

IUPUI HRA Work/Life E-News - August 2010

Quote of the Month

A question not asked is a door not opened.

Marilee Goldberg
Author of *The Art of the Question*

HRA Work/Life Events/Programs/Activities

Reduce Stress: Register for Yoga

HRA Work/Life, Intramural & Recreational Sports and the Student Wellness Coalition offer ongoing yoga classes. Fall classes start Monday, August 23rd and last until Monday, December 20th. Registrants pay the semester recreation fee (\$83 - staff/faculty; \$30 - students) and may then attend the 12:05-12:45 classes in the Campus Center (with a few exceptions) on Mondays (Level I) and Wednesdays (Level II); and the Union Building Room 130 on Tuesdays (Level II) and Thursdays (Level I). FMI and the registration form, visit <http://www.hra.iupui.edu/HRA/WorkLife> under News & Upcoming Events (but wait until mid-August, as it's not there yet). Put the dates of the classes you plan to attend in your calendar now so that you'll make it to as many classes as possible.

Work/Life: Who's Doing it Well at IUPUI?

If you work with or for someone who really does it right when it comes to creating a workplace climate that is friendly for work/life balance by offering flexible work schedules, etc., let me (mstimmin@iupui.edu) know.

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

What Will Your Legacy Be and How to Move in a Better Direction?

To gain clarity on what your focus as a leader (and I believe each person can be a leader in some aspect of his/her life) should be, Jann E. Freed, Ph.D., suggests that you write your eulogy, not your obituary. An obituary often focuses on accomplishments, a eulogy tends to focus on character and how a person lived his/her life. What do you want people to say about you as a workplace leader? Church leader? Citizen? Coworker? Parent? Spouse? Friend? See her article at http://www.managesmarter.com/msg/content_display/training/e3ib74c0fb945319e5e2b879d6b477f84aa. A related article can be found at http://www.managementconsultingnews.com/interviews/galford_maruca_interview.php. Two University of Michigan faculty explore "deep change," a related topic, at <http://www-personal.umich.edu/~acaza/Quinn%20&%20Caza%2C%202004.pdf> if you want to get into more depth.

If you determine that you want to work on personal change/growth, here are a few articles that give you the basics -

<http://www.nwhealth.edu/healthyU/chillOut/transform.html> ,

<http://www.nwhealth.edu/healthyU/findBalance/goal.html> and <http://www.nwhealth.edu/healthyU/findBalance/resolu2.html> . Personal transformation/growth isn't easy, so a skilled counselor/coach might be a good ally. For full-time faculty and staff that could be your EAP (962-2622- this is a new number as of 1/1/10 because we have a new provider) and for students it would be CAPS (274-2548).

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. 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

Wellness Tip of the Month (from Wellness Councils of America)

Be cautious about using fad diets. Here's what the American Heart Association has to say on the subject - <http://www.americanheart.org/presenter.jhtml?identifier=4584>

Ergonomics Assessments

IUPUI Environmental Health & Safety offers free ergonomics assessments for campus offices. This would be especially important to do before ordering new furniture, but is good to do at other times as well. A proper workspace can help prevent carpal tunnel syndrome, musculoskeletal disorders, stress, etc. To have an assessment done, contact Rebecca Bratt (rbratt@iupui.edu). You can find other information at http://www.ehs.iupui.edu/ehs/indus_hyg_ergonomics.asp .

"Quit Smoking Now" Contest Offers \$\$\$ Prizes

Quit smoking from September 1-30 (or if you just recently quit) and earn a chance to win the \$2500 first prize, \$1500 second prize or \$1000 third prize. Details at <http://www.quitnowindiana.com/home.html> . If you need help quitting, consider the very comprehensive IU smoking cessation benefit (<http://www.indiana.edu/~uhrs/benefits/cessation.html>) for full-time employees and their families or call the State of Indiana's quitline at 1-800-QUIT-NOW to be assigned a quit coach (they have translators to handle 170 languages) and get two weeks of free nicotine replacement therapy (while supplies last).

Two Free Weeks at IUPUI Intramural & Recreational Sports

Try out the classes and facilities at IUPUI Intramural & Recreational Sports for free August 23rd to September 3rd. For details, call 274-2824.

Free Children's Health Fair

On Saturday, August 7, 9-2:00, Blackburn Health Center, 2700 Dr. Martin Luther King, Jr. St., will host a free children's health fair featuring sports physicals, immunizations and children's games. FMI, call 931-4303.

Home Canning, Freezing, Drying, etc.

With the overabundance of home-grown vegetables that Hoosier gardeners tend to have about now, you might want to can, freeze, dry or pickle so that you can enjoy those homegrown fruits and vegetables all winter long. If so, visit the United States

Department of Agriculture site

(http://www.uga.edu/nchfp/publications/publications_usda.html) to learn how to do so with food safety in mind. You might even try your hand at canning meats. Your canned beef with gravy over just-cooked noodles can make for a delicious, quick entree.

How to Help Someone you Think Might be a Relationship Violence Victim

If you suspect that someone (a friend, a coworker, your teen, etc.) is a victim of relationship abuse, whether physical, emotional, financial, etc., do consider talking to him/her – you might save a life. There is a good general downloadable handbook on how to talk to someone at

http://www.loveisnotabuse.com/c/document_library/get_file?p_l_id=45693&folderId=72612&name=DLFE-305.pdf . It is called a “woman’s” handbook, but I see no reason that

men couldn’t use, too. A parents’ handbook on helping children to develop healthy relationships can be downloaded at

http://www.loveisnotabuse.com/c/document_library/get_file?p_l_id=45693&folderId=72612&name=DLFE-601.pdf . What boys should know -

http://www.loveisnotabuse.com/c/document_library/get_file?p_l_id=45693&folderId=72612&name=DLFE-304.pdf .

Think Hookah (water pipe) Smoking is Safer than Cigarettes? Think Again

Here’s what the Mayo Clinic says about the dangers of hookah use -

<http://www.mayoclinic.com/health/hookah/AN01265> . How-tos on talking to teens/young adults are at <http://www.health.ri.gov/family/ofyss/teens/tips/DisplayTip33.php> .

Lite’n Up

NIFS’ (our neighbor on the south edge of campus) Lite’n Up series will be held August 3rd to September 21st; Tuesdays, 6-7:30 p.m. It is designed to provide tools that support a healthy lifestyle and includes presentations by registered dietitians and certified health and fitness instructors on a wide variety of topics related to nutrition, fitness and wellness. Cost is \$165 for NIFS members and \$195 for nonmembers and includes full NIFS membership for that period of time. FMI or to register, call 274-3432 x 239.

Thinking About Cutting Down on Plastic Use?

If you are concerned about plastics in the environment because of the plastic mass twice the size of Texas floating in the Pacific Ocean

(<http://www.cdninfo.com/news/article/a071104.html>) or the chemicals leached into ocean water when some plastics do break down

(<http://news.nationalgeographic.com/news/2009/08/090820-plastic-decomposes-oceans-seas.html>) or the effects to the air when plastics are burned

(<http://www.health.state.ny.us/environmental/outdoors/air/trash.htm>) or about the potential health effects of bisphenol A

(http://ngm.nationalgeographic.com/geopedia/Bisphenol_A), you might be thinking of cutting down on your use of plastics. Here are some ways to consider: carry reusable grocery/shopping bags, buy a stainless steel bottle and reuse it rather than buying individual bottled waters, bring your own containers for leftovers when you eat out, buy a bunch of glass plates/glasses and stainless to use for parties (mix ‘n match is trendy, so buying a variety at a thrift store might work for you), pack your lunch in your own reusable containers, don’t use disposable razors.

Personal/Home/Family/Financial Life

Online Downtown Maps

If you are new to the city or just need help finding your way around downtown, download the map at <http://www.indydt.com/2-pagemap2010.pdf>.

JagPerks Discount and Resource Fair during WOW (Weeks of Welcome)

The JagPerks Discount and Resource Fair will be held Monday, August 30, 11-2:00 in University College courtyard, and is a time for new and returning students, faculty and staff to browse the various exhibits and tables to learn more about the discounts, programs and services available to them at IUPUI and in the Indianapolis community.

Check Out Downtown Living

Enjoy the urban vibe? Don't need the big house in the suburbs anymore? Work downtown and want to save on gas? Like to attend cultural events? New to the city and looking for housing? If you answered, "Yes," to any of those questions, you might be curious about downtown living. If so, consider attending the remaining Third Thursday Open Houses (TTOH) on August 19 and September 16, 4:30-6:30. FMI - <http://www.indydt.com/thirdthursday.cfm>. To contact Indy Downtown, the sponsor or TTOH, about specific locations for each date, visit <http://www.indydt.com/contactus.cfm>.

Subscribe to Indianapolis Downtown, Inc. (IDI) E-news

If you live in/near downtown or just like to spend time there, you might want to subscribe to the weekly IDI e-newsletter, so that you can stay abreast of downtown events. To do so, visit <http://indydt.com/newslettersignup.cfm>. Currently they are promoting Devour Downtown (<http://www.indyrestaurantweek.com/summer.html>), a restaurant promotion.

IndyGo Updates

The Mayor's 2010 Latino Soccer Cup will be held at Northwestway Park, 5253 W. 62nd Street August 7-8. FMI - <http://www.indy.gov/eGov/Mayor/Diversity/Latino/LatinoAffairs/Pages/LatinoSoccerCupEngPrincipal.aspx>. Route 37 serves Northwestway Park.

Hamilton County Express (HCE) connecting with IndyGo - Effective July 1, the Hamilton County Express (HCE) bus started providing connecting service to several IndyGo local routes (18, 19, 28, 34 and 37) on Indy's north side (Castleton Square Mall, the Fashion Mall at Keystone at the Crossing, Nora Plaza, St. Vincent Hospital and Trader's Point). A separate fare is required. More information about HCE at <http://www.janus-inc.org/transportation.php> or 773-2688. Other bus services connecting to IndyGo's routes include: Access Johnson County, NEO (Near Eastside Orbiter) and Megabus.com (low-cost bus in parts of Midwest and northeastern states).

Facelift for Online Ordering - In June, IndyGo launched a new platform, to make the purchase of IndyGo fare passes even easier, at <http://stores.intuitwebsites.com/IndyGo/StoreFront.bok>.

Free Lunch-Time Admission to the Indiana State Fair if You Ride IndyGo - On Thursday, August 12 from 11:00 a.m. – 2 p.m., you can get free admission to the Indiana State Fair if you ride IndyGo routes 4 or 39. An IndyGo representative will greet you at the Main Gate (Gate 1 off of 38th Street) and give you a coupon for FREE

ADMISSION. Visit www.in.gov/statefair/ for details about the State Fair. Single rides on IndyGo are \$1.75; day passes are \$4.00.

[Looking for a worthwhile community project? Help IndyGo, and Adopt-A-Stop!](#) - The Adopt-A-Stop program is a great way for you to show your neighborhood pride. The aim of the program is litter abatement. In return, you or your organization will be listed on IndyGo's web site, as well as a sign at the bus stop. [Learn more](#) about the program.

[Free and Fun/Interesting – Just Get Out and Do Something!](#)

[Body Unbound: Contemporary Couture \(20th century fashion design\)](#), now to January 30, Indianapolis Museum of Art, 4000 Michigan Rd. FMI -

<http://www.imamuseum.org/exhibition/body-unbound-contemporary-couture-imas-collection> . For museum hours and other general information -

<http://www.imamuseum.org/visit> .

[Ice Age 2: Dawn of the Dinosaurs \(movie\)](#), Saturday, July 31, dusk, Southeastway Park, 5624 S. Carroll Rd. FMI – 861-5167 or visit

<http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Clang! \(street percussion and steel drums\)](#), August 1, 2:00, Central Library. * FMI -

<http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Sounds of Essence Jazz](#), August 1, 5:00, Bethel Park, 2850 Bethel Ave. FMI, visit

<http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Children's Museum Free Family Night](#), August 5, 4-8:00, 3000 N. Illinois St. FMI, call 332-3322.

[Living Proof \(Motown, R&B\)](#), August 5, 7:00, Holliday Park, 6363 Spring Mill Road.

FMI, call 327-7180 or visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Everett Green Sings Love Songs and Standards](#), August 5, 6-8:00, Indiana Historical Society, 450 W. Ohio. Bring a blanket or chair to sit in free grassy area on opposite side of canal. FMI - <http://www.indianahistory.org/events/concerts-on-the-canal-everett-greene> .

[Kate Lamont \(jazz\)](#), August 6, 7:00, Broad Ripple Park, 1550 Broad Ripple Ave. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[GenCon Zombie Walk](#), August 6, 8:00, Indiana Convention Center, 100 S. Capitol. FMI, call 262-3400.

[Blues Concert](#), August 8, 5:00, Watkins Park, 2360 Dr. Martin Luther King, Jr. St. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event or call 327-7175.

[Shakespeare's Two Gentleman of Verona](#), August 6, 8:00; August 7, 8:00; August 8, 2:00; White River State Park.

[Hits from the Golden Era of Radio by Tom Wright, lead singer of the Wright Brothers Band](#), August 12, 6-8:00, Indiana Historical Society, 450 W. Ohio. Bring a blanket or chair to sit in free grassy area on opposite side of canal. FMI -

<http://www.indianahistory.org/events/concerts-on-the-canal-tom-wright-201cradio-nights201d>

[Kenny Phelps \(jazz\)](#), August 13, 7:00, Broad Ripple Park, 1550 Broad Ripple Ave. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Perseids Meteor Show](#), August 13, 11:30 p.m., Indianapolis Museum of Art's 100 Acres: Virginia B. Fairbanks Art & Nature Park. FMI, call 923-1331.

[Mass Ave Criterium \(bike race\)](#), August 14, 11:30 a.m. – 9:30 p.m. (Kids' bike rodeo at Noon – free helmet giveaway, while supplies last), 435 Massachusetts Ave. FMI - <http://www.truesport.com/pdf/2010/massave.pdf> ; schedule of events - <http://www.truesport.com/register/events/2010/massave/index.html>

[Bilingual Storytime \(Greek/English\)](#), August 14, 2:00, Central Library. * FMI - <http://www.imcpl.org/events/index.php?action=search> and scroll down.

[Indy Jazz Orchestra](#), August 14, 6:00, Garfield Park Conservatory Sunken Garden, 2505 Conservatory Dr. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event or call 327-7220.

[Vintage Movie Night: His Girl Friday](#), August 14, 8:00, Garfield Park Arts Center. FMI, call 327-7135.

[Mel Chance & the Noteables \(big band music\)](#), Sunday, August 15, 2:00. Indy Artsgarden at Circle Centre Mall. FMI - 631-3301.

[IUPUI Ball Gardens \(just north of Ball Hall\) Concert featuring the Chatham Arch String Quartet](#), August 17, Noon -12:45

[John Vander Gheynst Jazz Orchestra \(contemporary jazz\)](#), Thursday, August 19, 6-8:00, Indiana Historical Society, 450 W. Ohio. Bring a blanket or chair to sit in free grassy area on opposite side of canal. FMI -

<http://www.indianahistory.org/events/concerts-on-the-canal-john-vander-gheynst-jazz-orchestra> .

[Cynthia Lane \(jazz\)](#), August 20, 7:00, Broad Ripple Park, 1550 Broad Ripple Ave. FMI - http://www.broadripplepark.org/?page_id=25&event_id=24

[Phillips Music Guild \(big band jazz\)](#), Saturday, August 21, 1:00. Artsgarden at Circle Centre Mall. FMI - 631-3301.

[Lady Di & the Kings \(classic rock\)](#), Sunday, August 22, 2:00, Artsgarden at Circle Centre Mall. FMI - 631-3301.

[Audio Diner Concert](#), August 21, 7:00, Irvington Circle Park, 236 S. Audubon/University Rd. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Orquest Bravo \(salsa and Latin\)](#), August 26, 6-8:00, Indiana Historical Society, 450 W. Ohio. Bring a blanket or chair to sit in free grassy area on opposite side of canal. FMI - <http://www.indianahistory.org/events/concerts-on-the-canal-orquesta-bravo> [Indianapolis Book Festival](#) (first annual), August 27, 10-6:00, Monument Circle. FMI, visit <http://www.indplsbookfest.com> . No tickets required.

[Gary Walters \(jazz\)](#), August 27, 7:00, Broad Ripple Park, 1550 Broad Ripple Ave. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event or call 327-7161.

[Motorcycles on Meridian](#), August 27 & 28, 7:00 p.m. – 3:00 a.m., Monument Circle. FMI, call 492-6455.

[Wes \[Montgomery\] Fest](#), August 28, Noon, Wes Montgomery Park, 3400 N. Hawthorne. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

[Mike Milligan & Steam Shovel \(blues, soul and rock\)](#), Saturday, August 28, 1:00, Artsgarden at Circle Centre Mall. FMI – 631-3301.

[Uptown Quartet \(jazz\)](#), Sunday, August 29, 2:00, Indy Artsgarden at Circle Centre Mall. FMI – 631-3301.

[Irvington Artists Concert](#), August 28, 6:30, Ellenberger Park, 5301 E. St. Clair. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event or call 327-7176.

[Finnell Factor \(jazz\)](#), August 29, 5:00, Watkins Park, 2360 Dr. Martin Luther King, Jr. St. FMI, visit <http://webcal.indygov.org/webevent/scripts/webevent.plx> and click on name of event.

*I list only Central Library events. For *branch* library events, visit <http://www.imcpl.org/events/index.php?action=search> and select the location of interest from the list.

Becoming More World/Culture Wise

Tip of the Month – Attend a play, musical or dance performance by an artist whose race or ethnicity is different from your own. Variety is the spice of life. Source: 101 Tools for Tolerance, published by Tolerance.org

Selected Holidays of Note (Source: University of Kansas Medical Center Web site)
August 11 – Ramadan begins (Islamic, Muslim)
August 14 – Independence Day (Pakistan)
August 15 – Independence Day (India)
August 15 – Liberation Day (Korea)

Ethnic/Cultural Festivals/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.

Local

[Migration: Myths and Realities discussion](#), August 5, 7:00, Central Library. \$15.
[Mayor's India Day Celebration](#), August 15, 1-6:00, Monument Circle.
[Spanish Language classes](#), register by August 27. FMI - <http://www.lacainc.com>
[Native American Heritage Days](#), August 28, Noon-7:00 and August 29, Noon-5:00, Garfield Park. FMI, call 327-3794.

Regional/U.S.

[Strassenfest \(German Festival\)](#), August 5-8, Jasper, IN. FMI - <http://jasperstrassenfest.org> ; click on "Events."
[Schweizer \(Swiss\) Fest](#), August 11-14, Tell City, IN. FMI – 1-888-343-6262 or 812-547-2385.
[Gasthof Amish Country Quilt Auction](#), Saturday, August 14, Montgomery, IN. FMI – 812-486-4900.
[Swiss Wine Festival](#), August 27-29, Vevay, IN. FMI – 812-427-9463

Work/Life Balance Tip

Turn Off the Blackberry, Etc.

Don't assume that you need to check e-mails, voice mails, etc. while on vacation, in the evening or on weekends. Ask if that is an expectation. If not, don't do it. You've earned your free time; use it for relaxation or what you choose to do.

Miscellaneous

Hire IUPUI Students

IUPUI departments who want to be part of the IUPUI Student Employment and Experience Fair (SEEF) can have a table for **FREE** and recruit students face-to-face for jobs in their departments/schools. The event is Thursday, August 26th, 10:30 a.m. – 2:30 p.m. in the courtyard in front of Taylor Hall (formerly University College). Register online by August 10th at <https://surveycentral.uc.iupui.edu:446/2010SEEFemplReg.aspx> (scroll down to complete the registration form). Questions? Contact Judy Carley at 274-7381 or jcarley@iupui.edu. Given that 80% of IUPUI students work, that there are never enough available positions and that working on campus helps retain students, your student work opportunity really matters!

For the Highly Curious

What's Your Home's Hohm Score?

Like to save money? Saving energy is one of the best ways to do that. So how do you compare your energy usage to your neighbors'? The site at <http://www.microsoft-hohm.com/info/help.aspx?faq=b89dd278-4749-475e-b039-59b5243f212b> allows you to enter information about your home and then compare your energy usage to others. It will also provide tips for reducing energy usage in your specific home.

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 Opportunities

IUPUI's New Campus Garden – If you have a green thumb or just love to dig in the dirt, get involved with the new garden that will be planted on the south edge of the LD building. Staff, faculty and students are invited to join with Developing IUPUI Gardens Sustainably (DIGS), the new student group that is taking on this project. Join the list at <http://studentlink.iupui.edu>. For further info or to share your ideas contact Rachel Bennett at 274-2056. There is a possibility that some items (vegetables, etc.) from other countries will be included, so gardeners from other countries are encouraged to be a part of this, along with all others who are interested.

IUPUI Norman Brown Diversity Leadership Scholarship Program Needs Male Mentor Volunteers. Help build a young man's self-confidence and offer support. FMI - http://www.iupui.edu/~iupuimco/Norman_Brown/index.html or call Richard Bray at 278-3024.

The **Race Away from Domestic Violence Run/Walk/Roll** needs volunteers for registration, packet pick-up, water stops, etc. To register as a volunteer, [click here](#) or contact Caryn Burton at cburton@violenceresource.org. For general information about the event, visit <http://www.violenceresource.org/rafdvregis.htm>

[The 2nd annual Cumberland Arts Goes to Market](#), an art, craft and music festival held in conjunction with the Town of Cumberland Farmers' Market needs volunteers on August 21, 8 a.m. - 3 p.m. and for publicity work pre-event. Festival will line Saturn Street from 11501 E. Washington St. to 116 S. Muessing St., Indianapolis. To volunteer, contact Sarah Bowers (317) 294-7917.

[Second Helpings](#) rescues prepared food (from banquets, etc.) and uses it to distribute meals to over 50 social service organizations, while also training disadvantaged adults for culinary careers. They need volunteers to assist with chopping vegetables, cooking and delivering meals. To volunteer, visit <http://www.secondhelpings.org/volunteer>.

[Clovernook Center for the Blind and Visually Impaired](#) is looking for volunteers to meet once a month in preparation for Clovernook's 2011 fundraiser. If you have fundraising experience and are interested in volunteering, contact Jessica Salyers at 513.728.6216 or jsalyers@clovernook.org.

[More than 300 volunteers are needed for the 83rd National FFA Convention](#) October 19 – 23 to staff information desks, greet airport arrivals, accompany tours, load buses, help with National Days of Service, and more. Visit www.ffaindy.com after August 4th to sign up for specific shifts. FMI, call Ellen Saul at ellen@maribethsmith.com or 464-9389.

Career/Professional/Personal Enrichment/Recognition/Funding

[Improve Relationships at Home and Work](#)

On your earliest report cards there likely was a rating for “gets along with others.” That may be because it is such a foundational skill. If you’ve seriously reflected on how you’d rate yourself on “gets along with others” periodically, you’ve probably found, as have I, that you need to keep consciously working on it. You can do that by choosing a relationship you want to work on and following the “Microadvantages Top 10” [paraphrased] (1) ask others their opinion (2) engage in a non-business (if at work) conversation (3) ask questions, rather than making statements, when you feel a negative reaction coming on (4) give credit, by name, to the “owner” of an idea (5) be conscious of your facial expression (6) listen attentively (no looking at your watch/computer, etc.) (7) send messages that encourage participation (8) be careful about differences in how you greet others (if you pat one on the back and just say, “Hello” to another, you’ve sent a message) (9) before sharing your view, make it clear that you understand the other person’s perspective (10) acknowledge interruptions, but politely focus back on the original speaker. Source: Article by Stephen Young, president of Insight Education Systems - <http://ppld.org/blogs/business/?p=62>. If you want to know a little more about micromessages (unconscious messages that you send) - http://njmonthly.com/articles/best-of-Jersey/sweat_the_small_stuff.html.

[Book Club Featuring Themes About Women](#)

The IUPUI Office for Women (OFW) is starting a book club, and all staff, faculty and students are invited to participate. The first discussion will be held in University Library 1116 from Noon-1:30 on September 15th. The book to read is *The Female Vision: Women’s Real Power at Work* by Sally Helgesen & Julie Johnson. To register, visit <http://ofw.iupui.edu/Events/eventsCalendar.asp>.

[Master Gardener Training](#)

The next Purdue Extension – Marion County Master Gardener series is on Mondays and Wednesdays, September 20 – December 8. The afternoon session (#2010-3) is from 1:00-4:00 p.m. and the evening session (#2010-4) is from 6:00-9:00 p.m. FMI and the registration forms, visit

<http://www.ag.purdue.edu/counties/marion/Pages/CurrentMasterGardenerClasses.aspx>

Questions? Contact Deb at dschelsk@purdue.edu or 275-9286. There is a \$95 fee.

Scholarships & Student Internships

Development-Related Student Internship at Simon Foundation - FMI, go to JagJobs and see position #4156 or contact Brandi Young (byoung@simon.com).

Research & Information Student Intern Needed – Must be at least a junior. Go to JagJobs and apply for #5251. FMI, contact Christine Fitzpatrick at 274-9425.

Notes

If someone forwarded this Work/Life e-newsletter to you (and this is encouraged), 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.

Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will 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 (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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