

IOWA STATE UNIVERSITY

Professional and Scientific Council

December Council Meeting



**Professional and Scientific Council general meeting:
Thursday, December 3, 2:00 - 4:00 p.m.**

The meeting will be held online via [Webex](#) (follow prompts)

Meeting number: 120 833 5827


Password: uMKX4M8hS6P

Join by phone: +1-312-535-8110 United States Toll (Chicago)

Access code: 120 833 5827

The meeting is open to all Professional and Scientific employees.

**Save the Date for the 2021 Professional Development
Experience, Cultivate Your Adventure: Growing Through
Change on February 25, 2021!**

SAVE THE DATE! → → February 25, 2021	
 <p>Cultivate Your Adventure <i>Growing Through Change</i> 2021 Professional Development Experience</p> <p>More Details Coming Soon!</p>	<p>IOWA STATE UNIVERSITY Professional and Scientific Council</p> <p>PROFESSIONAL DEVELOPMENT EXPERIENCE</p>

The Professional and Scientific Council Professional Development Conference Subcommittee is hard at work planning a virtual experience to cater to the ever-changing needs of ISU P&S employees. Details regarding registration, speaker, and agenda will be released in the coming weeks. Please watch our Professional and Scientific Council Facebook page and our [website](#) for more information.

We can't wait to "see" you for our first ever virtual professional development experience!

2020 CYtation Award nominations are due Dec. 7!

CYTATION AWARD NOMINATIONS

This is your last chance to nominate an individual or team for a 2020 CYtation Award! Submit a nomination using this [form](#). Find additional information on these [awards](#). Please also take a look at the 2019 [CYtation Award winners](#)!

December Council Seminar Series event - Building Partnerships through the PiE Framework

Join us online December 8, 2-3 p.m., when Maureen Griffin, program specialist in biotechnology, and Eric Hall, professional development consultant for Iowa State University, will discuss how to build partnerships on campus using the Partnerships in Educational Settings (PIEs) framework.



To protect the health of attendees and presenters, this fall's Seminar Series events will be hosted online. Please join us, from the comfort of your office or home, at this [link](#). If you are unable to join us December 8, the recorded session will be posted in [Learn@ISU](#) approximately one week after the live session.

January Council Seminar Series event - save the date



Welcome in the new year by attending the January Professional and Scientific Council Seminar Series event, which will be held on January 12, 2021, 2-3 p.m. Presenters are to be determined, and more information will be provided on the Professional and Scientific Council website when available.

The Seminar Series will continue livestreaming all spring events to protect the health of both presenters and attendees. Recordings of the events will be available on [Learn@ISU](#) approximately one week following the livestreamed sessions.

Additional information about all of the Council Seminar Series events can be found [here](#).

So, how are you doing? If you need help, take advantage of university mental health services available

As the COVID-19 pandemic worsens and other events continue to impact the lives and outlook of many, Iowa State University has seen an increase in individuals reaching out for mental health assistance. During a recent Iowa Board of Regents meeting university chief of police Michael Newton reported the department has seen a significant increase in mental health calls on the part of students, including a huge increase in suicide ideation.



Professional and Scientific Council realizes that mental health assistance is also a need for university staff.

Tim Ashley, interim assistant vice president of payroll and taxes, has shared information with Professional and Scientific Council that shows a 32.11% increase in paid mental health-related claims for ISU staff in the current year to date when compared with the previous year to date. Figures also show mental health has moved from third to second in the past year for the most frequent medical diagnosis with allowed insurance charges.

Professional and Scientific Council would like to remind all P&S staff that mental health resources are available to you through the university.

In-person help in the form of free, confidential counseling services is available with the Employee Assistance Program (EAP) through Employee & Family Resources (EFR). The program is available not only to employees but to members of an employee's immediate family. Visit the [EFR login page](#) or learn more about [EFR's counseling offerings](#). You can also view an [EAP Benefit Summary](#) or call 800-327-4692, 24 hours a day, seven days a week to speak to a representative who can answer questions and provide guidance.



The Employee and Family Resources program also offers [webinars](#) on many subjects dealing with mental health awareness, with several current offerings focusing on such things as staying connected in a socially distanced world, stress and burnout and emotional support for those impacted by COVID-19.

If you are in need of assistance, Professional and Scientific Council urges you to take advantage of these services available.

Did you know? The SHOP Food Pantry is available for staff, faculty and students; volunteers for staffing are sought



Did you know there is a food pantry available to all ISU students, staff and faculty right on campus? The SHOP (Students Helping Our Peers) is an entirely student run organization with a mission to engage with anti-hunger advocates and serve the student population by increasing hunger awareness and food security. Their pantry location is 1306 Beyer Hall, and their hours throughout winter session and break will be Tuesdays and Fridays from 10 a.m.-2 p.m.

To utilize the SHOP, clients should go to their Beyer Hall location where they will fill out a digital grocery list which is based on their available inventory. For those without a device to access the digital list, paper copies are available when you get there. Volunteers working the SHOP will then receive an email regarding your order, fulfill it and hand you the bagged items. There are personal care items available for clients to take while they await their order fulfillment.

What can you do to help? Spread awareness! Please educate fellow staff and students about this resource on campus in case they or someone they know are in need. Staff and faculty who are able to support the SHOP may volunteer to work one-hour shifts over the break. Due to COVID-19 restrictions the SHOP is currently not accepting food donations, but you can make a financial contribution to help support their activities.

If you are interested in volunteering during the winter break, please fill out [this form](#).

If you are interested in volunteering but cannot during the break, please fill out [this form](#).

Make a tax-deductible [financial donation](#).

See the [SHOP web site](#) for more information.

Highlighting ISU Staff: Heather Simmons

This month we recognize Heather Simmons, Occupational Safety Specialist II, Environmental Health & Safety.



Heather has been instrumental in developing and implementing an incident investigation and injury prevention program. Through this she has created rapport and relationships that have helped University departments identify areas to potentially reduce injuries by providing analysis and reports of injury related data.

Congratulations, Heather, and thank you for all you do!

You can nominate a fellow Professional and Scientific employee (or team of employees) for Highlighting ISU Staff! It only takes a few minutes. Submit your nominations using the [Highlighting ISU Staff form](#) to tell us about a P&S employee or team doing great work in your area. The form will ask you to tell us about who you are highlighting and why in 100 words or less, and to include a picture of the person, team, or output for which they are being highlighted.

One submission will be regularly included in the newsletter as determined by the P&S Council Awards Committee. Other submissions will be featured on social media with the tag #highlightingISUstaff, on the P&S Council web page Highlighting ISU Staff, and/or included in future newsletters.

Sara Parris is the 2020-21 Professional and Scientific Council President.

[Email](#) President Sara Parris

Your Professional and Scientific Council representatives are here for you. Their names and contact information can be found on the [Council Members page](#) of our web site.



CYCLONES CARE



WEAR
A FACE COVERING



DISTANCE
6 FEET (2M) APART



WASH
YOUR HANDS OFTEN



STAY HOME
IF YOU ARE ILL

IOWA STATE UNIVERSITY

Stay current with how Professional and Scientific Council works for you

[WEBSITE](#) [EVENTS](#) [ABOUT](#)

