

IOWA STATE UNIVERSITY™

Professional and Scientific Council

October Council Meeting

Thursday, October 7

2:10 p.m.

Gallery Room, Memorial Union

General meetings are open to all Iowa State University Professional and Scientific employees and the public.



New location for upcoming council general meetings

To allow greater physical distancing, the November (November 3) and December (December 2) general meetings of Professional and Scientific Council will be held in the South Ballroom of the Memorial Union. Please take note of this change. As always, all Iowa State University Professional and Scientific employees are invited to join council general meetings.

"WorkFlex: First Steps" Seminar Series event is now virtual and scheduled for October 19



The introduction of Iowa State's WorkFlex program will be discussed in this special online Professional and Scientific Council Seminar Series event **October 19, 2-3 p.m.**

This will replace the in-person Seminar Series event that had been previously scheduled for October 12.

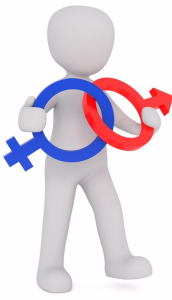
Ed Holland, University Human Resources Director of Benefits and WorkLife, will conduct the seminar, to be delivered via Webex, with a link to be provided. Watch the Thursday, October 7 edition of Inside Iowa State, the P&S Council [web site](#) and P&S Council's [Facebook](#) and [Twitter](#) pages for

more information.

The WorkFlex program has been developed with the recognition that work environments are evolving, and as organizations develop flexible work arrangements, Iowa State must take similar steps to remain competitive in attracting and retaining top talent.

The program is being developed with the university's unique needs in mind, recognizing that departments and units perform diverse work in diverse workspaces. The program will provide a framework for supervisors to work with their employees and determine what options may work best for their units.

November Seminar Series event: Moving on From Pronouns; September seminar posted on Learn@ISU



Gender equity and inclusion will take center stage in the November Professional and Scientific Council Seminar Series event.

Andra Castle, Assistant Director of the Margaret Sloss Center for Women and Gender Equity at Iowa State, will present "Moving on from Pronouns - Building Skills for Gender Equity and Inclusion at Iowa State University" November 9, 2-3 p.m., in the Pioneer Room of the Memorial Union.

Andra (they/them/theirs) will talk about gender in the workplace and how to develop understanding of gender to create and sustain gender inclusivity, including third person pronouns, how to navigate pronoun changes, and what pronouns teach us about gender. They will provide

action steps and reflection questions to help guide understanding of gender equity.

This meeting to be held in a hybrid format. If you are not able to in person, you can join a livestream via Webex. Information on the livestream will be announced closer to the event.

September seminar now online: A video recording of "Taking Care: Including Mindfulness in Your Day," council's September Seminar Series event, is now available on [Learn@ISU](#).

In this presentation Karen Couves (CELT) and Sue Tew Warming (ISU WellBeing) explore the benefits of mindfulness, present practical ways to include mindfulness in your daily life, and provide resources to assist when challenges are presented. The recording can be found as:

Course ID: PSCOUN-SSE-2021-09-ON

Course Title: FY22-01 Professional and Scientific Council Seminar Series - Taking Care: Including Mindfulness in Your Day - Presented by Karen Couves and Sue Tew-Warming

Nominate what's great! It's CYtation Award time!

Nominations for 2021 Professional & Scientific Council CYtation Awards are now open!

Individuals, programs, departments, and colleges are encouraged to nominate Professional and Scientific employees for respective awards that honor important contributions:



- [Individual CYtation Award/Woodin CYtation Award](#)
- [Team CYtation Award](#)
- [Outstanding New Councilor CYtation Award](#)

Anyone can submit a CYtation Award nomination and the process has been streamlined! We look forward to seeing all the ways P&S employees

- have gone over and above their normal duties
- have done something extraordinarily well
- OR acted in such a way as to make a real difference at ISU

If you have any questions about the CYtation Awards requirements and eligibility, visit the Professional and Scientific Council [web site](#) or [email](#) the council Awards Committee.

Nominations are due December 1, 2021

Council's 2021-22 strategic initiatives approved, posted



Professional and Scientific Council has approved its 2021-22 Strategic Initiatives and the outline has been posted on the council [web site](#).

Each fiscal year, council, with communication from its constituents, identifies strategic initiatives important to Professional and Scientific employees, and the greater ISU community.

Members of the council's Executive Committee engaged in a discussion of strategic initiatives for the 2021-22 council year in a day-long meeting held in July, 2021. Council will work to address these priorities in addition to, or in conjunction with, the council priorities of: Serving as the voice of P&S employees in the shared governance structure; investigating and responding to P&S employee concerns;

providing professional development opportunities for P&S employees; honoring P&S employees; representing P&S employees; encouraging P&S employee engagement.

A final draft of the initiatives was approved in a second reading during council's September 9 general meeting.

Submission deadline for conference proposals and recommendations for speakers is October 8

The 10th Annual Professional and Scientific Council Professional Development Conference will be held February 23, 2022 at the Gateway Hotel and Conference Center.



Cultivate Your Adventure

Engage, Innovate, Evolve

2022 Professional Development Conference

If you have a topic you think P&S employees will benefit from learning about and want to share your expertise, please consider being a presenter at our 2022 Conference!

All individuals who are interested in presenting, or who are recommending a presenter, will need to complete this [online form](#) by October 8, 2022.

Additional information can be found on the [conference website](#).

Flu shots for ISU employees now through October 15

Mark your calendar and roll up your sleeve for Iowa State's free flu vaccination clinic now open through October 15, Monday – Friday, 9 a.m. – 4 p.m. The first hour each day will be reserved for high-risk individuals.

Professional and Scientific employees are among those eligible for the vaccination, provided by a partnership between ISU WellBeing and Ames Laboratory Occupational Medicine. Spouses or children of employees are not eligible for this clinic.



Please note that the clinic location has moved. It will now be held at the south court of State Gymnasium (you are asked to enter through the gym's south entrance). No appointment is needed.

If you're part of ISU WellBeing's Adventure2 program you'll receive points for getting the vaccination. Get more information from [ISU WellBeing](#) or from a story in the [September 16 issue](#) of Inside Iowa State.

Did you know? Adventure2 program begins its fifth year; you're invited to join!

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Year five of Adventure2 began in early September and features a variety of wellness activities you can do alone or as part of a group.

Activities include group Friday walks starting at 12:10 p.m. outside Beardshear Hall for one-mile walks around campus.

[Log in](#) to discover ways to earn points as you take care of your health with such things as a TIAA financial consultation, a cancer screening, and a vision exam. Adventure2 helps you get the most out of your health insurance for those important preventative exams.

Exercise suggestions like "Stressed? Exercise to Release Tension" give you a quick boost to benefit both your mind and body and lets you earn points that can be redeemed for gift cards, ISU Recreation Services membership discounts, and items like lunch containers and fitness bands.

Go to <https://iastate.limeade.com/> and log in with your ISU Net-ID to learn more and start earning points.

Highlighting ISU Staff: Amanda Runyan

This month we recognize the [Amanda Runyan](#), Student Services Coordinator II with the Department of World Languages and Cultures.

Amanda was nominated by Susan McNicholl, who said: "Early in the semester, Amanda was interacting a lot with the Registrar and Room Scheduling offices for assistance with some last-minute fixes. Amanda sent each of them a cookie tray from all of us in World Language and Cultures to show our appreciation for all their extraordinary help during that hectic time. Amanda's idea started a chain reaction of random acts of food delivery from one department to another as people paid it forward. In the end, goodies, appreciation, and encouragement went to Accounts Receivable, Admissions, the Dean of Students Office, Financial Aid, Residence, Thielen Student Health Center, ISU Police, and New Students Offices."



Congratulations Amanda, 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 council's Highlighting ISU Staff [web page](#), and/or included in future newsletters.



Chris Johnsen is the 2021-22 Professional and Scientific Council President.

[Email](#) President Chris Johnsen

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.

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