

IOWA STATE UNIVERSITY™

Professional and Scientific Council

July Council Meeting

Thursday, July 7, 2022

2:10 p.m.

Sun Room, Memorial Union

Please join us in the Sun Room!

This meeting will be in-person only.



Councilor vacancies - you're invited to join us on P&S Council!



Opportunities to represent your fellow employees are available right now through Professional and Scientific Council.

We have openings on council for two representatives in the Academic Affairs Division and one opening in the President's Office Division. You can nominate yourself to be considered for a council seat or nominate an individual you feel would be a good fit.

Email Representation Committee chair [Jason Follett](#) for more information or to express an interest in serving.

During the past two pandemic-filled years Professional and Scientific Council has provided ISU leadership with direct input on many important topics such as the [Classification and Compensation Review project](#), COVID-19 CyclonesCare pandemic policies, the implementation of the [WorkFlex program](#), the need for more consistent and meaningful pay raises, input on applicants for important university positions and more. Currently, council is analyzing the results of a survey of Professional and Scientific employees it initiated regarding the rollout of the WorkFlex program.

You can become a part of this process and be an advocate for the best interests of your fellow employees. Iowa State University Senior Vice President and Provost Jonathan Wickert has said, "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."

You can view letters in support of council from university leaders, view a video message from President Wendy Wintersteen and more on the [P&S Council web site](#).

Make a difference for your fellow professionals! Join us on Professional and Scientific Council!

Online in July, in-person in August: Professional and Scientific Council Seminar Series events await

Round out your summer of insightful information with Professional and Scientific Council Seminar Series events in July and August.

July: Mindful Eating: It Really Isn't About the Food

In July view Stephanie Downs, Senior WorkLife and Wellbeing



Coordinator, and her presentation on this topic. Are you tired of feeling out of control when it comes to your eating? Mindful eating is about putting you in charge and the flexibility and freedom to fuel yourself the way you want to.

During this presentation Stephanie will look at several patterns of eating that disrupt our ability to listen and trust our body and will explore mindful strategies that provide a skill set to move beyond fearful eating to courageous living. Participants will leave this presentation able to describe the characteristics of three eating

cycles, identify their own hunger/fullness scale and personal eating rhythms, and adopt some mindful eating strategies they can incorporate immediately.

This session was recorded at the 2022 Professional and Scientific Council Professional Development Conference in February. The recording is available on [Learn@ISU](#) and may be found by searching Course ID for PSCOUN-SSE-2022-02A-ON.

August: Relational vs. Positional Leadership: Leadership in the Workplace

On August 9 at 2 p.m. you're invited to join Tera Lawson, Training, Development, and Outreach Coordinator in Procurement Services for this event.

During this workshop participants will explore positional and relational leadership, how you can have one without the other, and how they are not mutually exclusive. Together we will unpack leadership, discuss how leadership is enacted in our workplaces, and discover how to cultivate opportunities to enhance our relational leadership skills. Following this presentation, participants will be able to define and recognize relational and positional leadership and implement relational leadership strategies in their work and workplace.

This Seminar Series event will be in Memorial Union Room 3560. Due to its interactive nature, it will be in-person only and will not be recorded, so be sure to mark it on your calendar!

Always check the [Seminar Series page](#) of the Professional and Scientific Council web site for information about our events.

Did you know? Council's Peer Expert Community Committee continues to develop

As mentioned in the April Professional and Scientific Council newsletter, a new Peer Expert Community Committee is in the works. This effort will unite staff professionals across Iowa State as they form meaningful professional relationships across divisions and departments and build their professional network.

An ad-hoc planning committee held its first meeting to discuss communication platforms to consider, ultimately deciding to look at Canvas or Slack, with further discussion to take place soon. It was agreed that whatever method is chosen it will be intuitive, easy to maintain, and available to all staff at no cost to them, their department, or the university.



A trial version of the community is now available in Canvas for Professional and Scientific Council members to explore. The ad-hoc committee has set a goal of launching the platform before the fall semester begins.

You have probably encountered someone in the ISU system who has a brilliant way of doing something, and have wondered, "why didn't I think of that?" It is hoped that the Peer Expert Community will serve to make those connections and also allow individuals to offer their own specialized expertise.

Prior to the official launch, you are invited to begin thinking about questions that have long plagued you, and be prepared to "toot your own horn" and share what you are exceptional at. We are looking forward to growing with you! For more information, please contact [Sara Parris](#).

Highlighting ISU Staff: John Burrigh

This month we recognize John Burrigh, Manager of ISU Chemistry Stores. John was nominated by Suzanne Ankerstjerne who said: "The Stable Isotope Lab requires helium to run our instruments. With the current shortage, I was running

dangerously low on helium and needed a tank immediately. The deliveries had already gone out for the day, but, since we are on the same side of campus as Chemistry Store, John offered to walk over a large tank of a lower purity helium for me during his lunch break to hold me over until my order arrived. Without this gas, expensive parts in the device would have failed, costing the lab hundreds of dollars. Thank you for going over and above on very short notice!"

Congratulations, John, 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.



Jamie Sass is the 2022-23 Professional and Scientific Council President

[Email](#) President Jamie Sass

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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