

IOWA STATE UNIVERSITY

Professional and Scientific Council

March Council Meeting



**Professional and Scientific Council general meeting:
Thursday, March 4**

**Online meeting room opens at 2:00 p.m., meeting
begins at 2:10 p.m.**

Meeting held via [Webex](#) (follow prompts)
Meeting number: 120 477 1932
Password: WfecGM5pJ86

Join by phone: +1-312-535-8110 United States Toll (Chicago)
Access code: 120 477 1932

The meeting is open to all Professional and Scientific employees.

Be part of Professional and Scientific Council! Nominations for councilors are open through March 5



Professional and Scientific Council serves as a resource and an advocate for all Iowa State Professional and Scientific employees, and you have the opportunity to represent your peers as a council member! Nominations for the 2021 election are now being accepted through March 5.

In a video message, Iowa State University President Wendy Wintersteen recognizes the importance of Professional and Scientific Council and those who serve on it:

"I encourage you to consider running for Professional and Scientific Council. It is a wonderful way to become more deeply engaged in university operations, develop knowledge of university practices and initiatives, build community with our colleagues across campus and gain leadership experience."



President Wintersteen goes on to say, "I deeply value the leadership, insight and diverse perspectives that P&S Council provides to help make Iowa State a better place for all of us." View all of [President Wintersteen's message](#).

[Nominate yourself or a colleague now!](#)

To complete the nomination form, you'll need a brief (fewer than 1,250 characters with spaces and punctuation) summary of your qualifications and why you want to serve on Professional and Scientific Council.

Still have questions? Visit the council's [election web page](#) or contact the council's [Representation Committee](#) to learn more!

March, April Council Seminar Series events focus on wellness

Professional and Scientific Council focuses on your wellness in back-to-back Seminar Series events March 9 and April 20. Please note you can take part in one or both of the seminars. You are not required to participate in both.

Part 1, March 9: How Balanced Is Your Wellness?

There are always opportunities for enhancing your wellness, but where should you start? Join us online March 9, 2-3 p.m., when 4-H Healthy Living Program Specialist Laura Liechty will deliver part one of a two-part series on physical and mental well-being.

During this session, you will learn about the eight dimensions of wellness. After taking a "wellness wheel" assessment to measure your well-being in each dimension, you will be able to identify areas where you thrive and others that need more attention. This new awareness will help guide you toward steps you can take to achieve a fuller sense of well-being.



To protect the health of attendees and presenters, the spring seminar Seminar Series events are hosted online. [Join us](#) from the comfort of your office or home. If you are unable to join us March 9, the recorded session will be posted in [Learn@ISU](#) approximately one week after the live session.

Part 2, April 20: Continuing the Wellness Conversation

After assessing and reflecting on your current well-being, you will have the opportunity to discover various health and wellness resources available to P&S employees on campus and in the Ames community in the final part of this two-part series.



Join us online April 20, 2-3 p.m., for a roundtable discussion on mental health and well-being. Panelists include Senior WorkLife and WellBeing Coordinator Stephanie Downs, Behavioral Health State Specialist David Brown, Student Wellness Dietician Lisa Nolting, and University Human Resources WorkLife and Family Services Coordinator Cris Broshar.

The Seminar Series will continue [livestreaming](#) all spring semester events to protect the health of 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 on the [Professional Development page](#) of the council web site.

Did you know...? You can become an adviser for an ISU student organization

From advertising to yoga, there are more than 900 student organizations at Iowa State University and the list continues to grow. Professional and Scientific staff can help build the leadership skills of ISU students by becoming a student organization adviser. Advisers mentor students and help them plan student organization events.



You can build your mentoring skills while working with ISU students to build their leadership skills. See a [list of ISU student organizations](#) and learn more about [serving as an adviser](#).

Highlighting ISU Staff: Diann Burrig

This month we recognize Diann Burrig, Director of Undergraduate Programs, Ivy College of Business.



Diann Burrigh was nominated by Jamie Sass, Director of the Ivy College of Business Communications Center, who said:
 "Undergraduate advising is so valuable to ISU students, and Diann leads a great team of advisers! Everyone on her team acknowledges that she's a great person to work for because she's a good decision maker and is always a cheerleader for her team's successes! Diann understands the intricacies of ISU and strives to keep her team innovative, fresh, and on their best game."

Congratulations Diann, 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.

Beginning March 1, when you nominate a P&S employee or team for Highlighting ISU Staff, you will be entered into a drawing for a \$30 ISU Dining gift card to be awarded in June. 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

[Access past issues](#) of the council newsletter

Stay current with how Professional and Scientific Council works for you

[WEB SITE](#) [EVENTS](#) [ABOUT](#)

