

IOWA STATE UNIVERSITY™

Professional and Scientific Council

February Council Meeting

Thursday, February 3, 2022

2:10 p.m.

The February general council meeting will be conducted **online only**



- Join Via [Webex](#)
- Join by phone: +1-312-535-8110
United States Toll (Chicago)
- Access code: **2623 603 6766**

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

Federal student loan payments, loan forgiveness in March Seminar Series spotlight

With the pause on federal student loan repayment set to end May 1, many Iowa State Professional and Scientific employees may soon have an additional expense to manage.

Professional and Scientific Council invites you to join Isaac Ehlers, financial literacy advisor in ISU's Student Loan Education Office, March 8 at 2 p.m. to learn about some repayment programs and forgiveness options that can help with managing these payments, including the Public Service Loan Forgiveness (PSLF) Program.



This will be a hybrid event. You may attend in person in Room 3580 (formerly the Gallery Room), Memorial Union. Check the March council newsletter for more information, including how to join via Webex.

Cultivate Your Adventure: Engage, Innovate, Evolve is Feb. 23!

We can't wait to see you in person for the 2022 Professional and Scientific Council Professional Development Conference! This incredible experience is just a few weeks away!



Cultivate Your Adventure
Engage, Innovate, Evolve

2022 Professional Development Conference

This year, our keynote speaker is Sarah Noll Wilson. Through her work as an executive coach, and in-demand keynote speaker, researcher, and soon to be author, Sarah helps participants close the gap

between what they intend to do and the actual impact they make.

In addition to Sarah's opening and closing keynotes registrants will have the opportunity to select from 17 concurrent sessions (split between three different session times) that are being presented by our Iowa State University colleagues on leadership, health and wellness, professional resources, and human interactions.

Visit the Professional and Scientific Council [web site](#) for additional information on the conference agenda, speakers, and sessions.

[Registration](#) is still open! Don't miss this opportunity to prioritize your well-being by connecting with colleagues and pouring in to your professional development!

Caring for your whole self – how you can use time off for mental health care

Everyone can experience challenges to their mental health. While many [resources](#) are available to staff, sometimes the best remedy for acute mental health needs is self-care.

Mental health IS health, and your sick time off can be used when applicable. Sick time off may be used when an employee is ill or injured, per [ISU policy](#), and this does include instances of when an employee is experiencing mental health challenges and is unable to perform their job duties.



When requesting the use of sick time off, you do not need to share the specific details of your request with your supervisor, so you don't need to share any more than you feel comfortable with. However, you should note that a supervisor does have the ability to request additional documentation if they have concerns about potential abuse of sick time off.

Depending on the specific circumstances, as well as the amount and frequency of sick time off requested, the process under the Family Medical Leave Act may also be initiated and available.

If you have questions regarding the sick time off policy, contact University Human Resources (UHR) HR Delivery at hr_delivery@iastate.edu or UHR Time and Absence at timeandabsence@iastate.edu.

Your voice, your chance to represent your peers – join Professional and Scientific Council!



Engaged. Thoughtful. Resourceful. Does this sound like you?

Do you want to have a voice in the decisions, events, and activities that make Iowa State the best it can be for more than 3,000 Professional and Scientific employees? If so, you have the opportunity to serve as a resource and advocate for all P&S employees by running for Professional and Scientific Council.

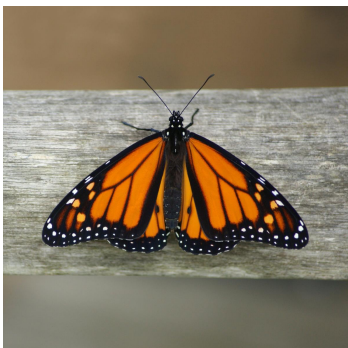
Nominations for the 2022 election will be taken February 4 - March 4. Details, including how to nominate yourself or a colleague, will be released soon.

As Senior Vice President and Provost Jonathan Wickert says, "Councilors develop knowledge that is used to educate fellow employees, and encourage collaboration between departments through their new connections. This communication, collaboration and sharing of information benefits the entire university." See more in a [letter](#) from Provost Wickert.

You can also view a [video](#) from President Wendy Wintersteen about the importance of being part of P&S Council.

Still have questions? Visit the council election information [web page](#) or contact the Representation Committee (pands-r@iastate.edu) to learn more!

Did you know? Peer Advocacy committee's first interest group will help monarch butterflies get milkweed! Learn more here!



Professional and Scientific Council's Peer Advocacy committee is ready to kick off its first ISU interest group: "P3: Pollinators, Plants, and People." Through this group you can engage with others to learn about pollinators, plants, and how people are connected.

You can get things started by doing one thing now: plant milkweed! "But," you say, "there is snow on the ground!" Yes, but snow and cold are actually good for milkweed seeds! You can order a [Milkweed Planting Kit](#) free of charge from the ISU Extension Store. Campus mail, or self-pick up options are available. Off campus? Just pay a nominal postage fee and the kit will be sent to you. The milkweed planting kits are a great activity to do with children.

Look for a P3 kickoff event on campus in May and there will be upcoming gatherings that will be held both virtually via Zoom and in person. There will also be a Canvas platform to host and archive P3 experiences.

Please take a [survey](#) to share your contact information if you are interested in joining the P3 interest group. This survey will also help our committee identify interest groups that can be launched in the near future. You may want to be involved with a book club, games, or a parenting group; or share your love of creative arts or recreation.

For more information about P3: Pollinators, Plants, and People, contact Peer Advocacy committee member Lynne Campbell at lynnec@iastate.edu.

Highlighting ISU Staff: Sarah Holmes, Residence Life

This month we recognize [Sarah Holmes](#), Coordinator, ISU Residence Life.

Sarah was nominated by residence hall coordinator Ashley Kockler, who said, "Sarah pulled double duty as both a full time coordinator of residence life and by also stepping into a full time hall director role during one of the busiest times of the year for Residence Life. We opened up an offline building to meet occupancy demands. She hired a brand new student staff of eight in a matter of days and guided them through training and opening with a learning hand and strong leadership. During this time she was also supervising five full time staff members while being supportive of the changes we faced while returning to normal while still staring down the pandemic and its ramifications. Simply put, she was a rock star!"



Congratulations Sarah, 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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