

W UNIVERSITY of WASHINGTON HR | IT Connect | The Whole U | Faculty & Staff Insider

UW INSIDER

A WEEKLY ROUNDUP OF INFO AND RESOURCES FOR UW FACULTY AND STAFF

September 27, 2017



WELCOME BACK TO
FALL QUARTER

IN THIS ISSUE

- New and improved CareLink services
- Practice mindfulness at a nurturing retreat
- Learn how to keep your data secure
- Free, customized trainings from UW Emergency Management
- News & resources
- Upcoming events

[Check out new and improved CareLink services](#)

Get your fall quarter off to a good start by taking advantage of the many improved and expanded UW CareLink services available to benefits eligible UW employees, their dependents and household members. CareLink provides counseling; legal, financial and eldercare assistance; coaching for managers and supervisors and more.



[Practice mindfulness at a nurturing retreat](#)

On Oct. 14, join The Whole U and UW Recreation’s Mindfulness Program Manager Danny Arguetty for a full day of practice, courageous self-care, inner-reflection and stress-reduction.



[October is Cybersecurity Awareness Month — Learn how to keep your data secure](#)

Learn how to address threats and risks to personal and UW institutional information at several events being hosted in October by the Office of the Chief Information Security Officer.



[Free, customized trainings from UW Emergency Management](#)

Schedule earthquake awareness and personal preparedness presentations, mitigation walkthroughs and more for your department.



NEWS AND RESOURCES

IT CONNECT

[Check out tech resources for teaching classes](#)

Learn how to set up courses in Canvas, use Panopto to record lectures, use Poll Everywhere to engage students in class, submit grades with GradePage and more.

[New self-service tool makes updating the UW Office Directory quicker, easier](#)

Keep your department, school or center information up to date in the UW Office Directory using a new self-service online system. Listing coordinators should contact UW-IT at help@uw.edu for quick account setup, instructions and a style guide. To update personal profile information, visit [Identity.UW](#).

HUMAN RESOURCES

[Boost your productivity with an autumn webinar](#)

Whether you're interested in improving your technical proficiency or combatting information overload, upcoming webinars such as Microsoft Excel Techniques and Google Docs & Drive—Beginner can help you become more effective on the job.

THE WHOLE U

[Bring your family and friends to these free fall Husky Athletics games!](#)

Cheer on our Husky Men's Soccer team, Husky Women's Soccer team and Husky Women's Volleyball team as they compete this season.

[Join us for a night of award-winning performances by Sichuan University Ensemble on Oct. 4](#)

From dances and songs, indulge in diverse performances from local cultures in China as well as traditional Chinese instruments.

[Discounts available on audio workout classes](#)

UW faculty, staff and students can save close to 40 percent on audio workout classes that combine the motivation of a professional trainer with music you love.

COMMUNITY

[UW Law offers DACA renewal legal clinics and consultations on Sept. 28](#)

In addition to DACA renewals, immigration attorneys will be available to answer questions and talk about immigration options.

[Check out the custodian job fair on Sept. 30](#)

The event will offer a unique opportunity for job seekers to not only apply, but also interview on-site with Building Services Department managers and supervisors.

UPCOMING EVENTS

MONDAY, OCT. 2

[Shaping Virtual Reality: Empathy and Inclusion in Emerging Tech](#)

Noon-1 p.m.
Condon Hall

TUESDAYS, OCT. 3, 10, 17, 24 & 31

[Compassion Cultivation Training \(CCT\)](#) 

6 p.m.-8 p.m.
Center for Child and Family Well-Being Brooklyn Trail Building, Room 151

WEDNESDAY, OCT. 4

[Introduction to Zoom Video Meeting Platform](#)

10-11 a.m.
Online Webinar

WEDNESDAY, OCT. 4

[Cultivating Cultural Competence](#) 

9 a.m.-4 p.m.
Seattle campus

WEDNESDAY, OCT. 4

[UW Startup Career Fair](#)

2-4 p.m.
wəˈtəbʔaltx^w — Intellectual House

THURSDAYS, OCT. 5 & 12

[Employment Law and UW Policies](#) 

8:30 a.m.-12:30 p.m.
Seattle campus

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Back to school

<http://www.washington.edu/president/2017/09/25/to-our-community-new-and-returning-welcome/>

IN THIS ISSUE

*

New and improved CareLink services
#topstory

*

Practice mindfulness at a nurturing retreat
#secondstory

*

Learn how to keep your data secure
#thirdstory

*

Free, customized trainings from UW Emergency Management
#fourthstory

*

News & resources
#news

Close