

The Resource

A Human Resources newsletter for staff, faculty, clinical fellows and postdocs.
December 2018 / January 2019

Resources to help you tHRive



You help the university achieve

its missions of research, teaching and patient care. Learn how you can focus on self-care, build resilience, develop your career and engage in WashU and the community.

Your Well-Being



Focus on

your personal health and wellness.

Register now for Move Into Mindfulness, a Mind-Body Stress Reduction (MBSR) series. [Learn more](#)



Learn skills

and develop your career for work that matters. Employee Learning Week Wrap-Up: Emphasizing lifelong learning and recognizing learners in the workplace.

[Read about the events.](#)



Engage in

our campus and community. Find great offers for [St. Louis Signature events](#). Special feature: [WashU Nights with the Blues](#). Provide insight on employee activities: [Take a brief survey and lend your voice.](#)

The Spirit of St. Louis Winter Gift Guide



Check off a gift from your list and support the St. Louis community at the same time with our [Spirit of St. Louis Winter Gift Guide!](#)

- Check out our [St. Louis Signature events and discounts](#) for WashU employees. **NEW:** Save \$10 off of regular ticket prices for [select Sheldon Concert Hall events](#) during the 2018-2019 season! Back by popular demand are discounts to [select St. Louis Blues games](#) (some with special giveaways!) and [select St. Louis Symphony concerts](#). We are also working with the [Fabulous Fox Theatre](#), so check back soon for those offers!
- In addition, WashU employees can receive other great discounts on items like [gym memberships](#) and [FedEx shipping](#). [Read our guide](#) for even more options!

The spirit of St. Louis - and WashU - will be with you all year long!

WashU United Way Campaign



Thank you to all who made a donation to the WashU United Way Campaign! We raised more than \$910,000 as a university! Pledging is still open until December 20 through HRMS. [Make your pledge.](#) Thank you for coming together to make an impact on the St. Louis community.

Caring for your family



Family care Resources

Washington University offers resources to help you care for your family, including access to child care facilities and back-up care for child or elder/adult care in the case of school closures, slight illness, or family emergencies. [Learn more](#) about state-of-the-art facilities, find tips and understand what's available to help you care for your family.

New Caregiver Leave

As a reminder, the new Caregiver/Parental Leave staff policy goes into effect January 1, 2019. [Learn more](#)

Work-Life Solutions



Tips for Managing Holiday Expenses

Holidays can be overwhelming, stressful and tough on your finances. Proper financial planning is essential to organizing your budget, keeping stress under control and reducing unnecessary spending. Check out these tips for [Managing Holiday Expenses from GuidanceResources](#).

Safe Online Holiday Shopping

Buying goods and services on the internet can be an easy and convenient way to do your shopping this holiday season. However, you have to be careful that you are making wise shopping decisions. These [tips from GuidanceResources](#) can help you shop with confidence and reap the benefits of buying online.

Work-Life Solutions offers free, confidential, 24/7 support, resources and information for every aspect of your life. [Learn more about Work-Life Solutions](#).

WashU Staff: A Year in Photos



Throughout 2018, we recognized staff achievements, celebrated your dedication to the university and came together as a community at various events. [View WashU staff photo albums from 2018](#). We look forward to what's ahead in 2019, as we continue to engage and celebrate our valuable staff!

Events and Programming

January 2	Danforth Farmers Market To-Go (Every Wednesday)
January 3	School of Medicine Farmers Market (Every Thursday)
January 16	Project Management
January 22	Essentials of Having Tough Conversations Successfully
January 24	Acing the Interview: A Guide to Interviews and Informational Meetings
January 29	Manager's Guide to FMLA Leave and Requests for Job Accommodations
January 30	Customer Service Best Practices
January 31	Lean Process Improvement

Diversity and Inclusion

- Participate in the [Staff Passport program](#).
- [Sign up for diversity training](#) Medical Campus or Danforth Campus
- December 19: [Advancing Inclusion: Disabilities 1.0](#)

Manager Highlights: Leading your Teams

- View [upcoming management courses](#).
- Learn more about the [Management and Leadership Development Certificate Program](#)

Other WashU Community News for Employees

- [MyDay update](#): building a foundation for success
- University recognizes Leading Together's impact and Wrightons' 'selfless service'. [View story](#).
- Reminder: view the updated [Holiday Schedule](#) for 2018 regarding added university holidays.



Washington University Human Resources is a strategic partner delivering on the university's missions through an unwavering focus on the people who make it great.

[Meet the team](#) and [view our locations](#)

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[Visit the HR website](#)