MONDAY, APRIL 20TH

Traiining

- Article - Coping with Disaster (Source – Mental Health America)
- Emotional Wellness: Building Better Mental Health (Recorded Webinar)
- No internet access? View available WiFi Hotspot Locations in Anderson, Oconee, and Pickens Counties
- #MyDayMonday – Encouraging one another to grow and learn, with personal & professional development resources

ENGAGEMENT RESOURCES

Let’s Connect! Use the hashtag of the day along with #CUStayConnected on your social media platforms

Contact us to receive this newsletter in your inbox weekly

TUESDAY, APRIL 21ST

Training

- Tracking My Performance – Employee Training 10:30 AM
- Resources and donation information available for those impacted by tornadoes (Source – WYFF4)
- #TipTuesday – tools/tips as you work from home

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

WEDNESDAY, APRIL 22nd

Training

- Charity Miles App – Walk, Run or Bike for a Cause
- Looking for Professional Development? Check out Percipio – free, self-paced eLearning for Clemson!
- CU Life Sciences Outreach Center created a children’s story for parents to use as they talk about the coronavirus
- #WellnessWednesday – share exercise & wellness resources

THURSDAY, APRIL 23rd

Training

- 10-Minute Aware Mindfulness Session available @ 5 PM
- For the Family: Lunch Doodles with Mo Williams
- Tornado Relief Fund available through city of Seneca
- #ThankfulThursday – share what you are thankful for today

FRIDAY, APRIL 24th

Training

- How to Work Effectively from Home – LIVE Webinar @ 3 PM ET
- LIVE Trainings - Content Creation in Tiger Training / Adobe InDesign Custom Frames and Shapes
- CU Alumni Association calling on Healthcare Heroes and Essential Workers to share their stories
- #SolidOrangeWFHFriday - Clemson family and solid orange Friday

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