October Opportunities for Engagement and Development

October is always a busy month for the WorkLife Office. This month is typically recognized as National Work and Family Month, which means that it’s a month-long celebration of the types of work our office does all year. We are hosting several unique opportunities for you to connect with us this month, including:

- **Breastfeeding: How to Get Started and Keep Going** workshop series, starting Thursday, October 5, 2017; this series will support expectant/new parents to learn skills and the benefits of breastfeeding. Participants will also learn about the supports available to them right here at Michigan State.

- **The Fatherhood Forum**—“Why Fathers Matter: Parenting for the Health of It” on Friday, October 6, 2017; learn about parenting, how to help keep kids healthy and happy, and connect with others who are interested in parenting and child development.

- **“The Changing World of Work” WorkLife Office Conference** on Wednesday, October 11, 2017; the work world is rapidly changing—at this conference, learn how these changes impact your day-to-day work and your work environment.

- **Women’s Networking Association** and **Academic Women's Forum** will both continue hosting monthly seminars.

All of these events and seminars are just a handful of the many ways that you might interact with the WorkLife Office. The above listed types of programs are supplemental to the other, large scale projects in which the office is involved. The WorkLife Office staff continues to work on developing additional supports for the newest faculty and staff at Michigan State, especially those joining us from around the globe. Additionally, we continue to collaboratively examine the challenges and supports for commuting to and around campus.

Another area for celebration this month are the “Outstanding Supervisor Award” ceremonies. We will make the big announcements about the recipients in our November edition of *WorkLife Connections*. Stay tuned!

As always, we continue to identify and synergize resources and support services available at MSU and in the broader community. If you’d like to schedule a consultation, don’t hesitate to contact the office via email at worklife@msu.edu or by telephone at (517) 353-1635. We look forward to connecting with you.
Breastfeeding Series

Michigan State University supports breastfeeding parents. On the East Lansing campus, there are approximately 60 breastfeeding rooms. We understand that sometimes starting and continuing to breastfeed can be a difficult process for new parents. It can often be hard and exhausting. In order to support breastfeeding parents, we are hosting the following series:

**Breastfeeding Educational Series**
*Free to MSU faculty, staff, and student parents*

**Breastfeeding: How to Get Started and Keep Going**
Although breastfeeding is natural, it is a learned skill. This four-part program is designed to give pregnant women and their partners information on preparing to breastfeed and strategies for continuing to breastfeed upon returning to work.

**Presenter:** Mary Machowicz, RN, Expectant Parents Organization

**2017 Dates:** Thursdays, October 5, 12, 19, 26
**Time:** 12:00PM—1:00PM
**Location:** Linton Hall, Room 113 (479 West Circle Dr.)

**Cost:** Free!

**Week 1:** Introduction to Breastfeeding: Benefits, How Breastfeeding Works

**Week 2:** Baby is Here! Getting Started: The Mechanics of Breastfeeding Positioning, Latching On, Feeding Patterns, Challenges

**Week 3:** Maintaining Breastfeeding: Lifestyle, Expressing and Storing Milk, Returning to Work

**Week 4:** Breastfeeding Transitions: Introducing Solid Foods and Weaning

RSVP to the MSU WorkLife Office via email worklife@msu.edu or by calling (517) 353-1635.

**Building Resilience: Managing Self-Control**

**Wednesday, October 18, 2017**
8:30AM—10:00AM, Chittenden Hall, Room 110

Stress is a normal and natural occurrence. But what happens when it becomes chronic? In this presentation, the speaker will address the negative impact on our bodies when we endure chronic stress as well as provide us with simple tools to keep us healthy by managing our stress. We also will look at how self-control plays into this cycle and identify ways in which we can learn to stay in control when times are challenging! **Presenter:** Jenn Dubey, Wellness & Recreation Director, University Club of MSU.

RSVP for Women’s Networking Association seminars by emailing worklife@msu.edu or calling (517) 353-1635.

This semester’s theme is “Empowerment & Transformation.” 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.**

**UPCOMING EVENTS & SOCIAL MEDIA**

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.

**Join us on**
Facebook: Search: MSU WorkLife Office

**Follow us on**
Twitter: www.twitter.com/MSUWLO

We will be announcing the winners of this year’s Outstanding Supervisor Award in next month’s issue of WorkLife Connections! Stay tuned!

Questions? Contact the WorkLife Office by phone at (517) 353-1635 or via email at worklife@msu.edu.
New Support Program for International Students and Scholars

This article is reprinted with permission from the Office for International Students and Scholars Blog.

Support available 24 hours a day, 7 days a week for international students and scholars beginning September 1, 2017.

This program is available for international students and international scholars (faculty, staff, & researchers) at MSU.

We understand that studying and working in another country is exciting, and it also can be a time of change, adjustment, and stress. Here at Michigan State University we want [to] make sure your time here is a positive and growing experience. That is why we are offering the International Student Support Program (ISSP) to support you while living in the United States.

Brought to you by Morneau Shepell and Michigan State University, ISSP is free to use and your information is kept private. You have unlimited access to articles, tools, resources, and International Student Support Advisors that can help you succeed during your time at MSU.

The ISSP can help with:
- Adapting to new cultures
- Being successful in school and work
- Everyday issues while living in the U.S.
- Relationships with friends and family
- Stress, anxiety, sadness, loneliness
- And lots more!

You may call or chat with an International Student Support Advisor at any time (24 hours a day/7 days a week) to receive immediate support or to schedule an appointment in the future. You can connect with an advisor who speaks your language and understands your culture, including the challenges you face while living in the United States.

There are three ways to access support. Check out ISSP today!

Download the free My ISSP app from your device’s app store (available on Apple and Android devices) to call or chat with an advisor, access articles, tools, and resources to help you succeed.

Visit the website: us.myissp.com to chat with an advisor, access articles, tools, and resources to help you succeed.

Dial: 1.866.743.7732 to speak with an advisor over the phone. If calling from outside of North America, please dial 001.416.380.6578.

Source: https://oissmsu.wordpress.com/2017/08/31/new-support-program-for-international-students-and-scholars/

Flexible Work Arrangements are one of the many areas of support offered by the WorkLife Office. If your job/position is conducive to a flexible schedule, there are many factors to consider. One of those considerations is the type of Flexible Work Arrangement that would work best for your role.

**Compressed Work Week**—A program designed to allow eligible full time staff members to work longer scheduled days of work. This might be the right arrangement for you if your work can be completed over 10-hour shifts, four days in a week, and/or if your work does not require your physical presence five days per week.

**Flex Time**—A program designed to allow staff to work “core hours” with either early or late beginning/ending of the workday. This is probably one of the more popular Flexible Work Arrangements. This arrangement is ideal for people whose work hours allow for flexibility. This can be a temporary arrangement or longer term, depending on the needs of your unit.

**Job-Sharing**—A program in which two people share a position, each working part of the week. This type of arrangement is suited to people who work well together and can ensure the full time equivalent of work is achieved. Job-sharing is great for those jobs that require “typical” unit hours of coverage.

**Part-Time Work**—A work schedule that is less than full time but is at least half of the regularly scheduled full time amount. Be aware that this arrangement may alter your benefits. The unit and the staff/faculty should work together to arrange for part-time responsibilities to ensure that the units’ needs are being met.

**Telecommuting**—A program designed to allow staff to work a portion of their normally scheduled work hours from a remote location. This arrangement is ideal for those who can use technology to complete their work. The hours for telecommuting can vary based on the unit and individual’s needs.

Never hesitate to schedule a consultation with the WorkLife Office to consider your options, whether you are a supervisor or staff/faculty person. Call (517) 353-1635 or email worklife@msu.edu.
Looking for help with:

- Eldercare
- Pet care
- Childcare
- Home maintenance

As a Michigan State University faculty or staff member, you have free access to services provided by Care.com. Visit www.care.com/msu to sign-up with your MSU Net-ID today!

**Academic Women’s Forum**

“Value Guided Action”

Wednesday, October 25, 2017

3:30PM—5:00PM

Chittenden Hall, Room 110

Sometimes, when life is coming at you, fast and furious, we can be tempted to take what seems like the easiest way forward in the moment. We procrastinate, hesitate to use our voice, numb our feelings, and even camp out in Netflix for the whole weekend. How do we keep going? How do we decide to use our time/energy/resources in service to our core values? It is easier to help yourself be brave or dedicated to a cause in the moment if you are clear about what matters most and you have the skills to notice and align with your values on a day-to-day basis. Come explore ways to live your academic life with value-guided, committed action.

**Presenter:** Lisa Laughman, Employee Assistance Program/Health4U.
Register TODAY!

Fatherhood Forum

October 6, 2017
8:00am-4:00pm
MSU Union Building

Register at https://worklife.msu.edu/fatherhood-forum-registration

Why Fathers Matter: Parenting for the Health of It

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

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

Topics to include:
- Healthy, easy meals for kids
- Kids & technology
- Self-care for dads to reduce stress
- And more!!

Events to include:
- Resource fair
- Free lunch
- Networking opportunities
- Barber Shop & Beauty Shop discussions
- Panel of dads
- Keynote address

Questions? Contact the MSU WorkLife Office at 517-353-1635.

Fatherhood Forum Photo Contest! Details at https://worklife.msu.edu/fatherhood-forum-photo-contest

NEW this year!
REGISTER TODAY

2ND ANNUAL WORKLIFE CONFERENCE

THE CHANGING WORLD OF WORK

WEDNESDAY, OCTOBER 11, 2017
8:00AM-12:30PM
UNIVERSITY CLUB
(3435 Forest Road, Lansing, MI)

Register at: https://worklife.msu.edu/worklife-conference-registration-registration-form (FREE)

KEYNOTE ADDRESS BY ELLEN GALINSKY
Ms. Galinsky is considered one of the founders of the work-life field. She has contributed significant research and findings that have positively impacted workplaces and the ways in which people work.

Topics to be covered:
- Gen Talk: Understanding Generational Differences
- Creating a Workplace that Works

SPONSORED BY THE MSU WORKLIFE OFFICE.
QUESTIONS, CALL (517) 353-1635.