

#CUStayConnected

Bi-Weekly Resources and Tips for Development and Wellness for Faculty and Staff



Training



Engagement



Tips



Development

MY DAY
MONDAY



March is **Women's Celebration Month**; check out the [Clemson Commission on Women's website](#) for events/activities to attend!



Staying in the Loop: [Clemson's COVID-19 webpage](#) with Return to Work Resources and Information



The Center for Disease Control shares [Tips for Returning to Work](#)

TIP
TUESDAY



Back To Office Anxiety: How To Ease The Transition And Avoid Feeling 'Lost In The Familiar'



Supervisor Training –Implicit Bias at Work on 3/23/21 @ 8:30 AM | Register [HERE](#)



Article: As Spring begins, Southern Living shares [12 Fun Things To Do in Clemson, South Carolina](#)

WELLNESS
WEDNESDAY



Campus Recreation offers virtual resource portal for at home exercises and wellness



Online, Self-Paced Courses: [Essential Skills for Administrative Professionals](#)



Article: [MUSC provides opportunity to send Easter Eggs to patients + 30 Easter Games for the Kids](#)

THANKFUL
THURSDAY



Registration for SC 4H Small Summer Garden Project for ages 5-18 ends April 2nd | Learn More [HERE](#)



For Your Daily Commute: [Top 10 Podcasts to Develop Your Career in 2021](#)



Time for Spring Cleaning? Check out these [Top 10 Spring Cleaning Tips for 2021](#)

SOLID
ORANGE
FRIDAY



This newsletter started as a way for our Clemson family to connect, and as we begin to return to work, we want to thank you for #CUStayConnected!



For professional development trainings, visit [Tiger Training](#) and [Percipio](#)



Visit our [EAP site](#) for wellness resources as well as personal and professional development



ENGAGEMENT RESOURCES

Thank you all so much
for helping us
#CUStayConnected
over the past year



Contact us with newsletter ideas and to receive the weekly email



OTHER RESOURCES

- [Health and Wellness Page](#)
- [Clemson COVID-19 Website](#)
- [COVID-19 Supervisor Resources](#)
- [COVID-19 Faculty and Staff Resources](#)
- [Mental Health and Well-being](#)
- [Telecommuting Guidance](#)
- [HR Homepage](#)



[March Professional Development Calendar Available](#)

PRO-DEV