#CUStayConnected

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

**OFFICE OF HUMAN RESOURCES | MAY 18, 2020 – MAY 22, 2020**

**MONDAY, MAY 18TH**
- **Training**
  - 16 Personalities – What’s Yours? Complete the MBTI assessment free online
  - Series of virtual workshops to focus on inclusion and equity during pandemic
  - Take a break today and visit the Monterey Bay Aquarium – Virtually
  - #MyDayMonday – Encouraging one another to grow and learn, with personal & professional development resources

**TUESDAY, MAY 19TH**
- **Development**
  - Access Additional 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

**WEDNESDAY, MAY 20TH**
- **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

**THURSDAY, MAY 21TH**
- **Training**
  - Live Koru Mindfulness Session Today 2:30 PM – 4 PM for CU Employees and Students (Session 1 of 4)
  - Explore the uses and features of cloud-based storage solution, Box (Percipio Course)
  - Clemson Life Sciences hosting virtual STEM youth summer camps
  - #TipTuesday – tools/tips as you work from home

**FRIDAY, MAY 22ND**
- **Development**
  - 16 Personalities – What’s Yours? Complete the MBTI assessment free online
  - Series of virtual workshops to focus on inclusion and equity during pandemic
  - Take a break today and visit the Monterey Bay Aquarium – Virtually
  - #MyDayMonday – Encouraging one another to grow and learn, with personal & professional development resources

- **Other Resources**
  - Health and Wellness Page
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**May Professional Development Calendar Available**

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**LIVE Koru Mindfulness Session Today 2:30 PM – 4 PM for CU Employees and Students (Session 1 of 4)**

**CCIT Adobe Workshops Weekly – View in CUCourse**

**Find recipe inspirations from Food Network’s online library of shows**

**#WellnessWednesday – share exercise & wellness resources**

**Virtual Roundtable—Elder Care: How to Support Those in Isolation and Stay Connected**

**Supervisor Training – Mingling with Misconduct**

**Performance Evaluation Training: Employees / Supervisors**

**Quarantine Reunites 160 Former Disneyland Cast Members to Recreate the Iconic Parade At Home**

**#ThankfulThursday – share what you are thankful for today**

**Memorial Day Weekend – History of Clemson’s Scroll of Honor**

**Develop and Share Your Own Training Content @ 10:30 AM**

**Memorial Day Virtual Commemoration Monday, May 25th**

**#SolidOrangeWFHFriday - Clemson family and solid orange Friday**