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

**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

[PRO-DEV]
March Professional Development Calendar Available