#CUStayConnected

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

**Monday, August 24th**
- **Article:** 101 Back-to-School Tips for Parents and Kids
- **Supervisor Training - Difficult Conversations** @ 8:30 AM – View the complete series and register today!
- **Happy National Waffle Day!** Here's a copycat Waffle House recipe to make
  - #MyDayMonday

**Tuesday, August 25th**
- **Article:** What a Chess Grandmaster Can Teach You About Emotional Intelligence
- **Video:** How to Use Microsoft Teams
- **Clemson Alumni presents "Clemson's Military Heritage: Keeping it Alive and Strong" on Facebook Live at Noon**
  - #TipTuesday

**Wednesday, August 26th**
- **Article:** 5 Mental Health Benefits You Get From Playing Golf / Public Courses in the Upstate
- **EC Online Workshop: Adobe Lightroom, Part 1** @ 10:00 AM - 11:00 AM
- **Online Class: Starting a Fall Garden - hosted by SC Botanical Garden at 10:00 AM ($10 fee)**
  - #WellnessWednesday

**Thursday, August 27th**
- **Article:** 10 Things Unstoppable People Do That Average People Don’t
- **Harvard Business Review: 5 Ways Smart People Sabotage Their Success**
- **Article:** South Carolina Voter Registration Information
  - #ThankfulThursday

**Friday, August 28th**
- **Article:** 3 Ways to Stay Connected to Your Virtual Team
- **Content Creation: Becoming an Author in Tiger Training** @ 10:30 AM
- **Missing '55 Exchange? Get Clemson Ice Cream Anywhere! – “From Our Scoop to Your Scoop”**
  - #SolidOrangeWFHFriday

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## 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

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**August Professional Development Calendar Available**