WHAT'S INSIDE

UMD Job Fair
Little Changes to Make a Big Difference
LinkedIn Learning Webinars
Strategies for Talent Management
Emotional Wellness
Heart Health Month
MSRP Workshops
University of Maryland, College Park is the state’s flagship university and one of the nation’s preeminent public research universities. A global leader in research, entrepreneurship and innovation, the university is home to more than 41,000 students, 14,000 faculty and staff, and 377,000 alumni, all dedicated to the pursuit of Fearless Ideas. Located just outside Washington, D.C., we discover and share new knowledge every day through our renowned research enterprise and programs in academics, the arts and athletics. And we are committed to social entrepreneurship as the nation’s first “Do Good” campus.

University Human Resources is pleased to announce that we will be hosting an inaugural Job Fair. Several University departments will be represented at the event featuring a variety of hard-to-fill positions. The departments are currently recruiting for the following positions:

- HVAC Mechanics
- Plumbers
- Electricians
- Bus Drivers
- Police
- Police Communication Operators
- Environmental Specialists

**When:** Tuesday February 19, 2020
10:00 am - 2:00 pm

**Where:** MFRI

If you know of anyone who may be interested in joining the University community, we encourage you to spread the word! Assistance will be provided for those wishing to complete the online application on the spot. Representatives from participating departments will be available to discuss current employment opportunities with UMD.

For more information and to register visit:
[https://umd.edu/jobfair](https://umd.edu/jobfair)

"WE ARE A GREAT PLACE TO WORK!"
WHAT YOU CAN DO

A global challenge needs a global solution. So, we're inviting everyone to join the solution culture that's taking on the biggest issue humanity has ever faced and help create a sustainable future for the Earth.

There are many ways you can help. Wherever you are, whatever you do, and whatever time you have, you can help bring us one step closer to a future without carbon pollution.

Whether it's watching a video to learn more about the issue, sharing a post, or training as a Climate Reality Leader, the actions you take can have a real impact and propel our movement forward.

The future we want is there for the taking — but only if we work together.

—Climate Reality Project

What can a reusable coffee cup do?

- Reduce the waste from more than 480 billion cups
- Get a discount at coffee shops
- Keep your beverage hot longer
- Help save the planet as 99 percent of cups are produced using fossil fuels
- Keep a reusable coffee cup at work and in your car

What can eliminating paper towels do?

- Save more than $200 a year by switching to sponge wipes or other reusable products
- Save energy and water used to produce paper towels
- Reduce methane gas released from paper towels in landfills (paper products account for 25% of landfill waste.)

PAPER ACCOUNTS FOR 25% OF LANDFILL WASTE
Faculty Webinars
These webinars provide an introduction to LinkedIn Learning and demonstrate how it can be used in both the classroom and for professional and personal development.

Tuesday, February 11th at 12pm  Register
Thursday, March 19th at 3pm  Register

Student Webinars
These webinars will cover how to create a strong profile on LinkedIn, how LinkedIn Learning can help your career search, and a demo of other features.

Tuesday, March 3rd at 4pm  Register
Thursday, April 2nd at 2pm  Register

Staff Webinars
These webinars will cover what LinkedIn Learning is, demo features of the platform, and how it can be used for professional and personal development.

Wednesday, February 26th at 1:30pm  Register
Tuesday, April 14th at 12pm  Register
STRATEGIES FOR
TALENT MANAGEMENT

UHR is proud to partner with Developmental Dimensions International (DDI) to bring DDI's 40+ years' experience in skills development to the UMD campus. This 4-course intensive program walks participants through the entire talent management life-cycle, starting with the A.R.T. of Interviewing, Setting Goals and Reviewing Results, Addressing Poor Performance, and Engaging and Retaining Talent. You may register for each session individually, or register for all four courses and receive a $100 discount! Complete all four courses to earn your UHR Talent Management Certificate!

The A.R.T. of Interviewing for Hiring Managers
Setting Goals and Reviewing Results
Addressing Poor Performance
Strategies for Retaining Talent

IMPROVE YOUR
EMOTIONAL WELLNESS by:

HAVING A POSITIVE OUTLOOK
EXPRESSING EMOTIONS IN HEALTHY WAYS
EMPATHIZING WITH OTHERS
MANAGING DIFFICULT EMOTIONS
VIEWING CHALLENGES AS OPPORTUNITIES
KNOWING WHEN TO ASK FOR HELP
Did you know that heart disease is the leading cause of death for both men and women in the United States? Luckily, there's a lot you can do to lower your risk for heart disease, like quitting smoking and watching your weight. It is surprising how small changes can have a big impact on your heart health. For instance, research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. Other small heart healthy changes include eating more fruits and vegetables, lowering your dietary fat intake, and even meditating. Read more here to learn many more small changes that can lead to better heart health.

WEBINAR

Your heart works beat by beat, second by second, 24 hours a day without rest. Over your lifetime, your heart beats about 2.5 billion times! It's one of the most vital organs keeping you alive, so it's important to take care of it. It's true that knowledge is power, so the more you know about your heart, the more power you have to stay heart healthy. Join a health educator in this live, interactive webinar on the day before Valentine's Day (no coincidence!) to learn easy lifestyle actions that keep your heart healthy.

Topic: Keeping a Healthy Heart

Date: Thursday, February 13, 2020

Time: 11:00 am, EST

Register
HELP US PREVENT THE SPREAD OF COLDS, FLU AND OTHER VIRUSES

Flu and virus season is here, so take precautions to avoid catching or spreading viruses. Follow these steps to stay healthy:

- Wash your hands and use hand sanitizer frequently.
- Clean high-touch surfaces such as doorknobs with antibacterial bleach wipes.
- Don’t share food, utensils, water bottles or cups.
- If you are sick, stay home and rest.
- Avoid those who are ill, if possible.
- Get a flu shot, available at the University Health Center.

Want to learn more? Visit health.umd.edu
Fall in love with learning this Valentine’s Day.

If you haven’t already, start taking advantage of the learning resource available at your fingertips. LinkedIn Learning top features include:

- **Content**: 6,000+ digital courses taught by industry experts
- **Curation**: Relevant course recommendations in Business, Creative and Tech
- **Convenience**: In-depth and bite-sized courses for learning while on the go

Login and start learning today!

COMING SOON

You'll have another way to conveniently bank with M&T.

Our new branch will be opening in the STAMP Student Union February 2020. We can't wait to meet you!
MSRP WORKSHOP

How much will be enough for my retirement?

You will learn the answers to common retirement questions:

- How much income can I expect from the Pension or ORP and Social Security?
- How can I supplement this amount using a 401k/457b/403b?
- How much should I expect to need in retirement and am I saving enough now?
- What risks might I face in trying to reach my goal?
- What tax advantages are available using supplemental retirement plans and which plan is right for me?

FEBRUARY 21, 2020
1101U CHESAPEAKE BUILDING
10:15AM - 11:15AM
11:45AM - 12:45PM

You are welcome to bring you lunch.

Register

| 457(b) | Roth 457(b) | 401(k) | Roth 401(k) | 403(b) |
# February Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>New Employee Orientation</td>
</tr>
<tr>
<td>4</td>
<td>FSI 1-1: Leading a High Trust Workplace</td>
</tr>
<tr>
<td>5</td>
<td>Family &amp; Medical Leave for Faculty &amp; Staff</td>
</tr>
<tr>
<td>6</td>
<td>A.R.T. of Interviewing ESL: Conversational Workshop</td>
</tr>
<tr>
<td>7</td>
<td>Setting Goals and Reviewing Results</td>
</tr>
<tr>
<td>10</td>
<td>Parental Leave for Staff</td>
</tr>
<tr>
<td>11</td>
<td>FSI 1-2: Communication Essentials</td>
</tr>
<tr>
<td>12</td>
<td>PRD - Performance Review</td>
</tr>
<tr>
<td>13</td>
<td>ESL: Workshop Addressing Poor Performance</td>
</tr>
<tr>
<td>14</td>
<td>Strategies for Retaining Talent</td>
</tr>
<tr>
<td>17</td>
<td>New Employee</td>
</tr>
<tr>
<td>18</td>
<td>FSI 1-3: Conflict as Opportunity</td>
</tr>
<tr>
<td>20</td>
<td>ESL- Workshop</td>
</tr>
<tr>
<td>21</td>
<td>MSRP Workshops HR Power Hour</td>
</tr>
<tr>
<td>25</td>
<td>Parental Leave for Faculty FSI 1-4: Delegation as Empowerment</td>
</tr>
<tr>
<td>27</td>
<td>ESL: Conversational Workshop Facilitation Fundamentals</td>
</tr>
</tbody>
</table>