

Registration links for personal financial wellness program workshops have been corrected.

IOWA STATE UNIVERSITY™

Professional and Scientific Council

February Council Meeting

Thursday, February 2, 2023

2:10 p.m.

Room 3580, Memorial Union

Please join us! All Iowa State University Professional and Scientific employees are welcome!



Registration for Cultivate 2023 is open - today is last day for discounted registration!

Don't forget today, Tuesday, January 31, is the last day to [register](#) at the early rate for the 11th annual Professional and Scientific Professional Development Conference, [Cultivate 2023](#).

Early registration is \$120 today. Tomorrow, February 1, the \$140 regular rate will take effect.

Registration will remain open until February 14 or until the venue's capacity is reached.

Cultivate 2023 will be held Wednesday, February 22 at the Gateway Hotel and Conference Center. Check out the [sessions](#) and [register now!](#)



Cultivate 2023

Professional Development Conference
Presented by the Professional & Scientific Council

Join Professional and Scientific Council! Nominations accepted February 2 - March 3



Engaged. Thoughtful. Resourceful. Does this sound like you? Do you want to have a voice in the decisions, events, and activities that impact more than 3,500 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.

In addition to helping your fellow employees, being part of council benefits YOU as well:

- Network with peers from around the entire Iowa State

system

- Establish a connection with university leadership
- Develop leadership skills you can use in your Iowa State position

Self-nominations are welcome. Or, you can ask one of your fellows to nominate you – and likewise, you can nominate an individual who you think would be a good fit for P&S Council.

Nominations for the 2023 election will be accepted February 2 - March 3. Start the process now by going to the [P&S Council web site](#) and look for "Election Information" on the About Us tab.

Still have questions? Contact council's Representation Committee, pands-r@iastate.edu

Let your voice be heard! Check out P&S Council's new online suggestion box

Professional and Scientific Council always wants to hear from you, our constituent, and now there's a new way to do so!

We are piloting a virtual [Council Suggestion Box](#) to allow you to ask questions, share concerns, and offer solutions anonymously on any subject you feel is important.

We feel anonymous feedback is an important way to allow individuals to express their thoughts honestly.

Your feedback contributes to Professional and Scientific Council's decision making, including our [annual strategic initiatives](#).

We still urge you to connect with your council representatives individually as well. Check the [Council Members page](#) to see who represents you.



It's bowling! It's billiards! It's free! Join us for a P&S Council meet & greet March 24

Iowa State Professional and Scientific employees are invited to bowl some frames and shoot some pool free of charge March 24, courtesy of your Professional and Scientific Council!

Join us for a council "meet and greet" event from 3-5 p.m. at CyBowl and Billiards in the Memorial Union.

Have some fun with your peers, with members of your Professional and Scientific Council, and learn how council is working on your behalf. If you're considering joining Professional and Scientific Council this is a great opportunity to chat one on one with council members and get your questions answered!



No R.S.V.P. is required. Mark your calendar now and we hope to see you March 24!

Personal financial wellness program is back – sign up for workshops now



Any time is a good time to plan for building financial wellness, but a new year often sets the tone for a focus on setting goals and improving financial wellbeing.

A new financial wellness program at Iowa State University has been introduced in the past year with three components: 1) one-on-one financial consultations (free and confidential); 2) access to short-term (up to two years) loans regardless of credit score; and 3) free workshops on key financial topics.

This new effort is led by ISU Extension and Outreach in partnership with University Human Resources and has proved very popular with ISU employees.

The winter-spring series of noon-hour virtual workshops will return starting in early February. All sessions are held virtually from noon – 1:00 p.m. Pre-registration is required at least 24 hours prior to each session, and registrants will receive login information by email.

February 7 – Time for a Financial Checkup

A review of your family's financial situation This session will introduce a practical tool for reviewing your financial status, and help you clarify financial goals. [Register](#)

February 21 & 28 (two-part workshop) - Money Smart: Taking Control of Your \$

This workshop provides a “big picture” overview of what it means to be in control of your money on a month-to-month basis, and then looks at specific strategies. Spending plans will be covered, including how to make a spending plan that is truly realistic and how to put plans into action effectively. [Register](#)

March 21 - Mission Possible: Saving

Saving strategies to help you succeed. You will leave this session with clearer motivation, realistic goals, and a plan to move forward. Some ideas will not be new to you, but you will put them into a new savings plan to help you make real progress. [Register](#)

April 4 - Borrowing Smart

A review of basic credit principles with focus on reducing both the cost and the risk of borrowing. Addresses ways to build or maintain a good credit history and credit score, ways to monitor your debt levels to avoid excessive debt, along with tools and strategies to reduce credit costs. It will also briefly review credit protections under the law and resources when assistance is needed. [Register](#)

The workshops are partially funded under a Financial Wellness@Work implementation grant from FINRA, the Financial Industry Regulatory Authority.

Questions? Contact Barb Wollan, Human Sciences Specialist, bwollan@iastate.edu or 515-832-9597. See [more information](#) about the overall project.

See what's coming up in our Seminar Series – and think about suggesting topics!



The Professional and Scientific Council's Professional Development Committee continues to plan for the Spring 2023 Seminar Series events.

On March 14 we will learn about Streamlyne, which is Iowa State's new proposal and routing system. April 11 we will welcome Ryan Bhattacharyya to discuss the art of negotiation. Visit the [Seminar Series website](#) for updated information to come.

Do you have suggestions for possible Seminar Series topics? Please share them for consideration with our [Professional Development Committee](#).

Did you know? ISU Van Pool offers a cost-effective getting-to-work alternative

If you're looking for an alternate way to commute to work, ISU Transportation Services has you covered. They provide university-owned vans to groups of employees for the purpose of getting to and from work. One member drives and is responsible for the van; others pay a monthly fee to support the operating cost.



Full-time P&S employees who work regular hours can take advantage of the van pool. Benefits include less wear and tear on your vehicle; more economical than driving alone; freedom to work, read, relax, or socialize while riding safely; get ten free one-day parking passes for driving a personal vehicle; and free emergency rides home if needed.

Currently there are van stops in Ankeny, Jefferson, Ogden, Boone, Urbandale and Des Moines. The cost of the van varies depending on which van you ride in. ISU Transportation Services is always open to adding more communities if the need is there.

To sign up or inquire further about the van pool, contact Andrea Weber at andrew1@iasyaye.edu or 515-294-0181.

Highlighting ISU Staff: Samantha Hand

Samantha Hand, administrative assistant in the Department of Aerospace Engineering, has been selected as the recipient of

Highlighting ISU Staff honors for February.

Samantha was nominated by Arlene Grebasch, business administrator in Aerospace Engineering, who commented, "Samantha has been such an excellent addition to our department and team! We have done A LOT of catering and events this academic year. Her leadership in this area is next level! She takes our events from inception to clean up without incident. She makes events look easy! She does an excellent job working independently but also keeping everyone who's necessary in the loop of communication. She has established great relationships throughout our department. As a bonus, her cheery nature and happy disposition make our office an enjoyable place to work!"



Congratulations, Samantha, 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.

Make a difference! Join Professional and Scientific Council!

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