as if

you would be willing to be contacted about your comments or questions.

## Exclusive Health and Wellness Deals

Did you know that as a member of the Wellmark health insurance family through our Iowa State Blue Cross Blue Shield plan, you have access to many health and wellness discounts? Blue365® offers a wide range of savings from top health and wellness brands like Reebok, Jenny Craig, Sprint, and Dole.

To learn more visit the [Blue365 website](#), agree to the terms and conditions, and you can browse current deals on memberships, subscriptions, and much more.

[Click here](#) to take advantage of health and wellness deals. You can select all deal categories, or select a few such as: fitness, financial health, lifestyle, personal care, healthy eating, and wellness.

## Staff Spotlights

Melissa Miller, program coordinator I for the Iowa Water Center, was the recipient of the 2014 Professional and Scientific CYtation Award. Melissa has been at ISU and in her current position for three years. Read more about Melissa and what she's doing now in the [P&S January 2016 Staff Highlight](#).

## Give Kudos to Your P&S Colleagues

Recognize your fellow P&S employees who help make Iowa State a great place by using **#highlightingISUstaff** on Facebook and Twitter!

**Your Professional and Scientific council members are here to represent you. The names and contact information for all Council Members can be found [here](#).**