

# THE COMMUNICATOR



## IN THIS EDITION:

University Initiatives  
Awards & Recognition  
Ratification Vote Details  
Important Dates & Events  
On & Off Campus Resources

## EMPLOYEE CLIMATE SURVEY

Your input is requested! Every three years, employees are asked to share about their employment at CSU. Please take a few minutes to complete this year's survey. The results inform future initiatives on campus. For example, did you know that mandatory supervisor training was developed in response to findings from this survey? Diversity trainings were also developed in response to these results. Your input matters!

*Please check your email for a link or visit:*

<https://inclusiveexcellence.colostate.edu/data/employee-climate-survey/>

## CSU NEEDS YOU!

CSU is currently seeking feedback and input on several different initiatives to support CSU's [Courageous Strategic Transformation](#).

You can use your voice by providing feedback on surveys, attending fora and participating in committees in your individual departments and units. There are opportunities to provide feedback on each of the links below:

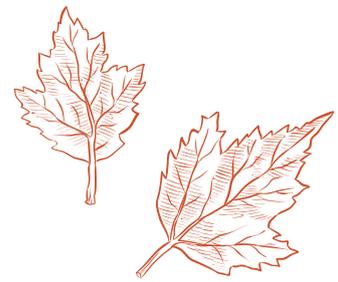
<https://president.colostate.edu/courageous-strategic-transformation/>  
<https://courageous.colostate.edu/academic-master-plan/>

*Amplify your*  
**VOICE**



# FALL SELF-CARE

FALL IS UPON US! BELOW ARE A FEW GREAT PROGRAMS AND RESOURCES TO BEAT THE TIME CHANGE BLUES!



## NOV. 7 TIME CHANGE



SET CLOCKS BACK ONE HOUR

## CARE PROGRAM

Whatever you might be looking for to take care of you and your family can be found at CARE! Check out their [October 2021 newsletter](#) for a list of activities, events, and resources - including:

- food assistance
- learning opportunities
- local events and happenings
- additional resources

## EMPLOYEE ASSISTANCE PROGRAM

EAP offers inclusive support and access to health and wellness resources, both on campus and online!

## SILVERCLOUD AVAILABLE TO CSU COMMUNITY

SilverCloud is a **free** online program that is available 24/7 based on cognitive behavioral therapy principles.

SilverCloud has many different programs to help users increase their well-being. The programs provide a variety of informative articles, education as well as tools and strategies that can be implemented into your daily life. SilverCloud users learn how they can identify and change their cycles of negative thoughts or habits through modules such as Noticing Feelings, Spotting Thoughts, and Boosting Behavior.

For more information and to sign-up for programs, please visit: <https://health.colostate.edu/silvercloud/>.



### Space from Depression

Overcome and manage the symptoms of low mood and depression.



### Space from Anxiety

Learn tools and techniques to manage anxiety, challenge anxious thoughts, and cope with difficult situations.

Coaching Available!



### Space for Positive Body Image

Improve your body image by examining your personal strengths and your relationships with food, exercise, and your own self-image.



### Space for Social Anxiety

Learn new strategies to change your thinking about social fears in order to improve your life and relationships.



### Space for Sleep

Packed full of tools and practical techniques to help you create healthy sleep habits and relieve the symptoms of sleeping problems such as insomnia.

## LOCAL AND STATE EVENTS

### FORT COLLINS EVENTS

Searching for something to do tonight, tomorrow or this weekend in Fort Collins? The local Fort Collins [community calendar](#) and [Weekly Happenings newsletter](#) will keep you updated with the latest events, concerts, festivals, holiday and sporting events around town.

### COLORADO STATE PARKS - FRESH AIR FRIDAY

Looking to get away from the shopping crowds? #FreshAirFriday is a great Black Friday alternative. Head outdoors and enjoy the fresh air!

### NATIONAL PARKS - FREE ADMISSION ON VETERAN'S DAY - NOVEMBER 11

Free days: <https://www.nps.gov/planyourvisit/fee-free-parks.htm>

at these locations: <https://www.nps.gov/planyourvisit/fee-free-parks-state.htm>

# CLASSIFIED PERSONNEL COUNCIL *News & Updates*

## CLASSIFIED PERSONNEL COUNCIL (CPC) IS NOW ON FACEBOOK!

URL: <https://www.facebook.com/ColoradoStateUniversityCPC>

Have a smart phone? Scan the QR code.

### STEP 1

Open up your camera app and scan the QR code.

### STEP 2

Click on the link to open Facebook.

SCAN ME



Like our page to stay up to date on relevant information related to state classified employees, CSU events, and resources!



COLORADO STATE UNIVERSITY

CLASSIFIED PERSONNEL COUNCIL

## AWARDS & RECOGNITION

Awards season is here! Nominating a colleague is a great way to say thanks and recognize the hard work they do.

Below are award nomination details and deadlines as well as other ways to recognize a fellow colleague every day!

## EDUCATIONAL ASSISTANCE AWARD

### CURRENTLY ACCEPTING APPLICATIONS!

Established in 2009 to assist state classified employees seeking to move ahead in their jobs/careers, employees may use the Educational Assistance Award to meet any needs associated with furthering their education, such as tuition, books, technology, child care expenses, and gas for traveling to/from class. Awards are determined by the amount of donations received.

## CPC RECOGNITION OPPORTUNITIES

- **Day in the Life:** These features are published in SOURCE and in the CPC Communicator. They are brief spotlights that introduce the CSU community to the diverse responsibilities, duties, and stories of State Classified Employees.
- **Everyday Hero:** The Everyday Hero is a special program sponsored by the Classified Personnel Council to recognize the day-to-day achievements of all CSU employees (state classified, administrative professionals, and faculty).

## OUTSTANDING ACHIEVEMENT AWARD

### CURRENTLY ACCEPTING NOMINATIONS - DUE JAN. 28, 2022

The Outstanding Achievement Award recognizes meritorious and outstanding achievement in job skills and/or service to the University by State Classified employees. Up to five awards are given, which consist of a plaque, \$1000 award, and special recognition at the annual Celebrate! CSU event.

## POSITIVE ACTION AWARD

### CURRENTLY ACCEPTING NOMINATIONS - DUE JAN. 28, 2022

The Positive Action Award recognizes individuals, groups, units or departments that have made a positive contribution to State Classified employees at Colorado State University by fostering a supportive work environment, improved campus climate, and/or positive work experiences for State Classified employees.

[HTTPS://CPC.COLOSTATE.EDU/](https://cpc.colostate.edu/)



## RATIFICATION VOTE OPEN THRU NOV. 16

CO Wins was at Colorado State University on Wednesday, October 13. This is an opportunity for State Classified employees to vote to ratify the collective bargaining agreement. For more information about this agreement and virtual opportunities to vote, please visit <https://www.coloradowins.org/ratification/>.

*All state employees are welcome to join any virtual zoom event. You do NOT have to be a member to vote on this issue.*

## FLU SHOT CLINIC FOR CLASSIFIED STAFF

Nov. 11, 1-4pm

Diagnostic Medicine Center, Room 101 (4250 Gillette Drive)

<https://hr.colostate.edu/current-employees/benefits/flu-shot-clinics/>



## Upcoming HOLIDAYS

### HOLIDAY SCHEDULE FY22

Thursday, November 25, 2021

Friday, November 26, 2021

Wednesday, December 22, 2021

Thursday, December 23, 2021

Friday, December 24, 2021

Friday, December 31, 2021

Monday, January 17, 2022

Monday, May 30, 2022

## PROFESSIONAL DEVELOPMENT DAYS

November 22 - 24, 2021

President Joyce McConnell announced the University will observe three paid Administrative Leave days to be used as professional development days during the week of fall break.

- Essential employees who are unable to apply the time during the week of Fall Break should coordinate with their supervisor to schedule three professional development dates before June 30, 2022, the conclusion of the 2020/2021 fiscal year. These days need not be taken consecutively. These days are not eligible for payout or rollover at the end of the fiscal year.
- For more information: <https://hr.colostate.edu/fall-break-2021-professional-development-days-faq/>

CPC meets on the 3rd Thursday of the month via Microsoft Teams. All meetings are open to the public! If you would like to join us as a guest, please email [cpc\\_chair@colostate.edu](mailto:cpc_chair@colostate.edu) to be given the link. We would love to virtually see you there!



**NEXT MEETING: NOVEMBER 18**