

UW INSIDER

December 6, 2017

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



MOVE.
IMPROVE.
FUEL.



IN THIS ISSUE

- [90-day wellness challenge](#)
- [Leadership award](#)
- [Whole U winter events](#)
- [Husky bowl game](#)
- [UW logo collection](#)
- [News & resources](#)
- [Events](#)

[Unlock your full potential this winter](#)

Join the Dare to Do 90-day challenge for exclusive access to tools, tips and activities to help you reach your fitness and wellness goals.

[One more chance to recognize a boundless leader](#)

The nomination deadline for the David B. Thorud Leadership Award has been extended through Dec. 15. Nominate your colleagues today!



[Enjoy December with these UW winter events](#)

Whether you're eager for a good workout or looking for a relaxing escape, we've got you covered with a



host of great events all month.



The Dawgs are bowl bound!

Get ready to cheer for the Huskies as they face the Penn State Nittany Lions at the PlayStation Fiesta Bowl in Glendale, Ariz. on Saturday, Dec. 30. Learn more about game tickets, Husky fan travel packages and the official Purple Reign Tailgate party.



Put a 'W' on it

Visit the UW logos page for access to the full University signature logo system. Just make sure to review the brand guidelines before using them!



NEWS & RESOURCES

IT CONNECT

Catch the phish: Protect your information and UW data

There's been a recent uptick in the number of phishing emails sent to UW faculty and staff. Learn how to keep your personal information and UW data secure.

No more 24-hour wait to access your online tax forms

Opt out of paper forms. You can now get your tax forms online as soon as they're available — two weeks earlier than if you wait for the mail.

Creation of new tools disabled for select Catalyst Web Tools on Dec. 22

Through Dec. 21, instructors can create new Catalyst tools for their winter and spring 2018 quarter classes. After that date, they can access their existing tools, but new tools cannot be created.

Students discover the power of scientific supercomputing to advance their research

Graduate students are learning how to advance their research by using Hyak, the UW's on-site shared supercomputer, through a course taught by research scientist Pramod Gupta.

HUMAN RESOURCES

Planning to buy a new home?

Get discounts on mortgage fees and advice from home-buying experts with the Hometown Home Loan program.

Make sure to use your personal holiday by the end of the year

All monthly paid staff receive one paid personal holiday per calendar year. If you don't use it or donate it by Dec. 31, you will lose it.

Don't let a closed daycare or a babysitter cancellation ruin your day

Learn about backup child care services available in your home or at a child care center. Hours of operation and child age requirements vary.

Learn about violence prevention and response resources

Everyone should know about safety processes. Learn how to keep your office safe with help from SafeCampus.

THE WHOLE U

Celebrate the holiday season with a discounted getaway, tour or activity

UW faculty and staff save 10 percent on all Clipper Vacations services including ferries, hotels, vacation packages and more.

Take advantage of mindful self-compassion afternoon or evening courses

Learn to infuse your moment-to-moment experience with kindness, especially when you feel frustrated, hurt, inadequate or overwhelmed.

COMMUNITY

Be prepared with UWild Adventures' wilderness first responder course

This course provides advanced medical training for guides, outdoor instructors and weekend warriors. Training covers injuries, illnesses and rescues. Additional certifications include adult CPR and AED.

Sign up for the evidence-based teaching program

Join a faculty community invested in improving teaching and student learning outcomes using learning best practices. Get support from pedagogy and tech experts and collaborate with peers across multiple disciplines.

UPCOMING EVENTS

THURSDAY, DEC. 7

[Considerations for an Ergonomic Workplace with Prof. Peter Johnson](#)

Noon-1 p.m.
HUB, room 250

SATURDAY, DEC. 9

[Montrose Trio](#) 

7:30 p.m.
Meany Theater

MONDAY, DEC. 11

[Motivating Employees](#)

8:30 a.m.-4:30 p.m.
Seattle campus

MONDAY, DEC. 11

[Drop-in Mindfulness Meditation](#)

6-7 p.m.
Brooklyn Trail Building

TUESDAY, DEC. 12

[Promoting Infant Survival in DR Congo](#)

6:30-8:30 p.m.
The Swiss Restaurant and Pub

SUNDAY, DEC. 17

[Mark O'Connor and the Family Band: An Appalachian Christmas](#)


2-3 p.m.
Meany Theater

BE BOUNDLESS
FOR WASHINGTON / FOR THE WORLD



[CONTACT US](#) | [PRIVACY](#) | [TERMS](#)

© 2017 University of Washington Marketing & Communications