Welcome from the Director

Dr. Barbara Roberts

As the new WorkLife Office kicks off its first fall semester, I want to welcome you to the office and to our newsletter.

The WorkLife Office is here to help you find your way towards the compatibility of your work and personal lives. When the abundant resources on and off campus seem too overwhelming to navigate, we can help you simplify, direct, and focus your energies for a more fulfilling experience at Michigan State University and at home. Our newsletter, WorkLife Connections, will be a vehicle to help you find the information, events and resources that can help, and to keep you in touch with work life issues, trends and strategies.

When our fellow Linton Hall residents, including Dr. Chris Long, Dean of the College of Arts and Letters, welcomed us to Linton with an ice cream social in July (thanks again, everyone!) a CAL faculty member aptly deployed his juggling skills, reminding us that juggling is indeed what we all do every day, reconciling the challenges of work and home. Loved ones, kids, pets, elders, extended family and friends along with bosses, colleagues and task pressures keep us tossing and catching every ball—until we drop one. Or all of them. When that happens—before that happens—MSU has a plethora of resources to help keep the figurative balls in the air, and maintain our health, too. While ice cream can certainly help, sometimes something more enduring is needed, and that’s where the WorkLife Office can step in. When life impacts work, or work impacts life, we can help you identify, locate and access supports and resources."

—Dr. Barbara Roberts

Fitting work and life together,

Barbara
What is the WorkLife Office?

The WorkLife Office is a new unit at Michigan State University, entering into its first full academic year. The MSU WorkLife Office provides a one-stop destination for your lifespan and career/professional life questions. The staff of the office can help facilitate success in your many roles and can offer guidance in creating synergy between those responsibilities. Let’s review the basics—the Vision, Mission and Values of the WorkLife Office.

**Vision**

MSU supports all of its faculty and staff to connect and navigate multiple roles throughout workplace, career and life transitions.

**Mission**

The MSU WorkLife Office partners with the community to create an inclusive, responsive work environment where all faculty and staff are respected and supported toward well-being in work and personal lives.

**Values**

Reflecting MSU’s values of quality, inclusiveness and connectivity, the WorkLife Office strives for excellence, equity and synergy.

So what does all of that mean? We are here for you. To help you navigate your many and varied roles and responsibilities.

The WorkLife Office accomplishes our mission by offering guidance and education in five areas:

1. **Career Transitions**: For faculty or staff, career transition concerns may include: tenure clock stoppage for parental leave; taking on a new role at MSU; advancing or changing careers; among others. The WorkLife Office offers consultation and connects you to seminars and workshops to assist in these matters.

2. **Relocation & Community Connections**: If you are new to Michigan State, the Greater Lansing area, Michigan or the United States, the WorkLife Office can help connect you to campus and community resources. Even if you aren’t new to the area, we have plenty of ways to help you locate and access the resources you need.

3. **Family Care**: Resources include, but are not limited to, consultation to determine the best care for you and your family’s needs; identifying emergency childcare; sharing best practices for elder care.

4. **Workplace Assistance**: We offer guidance for talking with supervisors about flexible work arrangements, recommendations for resolving conflict in the workplace, and identifying MSU policies which may apply to your workplace setting, among others.

5. **Research**: We provide access to cutting-edge research about best practices for work-life synergy and develop research specific to MSU’s community.

We look forward to connecting with you. We offer consultations and can help connect you to the resources that you need the most.

Never hesitate to contact the MSU WorkLife Office.

Phone: (517) 353-1635
Email: worklife@msu.edu
Web: http://worklife.msu.edu

Honoring your work and personal lives!

WorkLife Office Publications

The WorkLife Office maintains a couple of helpful tools for locating services and resources at MSU and in the Greater Lansing community.

The Work Life Guide will help connect you to the breadth of resources available to you on campus and in the community for your work and personal lives. Whether you are a faculty member, support staff, or administrator, your ability to navigate your work and personal lives compatibly will help you be a productive, satisfied, successful, and healthy member of the MSU community!

The Things to Do at MSU book is an activity guide that assists all families in exploring their community and helps them become acquainted with this rich environment. Whether you are faculty, staff, student, or community member, you will find activity information for people of all ages on campus and in the Greater Lansing area.

All publications are available for download at http://worklife.msu.edu. For any questions regarding these publications, you can call the (517) 353-1635 or email worklife@msu.edu.
2016 Fatherhood Forum

“SPARTANS WILL” Be Great Dads

A forum for fathers who want to enhance their greatness as parents

Friday, September 30, 2016
8:00AM—4:00PM
Kellogg Hotel & Conference Center
(219 S. Harrison Road, East Lansing)

Keynote: Derrick Williams, “Father For Today”

Who should attend the Fatherhood Forum?
Fathers of all ages and experiences, mothers, expectant parents, guardians, MSU students, staff and faculty, professionals, community partners, educators, and anyone interested in parenting.

The forum will include:
Interactive discussions, networking, free lunch, resource information, educational breakout sessions, inspirational presentations, and panels of diverse dads and moms, featuring Andre Hutson, former MSU and NBA basketball player.

Issues covered will include:
The Spiritually and Emotionally Intelligent Father; Bullying Prevention; Co-parenting; The Mindful Dad; Father as Leader; Daring & Courageous Fatherhood; Being a Young Father; among others.

Goals of the forum:
To support dads, fatherhood, and parenting across complex issues; provide opportunities for relationship-building among fathers; tap the strength, wisdom and resiliency of people from diverse families; support men’s identities around what it means to be a man/father from boyhood to manhood.


Academic Women’s Forum

Lydia Weiss

Connect with academic women at Michigan State University

The Academic Women’s Forum was created to provide a safe-space to connect, build community, and explore issues that are relevant to the success, support, and empowerment of academic women at MSU. The Forum is intended for all faculty, academic staff, post-docs, librarians, and graduate students who identify as women, but all are welcome to attend events and seminars.

The Academic Women’s Forum is going into its second full year on campus and is a collaborative effort between the Office of the University Physician (Health4U & Employee Assistance Program), WorkLife Office, Academic Advancement Network (formerly Faculty & Organizational Development), and Graduate Life and Wellness.

What have some of the past participants said about the Academic Women’s Forum? “It’s given me a safe space to learn, listen, reflect, while also connecting with other academic women on campus,” writes one participant in a post-semester survey. Another stated, “I enjoy the camaraderie and open welcoming space to discuss tough issues such as microaggressions and privilege.”

We hope you will join us in connecting with other academics and creating your community at MSU.

SAVE THE FALL SEMESTER DATES
All seminars are from 3:30PM—5:00PM. Location TBA.

Tuesday, September 20, 2016
Thursday, October 6, 2016
Thursday, October 20, 2016
Tuesday, November 1, 2016
Tuesday, November 15, 2016
Tuesday, November 29, 2016

This semester, sessions will feature some of Dr. Brené Brown’s curriculum from The Daring Way™ facilitated by Lisa Laughman, LMSW and Certified Daring Way™ Facilitator. Other sessions will include “fishbowl discussions” (question & answer discussions) with some of MSU’s most successful academic women.

For questions and to register, email Health4U@hc.msu.edu or call (517) 353-2596.
This summer has been difficult. As a nation, as global citizens and as members of the Michigan State University community, we have witnessed and experienced several emotionally painful tragedies. We recognize that national and global tragedies can cause turmoil for individuals, particularly for various communities based on race, sexual orientation, gender identity and religion who feel most vulnerable. This stress can also carry over into our work lives and ability to focus.

The Office of the University Physician—Employee Assistance Program, WorkLife Office, and Office for Inclusion and Intercultural Initiatives have partnered to support the campus community by creating a “Reflect & Connect” series. The intention of this series is to: connect with others to reduce possible feelings of isolation; honor the wide array of feelings people may be having; identify ways in which stress and trauma could be impacting work, personal life, and/or relationships; and brainstorm best self-care and work effectiveness strategies.

If you would like to be added to the Reflect & Connect email list, please email the WorkLife Office at worklife@msu.edu (subject line: Reflect & Connect) or call (517) 353-1635.

Additionally, the WorkLife Office is holding an open space called the WorkLife Welcome Room to provide information about resources and community connections. The quiet reflection space is available in Linton Hall, Suite 116 (479 West Circle Drive) during office hours. The Welcome Room is intended for staff and faculty who have been impacted by recent world events or would like a moment for reflection on campus.

Tea, coffee and conversation are also available.

The mission of the Women’s Networking Association is to connect professional women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women’s leadership at Michigan State University and in the Greater Lansing community. Events are free and open to all.

This semester’s theme is “Be True to Your Personal Brand.”

Fall Semester Seminars

Wednesday, September 28, 2016—6 Steps to Success, 8:30AM—10:00AM, Chittenden Hall, Room 110. Presented by Bob Hoffman, Public Relations Manager at the Wharton Center and Host of Fox 47’s Morning Blend.

Wednesday, October 19, 2016—Conflict, Choice & Consequences, 8:30AM—10:00AM, Chittenden Hall, Room 110. Presented by Julie Brockman, Associate Professor, MSU School of Human Resources and Labor Relations.

Wednesday, November 16, 2016—Staying True to Your Personal Brand, 8:30AM—10:00AM, Chittenden Hall, Room 110. Presented by Brenda Nelson, M.A., MSU Division of Residential and Hospitality Services.

RSVP for all events by emailing worklife@msu.edu or calling (517) 353-1635.

For a complete listing of upcoming WorkLife events, visit our website: http://worklife.msu.edu.

Interested in receiving weekly e-mails about upcoming programs and events? To join the WorkLife Listserv, send an e-mail with the subject line “WorkLife Listserv” to: worklife@msu.edu. Be sure to indicate your name and e-mail address.
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<th>Award/Grant &amp; Contact Person(s)</th>
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<td>William J. Beal Outstanding Faculty Awards</td>
<td>February 7, 2017</td>
<td>Thursday, October 6, 2016</td>
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<td>Teacher-Scholar Awards</td>
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<td>MSU Alumni Club of Mid-Michigan Quality in Undergraduate Teaching Awards</td>
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<td>Distinguished Academic Staff Awards</td>
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<td>(Academic Specialists and MSU Extension Academic Staff)</td>
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<td>Excellence-In-Teaching Citations (Graduate Teaching Assistants)</td>
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<td>Community Engagement Scholarship Award</td>
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<td>(formerly Outreach Scholarship Community Partnership Award)</td>
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<td>Carla Hills, University Outreach &amp; Engagement, (517) 353-8977, (<a href="mailto:hillsc@msu.edu">hillsc@msu.edu</a>)</td>
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<td>Excellence in Diversity Awards</td>
<td>February 13, 2017</td>
<td>Monday, November 14, 2016</td>
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<td>Paulette Granberry Russell, Office for Inclusion and Intercultural Initiatives,</td>
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<td>(517) 353-3924; Audrey Bentley, (517) 353-3922 or (<a href="mailto:bentley@msu.edu">bentley@msu.edu</a>)</td>
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### 15th Annual

#### 2016 MSU OUTSTANDING SUPERVISOR AWARD

**Members of the MSU community are invited to nominate a supervisor/administrator who consistently supports the WORK/LIFE (professional/personal) needs of their employees/staff through positive leadership and managerial practices. Please complete the nomination form available on the WorkLife Office website: [http://worklife.msu.edu](http://worklife.msu.edu).**

All staff, faculty and students may nominate their supervisors who have been in their position for more than two years.

The nomination package must include the nomination form & letter and 2 to 4 letters of support and must be submitted electronically by Monday, August 29, 2016 via the WorkLife Office website. See the website for instructions and the nomination form ([http://worklife.msu.edu](http://worklife.msu.edu)).

Nominators will be notified in late September if their supervisor has been selected. Celebrations will occur around National Bosses Day, October 16. Remember, the process is more fun for everyone if you **KEEP IT A SECRET!**

**Questions?** Contact the WorkLife Office by phone at (517) 353-1635 or via email at worklife@msu.edu.
Save the Date
OCTOBER IS WORK & FAMILY MONTH

WORKLIFE OFFICE OPEN HOUSE

MONDAY, OCTOBER 3, 2016
11:00AM-2:00PM @ LINTON HALL

Buy your lunch at the Eat @ State food truck, then come inside for a tour of the WorkLife Office and enjoy dessert & drinks on us!

HTTP://WORKLIFE.MSU.EDU (517) 353-1635 WORKLIFE@MSU.EDU