

#CUStayConnected

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



Training



Engagement



Tips



Development

MY DAY
MONDAY



Start your New Year right with these [5 Ways To Kick Start Your Productivity In 2021!](#)



Join Clemson's 39th Annual Dr. Martin Luther King Jr. Celebration online on Monday, January 18th [HERE](#)



Note: Clemson observes MLK Day as a [University Holiday](#) | Check out the history of today [HERE](#)

TIP
TUESDAY



Article: [6 Strategies to Reduce Your Screen Time while Working from Home](#)



Self-Paced Training - [Building a Leadership Development Plan](#) offered by Percipio



TIP: [Employee timekeeping and leave during hazardous weather](#) in case we see any snowstorms this season!

WELLNESS
WEDNESDAY



Article: [The Power of Positive Reframing](#) presented by Deer Oaks EAP



Check out Deer Oaks EAP's [January 2021 Newsletter](#) for online seminars, interesting articles, and more!



TIP: Did you know Campus Recreation provides online, pre-recorded workouts? Check them out [HERE](#)

THANKFUL
THURSDAY



Want to give back to the Clemson community? [Mentor a current student, other alumni, or be mentored yourself!](#)



TED Talk Video: [Want to be happy? Be grateful](#)



TIP: [10 Ways to be a More Thankful Person](#)

SOLID
ORANGE
FRIDAY



Attend the [January 2021 SKY Happiness Retreat](#) starting on January 22, 2021 - Find info [HERE](#) | Register [HERE](#)



Live Training - [Content Creation: Becoming an Author in Tiger Training](#) @ 10:30 a.m. on January 22, 2021



TIP: [Want to get out and support Clemson Athletics?](#) Find a list of upcoming games [HERE](#)



ENGAGEMENT RESOURCES

Share Your Feedback!

Let us know what you think about the [#CUStayConnected](#) newsletter

Let's Connect! Use the hashtag of the day along with [#CUStayConnected](#) on your social media platforms



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](#)

Note: We will send out the [#CUStayConnected](#) every other week moving forward. Thank you!

