

UW INSIDER

A weekly roundup of info and resources for UW faculty and staff

December 13, 2017



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[Nominate a student for the Husky 100](#)

Do you know an exceptional UW student who makes a difference on one of our three campuses, in our community and beyond? Nominate up to 10 students by Dec. 22.

[IT collaborations transform the UW](#)

UW-IT and its partners are advancing research for a cleaner environment, predicting flood risk in the Pacific Northwest, connecting health professionals across borders in Africa and more.



[Join an 8-week yoga series with The Whole U and UW Recreation](#)

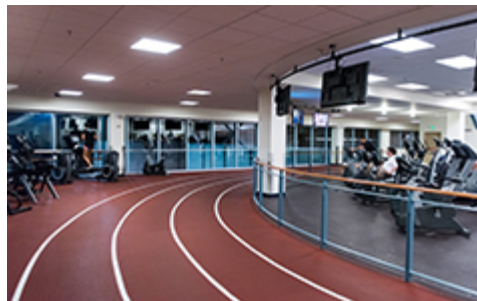


Start off 2018 with improved mental and physical wellbeing by signing up for yoga at the HUB or South Campus Center for only \$45.



[Get a jump-start on your New Year's goals](#)

Winter IMA memberships are available on a quarterly or annual basis for all faculty and staff, and payroll deduction is available.



[Check out new, improved templates](#)

We've updated our PowerPoint, stationary, letterhead and event invite templates with enhanced accessibility features. You can find them — and other great resources — on the brand portal.



NEWS & RESOURCES

IT CONNECT

[Free computer tech support available in Odegaard for all UW employees](#)

Take advantage of Computer Vet, a free drop-in service run by experienced UW students at the Technology Help Desk on the second floor of the Odegaard Undergraduate Library.

HUMAN RESOURCES

[Improve your Microsoft Office skills in the new year](#)

Choose from web offerings designed to boost technical proficiency in Outlook, Word, Excel and PowerPoint. Also, the popular three-part webinar Accomplishing More With Less starts Jan. 16.

[Parenting resources from across the UW and beyond](#)

Whether you're planning for your first child or are already a seasoned parent, discover ways to help your family grow and thrive.

[Get financial coaching through UW CareLink](#)

From tax concerns to credit card and debt management, dealing with finances is often complicated and stressful. In-house financial experts through UW CareLink

can help.

THE WHOLE U

["Collective action requires collective knowledge," says Thaïsa Way](#)

The chair of the UW Faculty Senate discusses how history holds a key to a healthier university.

[Challenge your whole self in 2018](#)

Join Dare to Do, a 90-day wellness challenge that will help you create lasting impact on your body, mind and life.

[Develop your resilience skills with mindfulness course](#)

This six-week class incorporates daily mindfulness meditation practice and real life applications to help you better manage stress.

COMMUNITY

[Searching for student workers? Post on-campus employment on HuskyJobs](#)

Annually, thousands of students use HuskyJobs to search for on-campus employment — make sure they find your opportunities! Create your free HuskyJobs account today.

[Digitized collection of adult comic books and graphic novels through UW Libraries](#)

Browse Underground and Independent Comics, Comix and Graphic Novels, a primary-source database with interviews, criticism and journal articles about the evolution of this art form.

[Launch your next big idea with Amazon Catalyst](#)

If you've got a big, bold solution to a problem in the world, you could get \$25,000 to bring it to life. Apply now!

UPCOMING EVENTS

**FRIDAY, DEC. 1–
SATURDAY, DEC. 23**

[Holiday Craft & Gift Sale](#)
5-7 p.m. / Miller Library

MONDAY, DEC. 18

[Employee Benefits
Orientation](#)
8:15 a.m.-noon / UW
Tower auditorium

MONDAY, DEC. 25

[Christmas Day](#)
Review the UW holiday
calendar

TUESDAY, JAN. 1

[New Year's Day](#)
Review the UW holiday
calendar

THURSDAY, JAN. 4

[First Thursday Tram Tour](#)
11 a.m.-noon /
Washington Park
Arboretum, Graham

THURSDAY, JAN. 4

[What's the "F" in FDA?
Human and Animal Food
Safety is Paramount to
Public Health](#)

Visitors Center

12:30-1:20 p.m. / Health
Sciences Building T435

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