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IUPUI HRA Work/Life E-News – January 2013

To create one's own world takes courage.

Georgia O'Keefe (1887-1986), artist

HRA Work/Life Events/Programs/Activities

I'm Retiring from IUPUI

In October, I initiated a retirement discussion with my already-retired husband. I let the thoughts that arose out of that discussion simmer to see if retirement felt right. Ultimately, I determined that it did and have determined that I will retire within the next few weeks.

I have gotten great happiness from serving you and hope that the work/life program has made a difference for you. Whether you used a flexible work arrangement, a nursing mothers' room, or the pre-tax commuter benefit; participated in the Get Back on Your Bike or Walking Challenge programs; attended the Care Fair, the home buying, financial fitness, Tang Soo Do or lunch time yoga series we initiated; learned about adoption, home weatherization, etiquette, estate planning, long-term care insurance, how to take better care of your health or how to be a better caregiver or just picked up something interesting from the Work/Life, IUPUI Bicyclists or INShape e-newsletters or our Web site, I hope it was clear that I tried to anticipate your needs and cared about you.

Despite not having a budget (though, once in a while, I was able to get a bit of spot funding) or dedicated administrative support for much of the time, I think that we've made good progress in building a Work/Life program here (though there's still much to do). I sincerely thank the many persons and organizations who partnered with me to make things happen. Thanks also go to all of you who participated in the offerings of the work/life program or in any way supported the program. I'm truly grateful for your support. Without it, no success would have been possible.

If you've read the Work/Life newsletter, you've probably noticed that I have an unquenchable curiosity and a very broad range of interests. My curiosity and interests will, I believe, add fun and enrichment to the next chapter of my life, and I look forward to the adventures that lie ahead, though I will miss you.

Be well, claim your power, manage your money well, save for your future needs, share your talents and who you are, reflect on the good things in your life, have fun, pursue your dreams and make it your business to live fully each day.

Spring Semester Yoga Starts January 7th

Staff and faculty can begin registering for spring lunchtime yoga starting Wednesday, January 2nd, and students can register starting Monday, January 7th. Registrants pay the semester recreation fee (\$83-staff/faculty; \$15-students who might also have paid when they earlier registered for classes) and may then attend the 12:05-12:45 classes, most of which are held in the Campus Center. FMI and the registration form, visit <http://www.hra.iupui.edu/WorkLife> under News & Upcoming Events. Staff, faculty and students welcome. Reduce your stress, get fit, do yoga! HRA Work/Life, the Student Wellness Coalition and Campus Recreation collaborate to offer this series.

21st Century Management/Leadership Cues for Current/Aspiring Leaders

The Execution Trap

Roger L. Martin, in the July-August 2010 edition of the *Harvard Business Review*, counters the often quoted, “A mediocre strategy well executed is better than a great strategy poorly executed,” and states that it’s “pointless” to make a distinction between strategy and execution. He also contends that this viewpoint is “replete with unintended negative consequences,” one of which is to create “choiceless doers” of those expected to execute the strategy while allowing those who created the strategy to blame the executors instead of having to examine the wisdom of the strategy. He borrows from Kenneth Anderson, author of *The Concept of Corporate Strategy*, suggesting that strategy and execution are interrelated and equally important and favors a white-water river metaphor whereby senior management make the broader more abstract strategy choices while “employees downstream are empowered to make choices that best fit the situation at hand,” a win for both the employee and the organization. To learn more, visit

<http://www.zurichna.com/internet/zna/SiteCollectionDocuments/en/media/FINAL%20HR%20The%20Execution%20Trap.pdf> .

New Service with Distinction Web Site: Tools for Managers

You’ve probably heard about the Service with Distinction project on campus and now there’s a related Web site at <http://swd.iupui.edu> . Of particular interest to managers might be the “Tools for Leaders” section which contains behavioral interviewing, process improvement, orientation and performance management information and the “Resources” section where you’ll find information about the top barriers to delivering service with distinction and other downloadable tools.

Management Focus Group

Network with and learn from other IUPUI managers at this moderated session on Tuesday, January 22, 9-noon in University Library 2115E. To register, visit <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> and click on "FOS Electives." Questions? Contact hrratng@iupui.edu or 274-4438.

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, "life" education (finances, home maintenance, legal issues, etc.), and ideas for better balancing work, life and school. In a nutshell, it's about providing information that you, as a whole person need/want. Since HRA's Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.

Health, Wellness & Safety (Check with your Dr. to learn what's appropriate for you, health-wise, before making changes.)

IU Health Fitness Facilities

If you are an IU or IU Health employee, you are eligible to join the employee fitness facilities at IU Health. The cost is \$7.50 per biweekly pay, \$15 per monthly pay or \$180 per year and there is no initiation or cancellation fee. Membership includes access to the facilities in Fairbanks Hall (suite 1200), University Hospital (UH 0761), Methodist Hospital (AG 043) and Goodman Hall (LL 178). All facilities are open 24/7. There is also a fitness facility in the IU Health Pathology Building, but that is only for the use of those who currently have access to that building. Contact Bryland Sutton (bsutton1@iuhealth.org or 962-8104) for orientation details, rules/regulations and the membership form.

Dangers of Nail Dryers

Ultraviolet (UV) rays increase the risk for skin cancer whether they come from the sun, from a tanning bed or from nail dryers and 65%-90% of the most dangerous form of skin cancer, melanoma, are caused by exposure to UV light. Get the scoop on nail dryers at http://on.aol.com/video/the-dangers-of--uv-nail-dryers-350760100?icid=video_related_thumb_0 . Here's what the Centers for Disease Control and Prevention (CDC) says about indoor tanning - http://www.cdc.gov/cancer/skin/basic_info/indoor_tanning.htm .

Sexual Assault: Prevention and After-the-Attack Resources

If you or someone you know is a victim of sexual assault, call the Wishard Center of Hope at 317-630-6180 as soon after the attack as possible. They are a caring and invaluable resource for victims. Bystander intervention can help prevent sexual assaults and you can learn how to do it at <http://www.stopabuse.vt.edu/bystander.php> . Some ways to reduce your risk of sexual assault can be found at <http://rainn.org/get->

[information/sexual-assault-prevention](#) . If the sexual assault involves someone in the IUPUI community, contact the Office of Equal Opportunity at 317-274-2306.

Online Pharmacies: Good or Bad?

Ordering prescriptions from Canadian online pharmacies has become popular with some, but the results have been mixed. Some have sent payment and never received the prescription and some have received pills later found to be fakes. Visit <http://www.cipa.com> to verify if the pharmacy you plan to order from is licensed by the Canadian government.

Healthy Department, Healthy Employees

Many employees are starting the year with resolutions to lose weight and eat healthier, and what happens in the office can help or hurt. Take the lead to make your office more supportive of those who want to live a healthier lifestyle by providing healthy snacks (fresh fruit/veggies, yogurt, etc.) at meetings and events, start a water club in your department (employees can choose to chip in to put a bottled water dispenser in the office); hold walking meetings if the meeting involves one two-three people; start each meeting with a few stretches (<http://www.mayoclinic.com/health/office-stretches/MY00921>); encourage participation in the spring walking challenge, Get Back on Your Bike, etc. Here are some other ideas - <http://www.globalhealingcenter.com/benefits-of/healthy-office-environment>

IUPUI Caregiver Group

If you are a caregiver and want to meet with other IUPUI caregivers, plan to attend the next gathering which will be Friday, January 25th, at about noon in SL 174. Bring your lunch. FMI, contact Jane Alexander at 274-0589.

2013 Mini Marathon Training Program: Having Fun Going Thirteen Point One

NIFS' Mini Marathon Training Program is a weekly program (6:00 on Wednesdays, January 23rd - May 6th) for runners/walkers, beginners/seasoned racers (older than 16 years of age), who are training for the Mini Marathon on May 4th (Geist Half Marathoners welcome, too). Weekly meetings, at NIFS (downtown) and Cherry Tree Elementary School (Carmel), consist of group runs/walks, stretching and refreshments. Participants receive training logs, a program shirt, almost 50% off the optional *Absolute Beginner's Guide to Half-Marathon Training*, and a celebration post-race dinner party. Fee: \$60 NIFS members (\$70 non-members), \$70 NIFS members with the *Absolute Beginner's Guide* book (\$80 non-members). To register, contact Stephanie at 274-3432, ext. 226 or visit the NIFS Web site at http://www.nifs.org/club/scripts/library/view_document.asp?GRP=14753&NS=PUB_SE RV&APP=80&DN=MINIMARA .

Personal/Home/Family/Financial Life

Helping Kids Cope When Tragedy Occurs

When it comes time to go back to school in January, children may think, once again, about the tragedy that occurred at Sandy Hook School in Connecticut and be fearful. Traumatic events such as this may cause the child to revert to old behavior such as thumb-sucking. The child may also have trouble sleeping, have more toileting accidents, etc. It's important to be understanding, listen and give plenty of hugs. Some more good tips for parents and teachers can be found at <http://www.nasponline.org> .

Free Movies, Courses on Various Topics and Language Instruction

The Open Culture Web site opens the doors to free movies; courses taught by professors from MIT, Johns Hopkins, Stanford and others; K-12 Instruction; things to download to your Kindle and more. Check it out at http://www.openculture.com/biology_free_courses .

Fun, High-Quality Web Sites for Creative Kids

Kids (ages 8 and up) can learn to create interactive games, stories, music and art at <http://scratch.mit.edu> . Play Fidgit and send in your own ideas to earn points at <http://pbskids.org/designsquad/games> . Play games at this PBS site - <http://pbskids.org/arthur/games/#1> .

Fun Conversation Starters

If you find it difficult to get to know people, whether they are members of your own family, coworkers or friends, consider using conversation starter questions and make getting acquainted a game. You may have seen sets of table talk questions for purchase, but you can make your own by putting individual questions on slips and placing in a jar that each person can draw from. Find ideas for questions at <http://www.buzzle.com/articles/dating-conversation-starters.html> , <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters> , <http://www.ahaparenting.com/parenting-tools/communication/family-discussions> , <http://www.familyminute.com/tools/build-relationships/conversation-starters-for-kids> , or <http://www.sheknows.com/parenting/articles/842449/7-quick-conversation-starters-for-families> .

Children's Development & Exposure to the Arts

According to Eric Cooper, president and founder of the National Urban Alliance for Effective Education, "Arts education enables those children from a financially challenged background to have a more level playing field with children who have had those enrichment experiences." Be proactive. Take your children to museums, art shows/galleries, plays, film festivals, dance productions, musical presentations of all types and, where possible, involve them in opportunities to try various arts for themselves. To learn more, visit <http://www.edutopia.org/arts-music-curriculum-child-development> , the source of some of the information in this article.

Indianapolis offers many free opportunities to expose children to the arts, so being of modest means is less of a barrier. The Indianapolis Museum of Art has free admission except for some special exhibitions; the Eiteljorg Museum of American Indian and Western Art is free to all IUPUI employees and children under age four (non-IUPUI-

employed spouses and children over age five will have an admission charge); the Marion County Public Library offers free classical concerts and other arts events (often listed in the Free and Fun/Interesting section of this newsletter); Indianapolis Art Center (<http://indplsartcenter.org>) has a lot of outdoor art; and Big Car arts collective (<http://bigcar.org>) offers many free events and interactive activities. See the Free & Fun/Interesting and Ethnic/World/Cultural Events sections of this newsletter (below) for ideas and make it a priority to attend an event at least once a month. Your life and the life of your children, if applicable, will be the better for it.

Got a Concern (pot hole, abandoned car, etc.)?

Any type of concern (abandoned vehicle, animal problem, traffic signal problem, weedy/trashy lot, zoning violation, etc.) that relates to the city or county, can be reported to the Mayor's Action Center at <http://www.indy.gov/eGov/Mayor/Mac/Pages/Home.aspx> or 317-327-4622. Potholes can also be reported at www.indy.gov/pothole or by using the mobile application that you can download [here](#).

Are Plastic Bottle Caps Recyclable?

In the past, "No," but today, "Yes," and it's better to leave them ON the bottle. Learn more at <http://www.indianalivinggreen.com/are-plastic-bottle-caps-recyclable/>.

Free and Fun/Interesting – Lots of Opportunities to Add Cheer to the Season

Note: Events are listed in color/italicized so that you can quickly scan down through the items to find those of interest.

IUPUI Associate Faculty Forum; Thursday, January 3, 5-8:00 p.m.; University Library 1125. Sessions will cover a variety of topics including: basic and advanced uses of Oncourse, online teaching strategies, student learning assessment using rubrics, using Turnitin.com, and student engagement techniques. There will also be a welcome session and overview of the Fostering Learning, Achievement, and Graduation Success (FLAGS) system and assessing the Principles of Undergraduate Learning (PULs).

Free Open House Days at Campus Recreation; January 7-18; Natatorium. Bring your JagTag. FMI, call 274-2824.

Rebecca Herold, the "privacy professor" live webinar; Wednesday, January 9, 1-2:00. FMI and to register - <https://protect.iu.edu/privacy/dataprivacyday>.

Mindfulness-Based Stress Reduction at Work; Tuesday, January 15, 4:30-5:30; Campus Center 409. This is an introductory session to help you determine whether you want to participate in the 10-session series on Tuesdays, 4:30-5:30 from January 22-April 2. FMI and to register for the orientation session, go to <http://www.iu.edu/~welliu/Classes/IUPUI.shtml>.

Scalable Privacy: An NSTIC Grant for the Identity Ecosystem online webinar; Wednesday, January 16, 1-2:00. FMI - <https://protect.iu.edu/privacy/dataprivacyday>.

Dr. Martin Luther King, Jr. Day of Service; Monday, January 21, 8-1:00; meet at Campus Center 450. Serve as a volunteer at one of the community sites. FMI - <http://life.iupui.edu/osi/volunteer/events/mlk.html>.

[Identity Theft: How to Protect Yourself](#); Monday, January 28, Noon-1:00; Campus Center 450C (and broadcast to IU campuses). FMI - <https://protect.iu.edu/privacy/dataprivacyday> .

[Mobile Device Security](#); Monday, January 28, 1-1:45; Campus Center 450C (and broadcast to IU campuses). FMI - <https://protect.iu.edu/privacy/dataprivacyday> .

[It's Not Just Facebook: What Every College Student Should Know About Online Privacy webinar](#); Wednesday, January 30, 1-2:00. FMI - <https://protect.iu.edu/privacy/dataprivacyday> .

Local – Plenty of Indoor Fun to Fight the Winter Blues

[Watkins Ironmen \(skills for becoming a real man; boys ages 6-18\)](#); Wednesdays, January 2-May 29, 6-7:00; Watkins Park, 2360 Martin Luther King St. FMI, call 327-7175.

[Learn to Kayak \(ages 5 and above\)](#); ongoing classes from January 2-May 1; Thatcher Park, 4649 W. Vermont St. FMI, call 460-7000.

[Indy in Motion fitness classes](#); various times, but all start in early January; Broad Ripple, Washington, Christian, Raymond, Garfield, Hawthorne, Krannert and Riverside Parks as well as Christamore House. FMI, call 221-3122 or visit

http://www.mchd.com/iim_sites.htm#BRP .

[Free Night at Children's Museum \(including Real Hot Wheels exhibit, Yule Slide, Ice Fishing, The Magic Snowman and Mr. Bear's Playhouse\)](#); Thursday, January 3, 4-8:00; 3000 N. Illinois St. FMI, call 334-3322 or visit <http://childrensmuseum.org/target-free-family-night> .

[Samurai Karate Kids Classes \(7-9 years old\)](#); January 3-March 23, Thursdays, 6-6:45 and Saturdays, 10-10:45; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220. Uniform may need to be purchased.

[Japanese Fighting Karate \(10-65 years old\)](#); January 3-March 23, Thursdays, 6:45-8:00 and Saturdays, 10:45-noon; Garfield Park, 2345 Pagoda Dr. FMI, call 327-7220. Uniform may need to be purchased.

[Jewels to Gems \(skills for becoming a real lady; girls ages 6-18\)](#); Fridays, January 4-May 24, 6-7:00; Watkins Park, 2360 Martin Luther King St. FMI, call 327-7175.

[Movie Night \(ages 1 and above\)](#); Fridays, January 4-April 12, 6:00 p.m.; Bethel Park, 2850 Bethel Avenue. FMI, call 327-7480.

[The Human Body Puzzle \(part of the Lilly Science in Residence series\)](#); Saturdays, January 5, 12, 19 and 26, 11-4:00, Sundays, January 6, 13, 20 and 27 1-4:00; Central Library, 40 E. St. Clair St. FMI, call 275-4100 or visit

<http://www.imcpl.org/events/calendar.php> .

[Computer/Electronics Recycling](#); Saturday, January 5, 9-1:00; St. Luke's United Methodist Church (door #7 at rear), 100 W. 86th St. FMI, call 846-3404. A fee is collected for recycled TVs. Cans, bottles, cardboard and hard, molded (not peanuts) Styrofoam packaging like the kind TVs are packed in will also be accepted.

[Polar Bear Pedal recreational 10-mile bike ride](#); Saturday, January 5, registration begins at 9:00, ride begins at 10:00; Indy Bike Hub in City Market, 222 E. Market St. FMI and to pre-register -

<http://www.indy.gov/eGov/City/DPW/SustainIndy/Bikeways/Pages/Polar-Pedal.aspx> .

[Pastor Sheppard's Tae Kwon Do](#); Saturdays, January 5-April 20, 1-2:30; Riverside Park, 2420 E. Riverside Dr. FMI, call 327-7171.

[Art Cart: Build a Still Life](#); Saturday, January 5, 12, noon-4:00; Indianapolis Museum of Art, 4000 N. Michigan Road. FMI, call 923-1331.

[eBook Tinker Station](#); Saturdays, January 5, 12, 19, 26 and Sundays, January 6, 13, 20, 27, 2-4:00; Central Library, 40 E. St. Clair St. FMI, call 275-4100 or visit <http://www.imcpl.org/events/calendar.php> . Learn how to select an eReader, as well as how to download related materials from the Library's collection. Drop in anytime during the 2-hour period.

[The Art of Arabic Calligraphy](#); Sundays, January 6 and 13, 2-4:00; Indianapolis Museum of Art, 4000 N. Michigan Rd. FMI, visit

<http://www.imamuseum.org/familyactivities/arabic-calligraphy-demos> or call 923-1331

[Volleyball](#); January 7-April 25, Mondays and Thursdays, 6-8:00; Riverside Park, 2420 E. Riverside Dr. FMI, call 327-7171.

[Kids' Cooking Classes \(ages 9-17\)](#); January 8-April 16, 6:30-7:30; Bethel Park, 2850 Bethel Avenue. FMI, call 327-7480.

[Line Dancing \(slide, cha-cha and more\)](#); Tuesdays, January 8-June 25, 6:30-8:00; Washington Park, 3130 E. 30th St. FMI, call 327-7473.

[Movie Night \(ages 5 and above\)](#); 2nd and 4th Fridays, January 11-March 15, 6:00 p.m.; Riverside Park, 2420 E. Riverside Dr. FMI, call 327-7171.

[Dancing Like the Stars \(try your hand at ballet, modern, jazz and hip-hop dance\)](#); Monday, January 14, 6-8:00; Krannert Park, 605 S. High School Rd. FMI, call 327-7375.

[Chess Club \(ages 9 and above\)](#); 12 classes between January 14th and February 20th, 4-5:30; Municipal Gardens Park, 1831 Lafayette Rd. FMI, call 327-7190.

[Ladies Under Construction \(girls ages 11-18\)](#); Tuesdays, January 15-March 5, 6-7:30 p.m. Watkins Park, 2360 Martin Luther King St. FMI, call 327-7175.

["Falling Uphill" featuring Scott Stoll \(part of Central Indiana Bicyclists Association series\)](#); Wednesday, January 16, 7:00; Central Library, 40 E. St. Clair St. FMI, call 275-4100 or visit <http://www.imcpl.org/events/calendar.php> .

[Dodgeball/Kickball](#); Fridays, January 18-February 22, 5:30-7:30; Municipal Gardens Park, 1831 Lafayette Rd. FMI, call 327-7190.

[MLK Community Festival](#); Saturday, January 19, 11-3:00; Christian Theological Seminary, 1000 W. 42nd St. Music, art workshops, yoga, poetry, community volunteer fair, and free lunch are part of the festivities. FMI - http://www.peacelearningcenter.org/mlk_community_festival .

[Garfield Poetry Circle](#); Saturdays, January 19, February 16, March 16, April 20 and May 18, 2-4:00; Garfield Park Arts Center, 2432 Conservatory Dr. FMI, call 327-7135.

[Synchronized Swimming Introductory Classes](#); Saturday, January 19 and Wednesday, January 23, 3-4:30; Washington Community School, 2215 W. Washington St. FMI, call 327-5918.

[Chamber Music Concert](#); Sunday, January 20, 2:00; Central Library, 40 E. St. Clair St. FMI, call 275-4100 or visit <http://www.imcpl.org/events/calendar.php> .

[Free Admission to White River State Park Attractions](#) (Indiana State Museum, Indianapolis Zoo NCAA Hall of Champions, etc.) in exchange for a non-perishable

canned/boxed food item per person; Monday, January 21. FMI, call 233-2434 or visit <http://inwhiteriver.wrsp.in.gov/EVENTSCALENDAR/Event/EventID/680> .

[Dr. Martin Luther King, Jr. Community Day](#); Monday, January 21, 11-4:00; Indianapolis Museum of Art, 4000 N. Michigan Rd. FMI, call 923-1331.

[Dr. Martin Luther King, Jr. Community Day](#), Monday, January 21, 10-5:00; Indiana Historical Society, 450 W. Ohio St. FMI, call 232-1882.

[Common: The King of Conscious Hip-Hop](#); Thursday, January 24, 7:30; Clowes Hall at Butler University, 4602 Sunset Ave. Admission is free, but a ticket is required. FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=25&-Token.Action=>

[Final Fridays](#); January 25 and each last Friday of the month; 6:30-11:30 p.m., Indianapolis Museum of Art, 4000 N. Michigan Rd. Food, beverages, music, adult art making, tours and cultural experiences highlight these new after-hours events at the IMA. FMI, call 923-1331.

[Becoming More World/Culture Wise](#)

[This Month's Quiz Question \(source: National Geographic\)](#)

The Cape Verde Plain is an undersea region in which ocean? a. Pacific b. Arctic c. Indian d. Atlantic

[Selected Holidays of Note](#) (Source: University of Kansas Medical Center Web site)

January 1 – Feast of St. Basil (Christian, Orthodox)

January 1 – New Year's Day

January 5 – Guru Gobind Singh's Birthday (Sikh)

January 6 – Epiphany or Twelfth Day (Christian)

January 6 – Three Kings' Day (Puerto Rico, Dominican Republic)

January 7 – Nativity of Jesus Christ (Christian, Orthodox)

January 13 – Lohri, the bonfire festival (Buddhist, Hindu, Sikh)

January 20 – World Religion Day (Baha'i)

January 21 – Dr. Martin Luther King, Jr. Birthday (U.S.)

January 25 – Tu b'Shvat or Tu B'Shevat (Jewish)

January 26 – India Republic Day

[Ethnic/World/Cultural Events/Classes](#)

Note: I gather information from a variety of sources. Some sources include contact information, cost, etc. and others don't, so please excuse the sometimes less than comprehensive information.

[Nationalities Council of Indianapolis Winter Gala](#); Saturday, January 26, 7-11:00 p.m., Bethel United Methodist Family Life Center, 5252 W. 52nd St. Bring a prepared food dish from your country to share. Eating utensils provided. Dress is ethnic attire or business casual. Entertainment, food and music. FMI, contact Allen Galloway at president@nationalitiescouncil.org .

Work/Life Balance Tip

The Need for Self-Reflection/Introspection

The 24/7 lives we lead today often result in the imbalance of lots of action with little or no time for self-reflection, often with negative results (http://www.leadership-retreat.com/need_to_reflect.html). Self-reflection/Introspection allows you to step out of your day-to-day patterns and really think about what you're doing or have done in order to learn from those experiences and make future choices in a more thoughtful, growth-enhancing manner. Some people go on retreats to reflect, while some take a few minutes each day to journal or meditate. Here's a beginner's guide - <http://www.myrkothum.com/self-reflection-how-to-do-it-right> . It's not easy to be honest with yourself or to change based on what you'll learn, so be prepared. See a counselor if serious concerns arise.

Miscellaneous

IUPUI Strategic Planning: Make Your Thoughts Known

IUPUI is formulating its next strategic plan, and this is a great opportunity to share your thoughts about our future direction. Visit <http://strategicplan.iupui.edu/> for the information and input form.

Happy Data Privacy Month!

At IU, throughout January, awareness about the many ways personal information is collected, stored, used and shared and education about privacy practices that will enable you to protect your personal information will be focused upon. Get involved by: (1) Viewing list of events at <https://protect.iu.edu/privacy/dataprivacyday>, and included above in "Free & Fun/Interesting" section for IUPUI events, and plan to attend the free presentations on Identity Theft and on Mobile Device Security at the IUPUI Campus Center on January 28 from Noon-1:45 PM (From another campus? Can't get away from your desk? Attend virtually!) and/or participate in webinars (2) Subscribing, via RSS, to The Privacy Blog and (3) Following privacy tweets via Twitter. Questions? E-mail privacy@iu.edu.

Seeking Working Adults for Work-Family Conflict Study

The IUPUI Psychology Department is searching for individuals to participate in a study of work-family conflict. If you are over the age of 18, work at least 20 hours per week outside the home, and have family responsibilities (dependents under the age of 18 living with you), you are invited to participate and may do so by clicking the link below. At the close of the study, out of approximately 200 participants two will be randomly chosen to receive a \$50 gift card to Amazon.com. As such, each participant has a 1/100 chance of receiving the gift card. If you would like to participate, click the following link: <http://www.surveymoz.com/s3/1085952/Work-and-Family-Interaction>

[Does Your Department Have Student Summer Jobs?](#)

Limited space is available for IUPUI departments to register for the Summer Job & Internship Fair being held on February 19th from 11-3 in Campus Center 450. FMI and to register - <https://employment.uc.iupui.edu/Employers/Events.aspx> .

[Get Involved in the Community: Volunteer Opportunities/Civic Engagement](#)

Comment: You might wonder why I include a section on volunteerism. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Plus, civic engagement is part of IUPUI's mission. Reason enough to include this section? ☺

[Volunteer/Donation Opportunities – Your Chance to Pay it Forward](#)

[The Kurt Vonnegut Memorial Library](#) is in need of volunteers. For a list of opportunities, contact Beth Gootee at volunteer@vonnegutlibrary.org.

The Eiteljorg Museum of American Indians and Western Art needs volunteers to serve as [greeters](#), [tour guides](#), [special events assistants](#) and more. Visit <http://www.eiteljorg.org/support/volunteer> .

[Career/Professional/Personal Enrichment/Recognition/Funding](#)

[Sutton Award for Contributions to IUPUI Study Abroad](#)

The IUPUI Office of International Affairs will present an award annually to a staff member and a faculty member who have made significant contributions to the study abroad program at IUPUI. The nomination form can be found at http://abroad.iupui.edu/forms/Susan_Buck_Sutton_Nomination.pdf .

[Be More Productive and Have More Control](#)

Make this a more productive and satisfying year by examining your skills at prioritization, goal setting, self-motivation and more at http://www.mindtools.com/pages/main/newMN_HTE.htm#prioritization .

[New Service with Distinction Web Site: Tools for Employees](#)

You've probably heard about the Service with Distinction project on campus and now there's a related Web site at <http://swd.iupui.edu> . Of particular interest to [employees](#) might be the "Tools for Staff and Faculty" section which contains information about the employee's role in performance management and the "Resources" section where you'll

find articles about how to handle difficult customers, customer service humor, etc. and downloadable tools such as Service in Action cards.

Student Supervisor Workshops

If you are currently supervising students or plan to be in the near future, consider attending a series offered just for you. Here are the dates/topics: January 30- Just the Basics; February 28 – Gaining Skills; March 12 – All Things Work-Study; March 28 – Under-represented Students; April 25 – Advanced Supervision and May 23 – Raising the Bar. FMI -

<https://employment.uc.iupui.edu/Employers/SkillDevelopment/Supervisors.aspx> .

Student Series: Excellence in Professionalism

This series, offered by the Office of Student Employment, is designed to give students a realistic snapshot of their professional image, boost professional skills and confidence and much more. The skills that are taught will help students get a job, both now and in the future. The series runs from early February to early April. FMI and to apply -

<https://employment.uc.iupui.edu/Students/SkillDevelopment/ExcellenceinProfessionalism.aspx> .

Grants, Scholarships, Fellowships, Student Internships and Study Abroad

The \$2500 Gene B. Glick Company Scholarship is awarded each year to two students with financial need in the Kelley School of Business who are pursuing finance-real estate, finance, management or entrepreneurship major. Qualified students from the Bloomington and Indianapolis campuses may apply. The scholarships were established by alumnus Eugene B. Glick and his wife Marilyn on the occasion of their 50th wedding anniversary and the 50th anniversary of Mr. Glick's real estate company. Selection is based on GPA, financial need, major, class standing, professional goals, work ethic, volunteerism and extracurricular activities. Application at [Gene B. Glick Scholarship Application](#) . Application deadline is 5:00 p.m. on January 31st. Applicants must also file the FAFSA and demonstrate financial need. Documentation of each applicant's financial need will be requested, as needed.

The \$1000 McCracken Assist Scholarship is for single, custodial parents at IUPUI pursuing their first undergraduate degree. Applicants must have completed at least nine credit hours at IUPUI with a minimum 2.75 GPA within the last year. The deadline is March 15. FMI - <http://www.iupui.edu/~scentral/continuing/general.html> (scroll down)

The \$500 Delta Sigma Pi – Kappa Sigma Chapter Scholarships are for those enrolled in the School of Liberal Arts or Kelley School of Business with interest in the study of Business or Economics who have a cumulative grade point average of a 2.7 or higher on a 4.0 scale. Deadline is March 1. FMI and application - <http://www.iupui.edu/~scentral/downloads/DSP%20Scholarship%20Application%20sp13.pdf> .

The \$2000 Key Bank Scholarship is for *incoming students with a 3.2 or higher GPA on a 4.0 scale who have been directly admitted to the Kelley School of Business and are enrolled full time.* Preference will be given to under-represented populations whose presence will enhance the learning environment through increased diversity at IUPUI. FMI, contact Brittany Gleitsman at (317) 274-3506 or bgleitsm@iupui.edu.

The \$2500 Sam Jones Diversity Scholarship is for *students with a 3.2 or higher GPA on a 4.0 scale, a minimum of 1100 on the SAT or 24 on the ACT who have been directly admitted to the Kelley School of Business and are enrolled full time.* Students who are first-generation college students and/or are from diverse backgrounds whose presence will enhance the learning environment through increased diversity at IUPUI are encouraged to apply. FMI, contact Brittany Gleitsman at (317) 274-3506 or bgleitsm@iupui.edu.

The \$1500 Simons Bitzer & Associates Scholarship is for *incoming students with a minimum 3.2 GPA on a 4.0 scale who have been directly admitted to the Kelley School of Business and have declared their major as Accounting.* Questions? Contact Brittany Gleitsman at (317) 274-3506 or bgleitsm@iupui.edu.

The \$500 Dr. Victor E. Childers International Study Award is for those with financial need and at least a 3.2 minimum GPA on a 4.0 scale. FMI and application, visit <http://www.iupui.edu/~scentral/downloads/Victor%20Childers%20Scholarship%20Application%20fall%202013.pdf>. Questions? Contact Brittany Gleitsman at (317) 274-3506 or bgleitsm@iupui.edu.

Answer to Quiz: Atlantic

Notes

If someone forwarded this Work/Life e-newsletter to you, you picked it up via the Web or link or received a paper copy and want to subscribe to receive online, just send a note to mstimmin@iupui.edu. This newsletter can also be found at www.hra.iupui.edu/worklife under "News & Events," generally within a day of when it was sent.

All phone numbers used in this newsletter have a 317 area code, unless otherwise indicated.

Note: In order to provide as many good resources as possible to participants, we often acquire speakers and informational pieces from a variety of sources and list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list and cannot vouch for their accuracy (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise

consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.

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"Helping you have the best of all your worlds - work, family, school & personal."