

2-15-2018

Tiger Daily: February 15, 2018

Fort Hays State University

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Tiger Daily [February 15, 2018]

Tiger Daily

Thu 2/15/2018 11:11 AM

To: Tiger Daily <TigerDaily@fhsu.edu>;



ANNOUNCEMENTS

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EVENTS

[THIS WEEK/WEEKEND](#)

- [Advisor Training - TODAY; Future Dates and Times Listed Below](#)
- [Honors College Informational Sessions - TODAY; 2:30pm](#)

- [Come One, Come All!! Tertulia, Spanish Coffee Table! – TODAY; 3:10pm to 4:10pm](#)
- [Pre-KMEA Concert – TODAY; 7:00pm](#)
- [News Conference to Honor Major Donors – TOMORROW; 10:00am](#)
- [Tailored for Tigers Ribbon Cutting – TOMORROW; 11:00am](#)
- [Writing Circle – TOMORROW; 4:00pm to 5:00pm](#)
- [A Patriotic Piano Salute – TOMORROW; 7:30pm](#)
- [Chinese New Year Gala – February 17; 7:00pm to 8:30pm](#)

FUTURE EVENTS

- [Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters – February 19; 3:30pm to 4:30pm](#)
- [Coffee & Conversation – February 20; 8:30am to 9:30am](#)
- [Science Café presents: "Same Stress, Different Animal" – February 20; 7:00pm](#)
- [Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters Workshop – February 21; 3:30pm to 4:30pm](#)
- [Managing Stress & Burnout Through Emotional Intelligence & Mindfulness – February 23; 1:00pm to 4:30pm](#)
- [LDRS 310 Freddy's Fundraiser Night for WKCAC – February 26; 5:00pm to 9:00pm](#)
- [Kansas Teacher of the Year Team to Visit FHSU – February 27; 10:30am to 11:30am](#)
- [Tiger Teacher Nation Employment & Education Virtual Fair – March 5; 11:00am to 6:00pm](#)
- [Managing Conflict in the Workplace – March 7; 1:00pm to 4:30pm](#)
- [Green Zone Initiative Luncheon – March 12; 12:00pm to 1:00pm](#)
- [Improving Time Management – March 13; 1:00pm to 4:30pm](#)
- [On-Site Biometric Screening and Health Coach Available – Dates and Times Listed Below](#)

SHARE WITH STUDENTS

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STUDENT ABSENCES

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ANNOUNCEMENTS

Happy Post-Valentine's Day from Tigers In Service!

Did you show your community some love on Wednesday? If not, there is still time! Donate non-perishable food items to show the community you love them! All items will be donated to the Community Assistance Center.

You may donate items in the Memorial Union from 12 – 2 pm in the Feature Wall Lobby, or at the Tigers In Service office in Custer Hall 202. Donation boxes will remain for the remainder of the week.

Students who donate 10 items will be eligible for one (1) service hour, and the chance to win a TIS t-shirt!

Questions? Contact service@fhsu.edu.

Alumni Association Offers Tiger T-shirt Flash Sale!

Tiger T-Shirt Flash Sale

Tuesday–Friday, February 13-16 ONLY

In celebration of St. Valentine's Day and in appreciation for all that you do, the FHSU Alumni Association is pleased to offer FHSU faculty, staff and students the opportunity to purchase two of our most popular t-shirts at a discounted price.

2017-18 Tiger Generational T-Shirt

In its seventh year, the Tiger Generational T-Shirt project has raised over \$15,000 in scholarship funds for second and third generation Tiger students. The 2017-18 shirts, featuring the evolution of the Tiger mascot on a gold shirt, are available in a

wide variety of sizes from Youth XS to Adult 3XL in short sleeves and Youth S to Adult 3XL in long sleeves. These shirts are perfect to supplement your Tiger Gold on Friday wardrobe!

	Regular Price:	Sale Price:
Short-Sleeved sizes	\$14.00 - \$17.00	\$10.00 all
Long-Sleeved	\$18.00 - \$20.00	\$15.00 all sizes

FHSU Baseball/Raglan Shirt

This baseball shirt with three-quarters length sleeves comes in gray with black sleeves and features Victor E Tiger on a soft, lightweight cotton-poly blend. Sizes are adult medium through 2XL.

Regular price:	Sale price:
\$18.00 - \$20.00	\$15.00

These shirts will be available for sale all week at the Alumni office on the first floor of the Robbins Center or during these times...

Tuesday, February 13 – 10 a.m.- Noon
Robbins Center Lobby

Thursday, February 15 – 10 a.m.- 2:30 p.m.
Memorial Union near Starbucks

Thursday, February 15 – 5:30 -8:00 p.m.
Northeastern State at FHSU Basketball
Gross Memorial Coliseum, Between Gates 2 & 3

Prices are available for in-person purchases only Feb 12-16. If you are unable to visit us at any of these times or if you are a virtual employee or student, contact our office via email at alumni@fhsu.edu or by phone at 785-628-4430 to discuss alternate arrangements. *Prices valid while supplies last.*

Swimming Tigers

Registration for the FHSU Swimming Tigers Program is now available on www.imleagues.com! The Swimming Tigers Program is open to adults and children (six months of age and older), offering private lessons during the spring semester. Lessons will last 30 to 45 minutes over the course of four sessions in the Cunningham Hall Natatorium. Once registered, you will be notified of what instructor you have been paired with. Lesson times will be arranged between you and the instructor.

If you are interested in registering you or your child for swimming lessons follow the directions below:

1. Go to www.imleagues.com. If you already have an account skip to step 6.
2. Click on the orange “Signup” tab on the top right.
3. Click on “Select School/Organization” and type FHSU Cunningham Facility Use.
4. Fill out information.
5. Confirm your account through email.
6. Once logged in click on the “FHSU Cunningham Facility Use” tab in top left corner.
7. Select the blue “Pool” tab to the right of the tiger logo.
8. Click on which session you would like to join.
9. Once in the level, click on the green outlined “Register/Signup” tab.
10. Enter the appropriate name where it says “Team Name”.
11. Fill out the information and make the payment.
12. You are now registered for swim class.

If you have any issues please do not hesitate to call our office, 785-628-4373.

Brittney Jacobs; Assistant Director of FHSU Campus Intramural and Recreational Sports

International Writing Centers Week

International Writing Centers Week is February 11 to February 17.

To help us celebrate at FHSU, stop by the Writing Center on Wednesday, February 14, for free brownies and witty valentines!

-Dr. Amanda Fields, ajfields@fhsu.edu

Sign up for Dartlet Workshops to Help Guide FHSU Marketing Strategy

A couple of weeks ago President Mason announced the kickoff of a project to assess the university's brand, create a marketing plan and redesign the website. We have partnered with Dartlet, a leader in marketing research and strategy, for this project.

Dartlet representatives will be on campus February 12 to 14 to conduct workshops with faculty, staff, students, community members and other stakeholders. There are two distinct and integrated phases of workshops: Personality and Platform. The Personality workshops help define the authentic human personality of FHSU, while the Platform workshops cascade these insights into messaging and storyline outcomes.

Your perspective matters to this project, as the results will eventually culminate in a new marketing strategy and communication platform for the university.

Please sign up for at least one workshop or if your schedule permits, register for both a Personality and a Platform workshop. There are several dates and times offered. Use the following link to register.

http://tigerlearn.fhsu.edu/events/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=Dartlet

Thank you for investing your time to help shape the university's future.

[Nominate a Student for the VALUE Program](#)

Dear Faculty and Staff—

The Department of Leadership Studies is now accepting applications for the VALUE program's 2018-19 cohort!

An info meeting will be held Thursday, February 15 at Noon (12 pm) in the Smoky Hill Room of the Memorial Union. Join us to learn more about the program.

The Voss Advanced Leadership Undergraduate Experience (VALUE) is designed to develop the most promising undergraduates into powerful agents for good, during their educational experience at FHSU. It is a year-long curricular and co-curricular experience for upper-division students to enhance their operations and collaboration skills in one of three areas:

- Corporate leadership
- Civic/non-profit leadership
- Scholarship/leadership research

To assist in their journey, students are matched with a mentor in their chosen area to guide them through completing a project of their choice. Students will also enroll in two courses throughout the year-long program to connect theory and practice as they work toward the completion of their projects.

Through the VALUE program, students have opportunities to earn scholarships, engage in hands-on professional experiences, attend conferences, and develop a professional network with and through his/her mentor.

Only 10-15 students will be chosen for the VALUE program each year. For more information, visit <http://www.fhsu.edu/leadership/Value/>.

If you know a student that would excel in this program, **you may nominate him/her the [VALUE website](#)**. Please keep in mind that for a student to be eligible for the program, he/she must have completed the [Leadership Studies Certificate](#). After you have nominated a student, our department will reach out to him/her to share more about the experience.

Student applications are due, [online](#), March 14, 2018.

(<https://tigerlink.fhsu.edu/submitter/form/start/156784>)

We appreciate your assistance in helping recruit the brightest future leaders!

Contact Kaley Klaus, director, at krklaus@fhsu.edu with any questions about the VALUE program.

Special Education Leaders to Debate New License

Elementary education in Kansas is facing new challenges that are forcing teacher preparation programs to question the status quo and look to redesign traditional curricula.

A new unified elementary education license in Kansas requires teachers to learn knowledge and skills for working with all students, including children with significant disabilities. To contribute to discussions going on at institutions across the state concerning how to design programs to train teachers for this new license, the FHSU Department of Teacher Education and the FHSU Student Chapter of the Council for Exceptional Children (CEC) are hosting a panel, "Developing Partnerships to Build New Unified K-6 Licensure Programs," on Thursday, March 1st, at 3:30 p.m., in Rarick Hall 201.

Panelists will be: Colleen Riley, Director of Early Childhood, Special Education, and Title Services, KSDE; Jennifer Kurth, Ph.D., Assistant Professor of Special Education, University of Kansas; Rebekah Helget, Executive Director of Special Education, USD 475 - Junction City Public Schools; Raj Sharma, Ph.D., Director of Special Education Services, USD 489 and Director of the Hays West Central Kansas Special Education Cooperative. Moderator for this panel discussion will be Jacqueline Lubin, Ed.D., FHSU Assistant Professor of Special Education.

This session is free and open to the public. It will be recorded and made available on the Internet as well.

-Robert Bruce Scott, Ed.D., 210 A Rarick Hall, 785-628-5851, rbscott2@fhsu.edu

Faculty Summer Grant for Research, Creative or Grants Activity for Summer 2018

We are now accepting applications for the Faculty Summer Grant for Research, Creative or Grants Activity for Summer 2018

All current full-time Fort Hays State University faculty and unclassified staff members at levels comparable to academic faculty are eligible to apply. Support is paid to the faculty member in the amount of **60% of 1/9 of his/her base salary**. Successful applicants who are awarded a FY18 Faculty Summer Grant for Research, Creativity or Grants Activity must have the permission of the Dean if they want to teach a course in Summer 2018. Please note that awards will be made based upon available funding. Completed applications must be submitted on or before **February 15, 2018** (no later than 4:30 p.m.). Only complete proposals will be reviewed.

To download the application and to apply, go to <https://fhsu.infoready4.com/-competitionDetail/1766521>.

Please contact Leslie Paige lp Paige@fhsu.edu with questions.

EVENTS

Advisor Training

Dates and Times Listed Below

The Academic Advising and Career Exploration Center offers certificates for academic advisors each semester. The two remaining sessions for the ADVISING SPECIAL POPULATIONS CERTIFICATE have been included below. The remaining NACADA Web Events have been included below as well.

If you have attended sessions in the past and need to know which sessions you have left to receive your certificate, please email advising@fhsu.edu for assistance with your name and department.

NOTE: This is open to both faculty and staff. Please feel free to bring your lunch to the session.

RSVP: Please **RSVP to advising@fhsu.edu or 785-628-5577** to let us know which session(s) you will be attending. We will send you a calendar entry that you will need to Accept and Send the Response Now. This will allow us to have the appropriate number of handouts.

Advising Technology Certificate

This certificate will provide academic advisors with information related to the primary technology applications utilized to support academic advising at FHSU. Participants need to bring their laptop with them for each session.

Thursday, February 15, 12:00-1:00 PM, Online Advising Notes, McCartney Hall: Room 104

Tuesday, February 27, 12:00-1:00 PM, Tiger Early Alert, Memorial Union: Pioneer Room

Career Advising Certificate

This is a great professional development opportunity for those interested in effectively providing career advising to their advisees, gaining an understanding of how the career exploration process works in AACE and role of the UNIV 100 Majors and Career Exploration course. Enrollment in the program is limited to 20 participants. Participants need to bring their laptop with them for each session.

Tuesday, March 27, 12:00-1:00 PM, Plan B, Memorial Room: Trails Room

Tuesday, April 3, 12:00-1:00 PM, MyMajors, Memorial Room: Pioneer Room

Tuesday, April 10, 12:00-1:00 PM, TypeFocus Personality, Memorial Room: Trails Room

Tuesday, April 17, 12:00-1:00 PM, StrengthsQuest, Memorial Room: Trails Room

Advising Special Populations Certificate

This certificate will provide information on working with the diverse needs of our students. Whether you are currently advising students in the population or not, you will gain information that can assist you. Participants must attend each session to receive the certificate. Advising Student Athletes and Advising International Students were offered in the fall. The following are dates for the spring sessions.

Tuesday, March 13, 12:00-1:00 PM, Advising Transfer Students, Memorial Union: Pioneer Room

Building Advisor Competency Series (3 fall sessions, 4 spring sessions). This series is produced by NACADA: The Global Association for Academic Advising.

NACADA Web Events:

Tuesday, March 6, 1:00-2:00 PM - Building Advisor Competency:

Informational Knowledge Component, Memorial Union: Trails Room

Wednesday, April 4, 1:00-2:00 PM - Building Advisor Competency: Relational Skills Component, Memorial Union: Smoky Hill Room

Wednesday, May 9, 1:00-2:00 PM - Using the Academic Advising Core Competencies Model to Create an Action Plan for Professional Growth and Development, Memorial Union: Pioneer Room

Questions should be directed to advising@fhsu.edu.

Honors College Informational Sessions

Thursday, February 15; 2:30pm

Forsyth Library Room 045

The FHSU Honors College invites all members of the university community to one of this spring's Honors Informational Roundtables, which will be held on:

Thursday, February 15, at 2:30pm in Forsyth Library Room 045 and

Tuesday, April 10, at 10:30am in Forsyth Library Room 045

Come learn about the program, its students, and its accomplishments! No RSVP needed – Come and go as you wish.

For questions, please contact either Matthew Means at mmeans@fhsu.edu or Jensen Scheele at jnscheele@fhsu.edu.

Come One, Come All!! Tertulia, Spanish Coffee Table!

Thursday, February 15; 3:10pm to 4:10pm

Rarick Hall 395

Faculty, staff, students, and people from the Hays community are invited to come practice Spanish in a fun and natural environment.

Our first gathering is this Thursday, February 15. Other meetings will be March 1, March 29, & April 19. Each gathering is in Rarick Hall 395 from 3:10pm to 4:10 pm.

If you have further questions, please contact Dr. Chita Espino-Bravo, (785) 628-4263 or c_estpinbravo@fhsu.edu.

This is sponsored by FHSU's Department of Modern Languages.

Pre-KMEA Concert

Thursday, February 15; 7:00pm

United Methodist Church, Between 7th and 8th on Ash St.

Please come hear the FORT HAYS SINGERS, along with the HAYS HIGH CHAMBER SINGERS, in a joint concert!

Both groups have been invited to appear at the KANSAS MUSIC EDUCATOR ASSOCIATION (KMEA) STATEWIDE MUSIC CONVENTION, and this performance will showcase their readiness to represent Hays!

No admission is charged.

News Conference to Honor Major Donors

Friday, February 16; 10:00am

Sunset Atrium, Memorial Union

News conference to honor major donors who have made video boards possible at Fort Hays State University's main athletic venues

When: Friday, Feb. 16 at 10 a.m.

Where: Sunset Atrium of FHSU's Memorial Union

Verlin and Elaine Pfannenstiel funded the new video scoreboard hanging above center court at Gross Memorial Coliseum, which was installed before the 2017-18 school year.

Combining to provide a huge new video board in time for the 2018 home football season at Lewis Field Stadium were Don and Chris Bickle, Eagle Communications, and the Bob and Pat Schmidt Foundation.

Please join us Friday morning in recognizing and honoring these generous donors!

-Hayley Bieker, Director of Communications and Marketing

Tailored for Tigers Ribbon Cutting

Friday, February 16; 11:00am

Forsyth Library

The Hays Area Chamber of Commerce is hosting a Tailored for Tigers Ribbon Cutting on **Friday, February 16, at 11 a.m.** in the **Forsyth Library**.

Please join us in celebrating the launch of the closet. Tours and refreshments will be provided. <http://www.fhsu.edu/Tailored-for-Tigers/>.

Writing Circle

Friday, February 16; 4:00pm to 5:00pm

Forsyth Library Room 133

Looking for a supportive, encouraging space for your writing projects? Come to Room 133 at Forsyth Library and join the Writing Circle!

Whether you are working on creative writing, something for class, or writing for publication, we provide a space for you to work, exchange writing, offer feedback, and learn more about the writing process.

Snacks provided.

A Patriotic Piano Salute

Friday, February 16; 7:30pm

Beach/Schmidt

FHSU International Piano Series presents a **President's Day recital** featuring Dr. Shannon Sadler.

Dr. Sadler returns to Fort Hays State University to give Red, White, & Blue: All-American Piano Recital thirty-three years after winning the Hays Symphony Concerto Competition at just 16 years of age.

Admission is free.

For additional information, please contact Dr. Irena Ravitskaya at iaravitskaya@fhsu.edu.

Chinese New Year Gala

Saturday, February 17; 7:00pm to 8:30pm

FHSU Beach/Schmidt Performing Arts Center

CSSA (Chinese Students and Scholars Association) is inviting you to attend the Chinese New Year Gala! Please join us and experience Chinese culture. There will be many performances from our Chinese and Korean students. This event is free and open to everyone. Chinese New Year (Lunar New Year) is the most important festival in China and it is celebrated by several Asian countries. 2018 will be the Year of the Dog. You are a “dog” if you are born in one of these years: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018. People born in the year of the dog are usually independent, sincere, loyal and decisive according to Chinese zodiac beliefs. We will see you there!

-Chinese Students and Scholars Association

[Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters](#)

Monday, February 19; 3:30pm to 4:30pm
Forsyth Library, South Study Area

Presenter: Dr. Brooke Moore

Dr. Brooke Moore presents tips and tricks for creating a winning research poster. Come to the Tips & Tricks Workshop Series to get ready for the John Heinrichs Scholarly & Creative Activities Day (SACAD) this April. Tips & Tricks workshops will benefit students, faculty, and staff who are pursuing research opportunities or presenting at professional conferences. [View the full list of workshops.](#)

For more information, please contact Cyndi Landis at cllandis2@fhsu.edu or 785-628-4529

Coffee & Conversation

Tuesday, February 20, 8:30am to 9:30am
Sunset Lounge, Memorial Union

Come to the Union to discuss your experiences & explore perspectives from other people with the Office of Inclusion and Diversity Excellence.

This is a Come and Go session and will be at Sunset Lounge on February 20, from 8:30 to 9:30 am.

AND there will be Coffee and Pastries!

Science Café presents: "Same Stress, Different Animal"

Tuesday, February 20; 7:00pm
Gella's Diner, 117 East 11th St.

All animals (including humans) experience stress. Using insights from the animal kingdom,

this presentation will explore why stress is important, and what happens with it when it gets out of hand.

Dr. Medhavi Ambardar, Instructor, FHSU Biological Sciences

FEBRUARY 20, 2018, 7:00 PM
GELLA'S DINER, 117 East 11th Street

Free and open to the public

Sponsored by Science and Mathematics Education Institute

Tips & Tricks for Presenting at Professional Conferences: Creating Research Posters Workshop

Wednesday, February 21; 3:30pm to 4:30pm
Forsyth Library, Computer Lab

Presenter: Dr. Arvin Cruz

Dr. Arvin Cruz will lead a hands-on workshop to help participants create their own research poster. Bring your questions, ideas, and details from your research project to work on creating your poster. Come to the Tips & Tricks Workshop Series to get ready for the John Heinrichs Scholarly & Creative Activities Day (SACAD) this April. Tips & Tricks workshops will benefit students, faculty, and staff who are pursuing research opportunities or presenting at professional conferences. [View the full list of workshops.](#)

For more information, please contact Cyndi Landis at cllandis2@fhsu.edu or 785-628-4529

Managing Stress & Burnout Through Emotional Intelligence & Mindfulness

Friday, February 23; 1:00pm to 4:30pm
Stouffer Lounge, Memorial Union, FHSU

Are you stressed and overwhelmed at work? Do you struggle with burnout? The Management Development Center workshop, *Managing Stress and Burnout through Emotional Intelligence and Mindfulness* is back by popular demand! The workshop will be from 1-4:30 p.m. on Fri., Feb. 23 in Stouffer Lounge.

Attendees will learn about emotional intelligence and mindfulness and explore how to use these strategies to help alleviate stress and burnout.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31**. For those in this division, workshop registration should be paid for by department or personally.

Otherwise, registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu

LDRS 310 Freddy's Fundraiser Night for WKCAC

Monday, February 26; 5:00pm to 9:00pm

Freddy's Frozen Custard & Steakburgers

Our Leadership 310 group has partnered with Western Kansas Child Advocacy Center and we are holding a percentage night at Freddy's Frozen Custard & Steakburgers on **February 26, from 5-9 pm.**

If you mention the WKCAC to the cashier (dine in or drive-thru) 15% will go to WKCAC! Come out and support a great non-profit that not only benefits children and families in Hays but throughout western Kansas!

We hope to see you there!

Hannah Doll, JJ Lewis, Aubry Flory, Kassidy Clark, Jon Folkerts

Kansas Teacher of the Year Team to Visit FHSU

Tuesday, February 27; 10:30am to 11:30am

Stouffer Lounge, Memorial Union, FHSU

You are invited to a presentation from the 2018 Kansas State Teacher of the Year Team.

For more information, contact Janet Stramel, jkstramel@fhsu.edu or 785-628-4474.

Tiger Teacher Nation Employment & Education Virtual Fair

Monday, March 5; 11:00am to 6:00pm

New! The Tiger Teacher Nation Employment & Education Virtual Fair is a new initiative to connect teaching candidates with potential employers virtually, replacing the on campus Teacher Interview Day.

The virtual fair will be held **Monday, March 5**, from 11 a.m. to 6 p.m. CST. Student registration, FAQ's, and districts registered for the fair are available at <http://www.fhsu.edu/career/fairs/ttn-virtual-fair/>.

Employers will continue to register up to the day of the event, so check back often!

Managing Conflict in the Workplace

Wednesday, March 7; 1:00pm to 4:30pm

Hansen Entrepreneurship Hall, FHSU

Conflict is a natural part of any workplace. The presence of conflict is not necessarily a negative thing – if effectively resolved, conflict can lead to growth. Work on your conflict resolution skills by joining the Management Development Center for *Managing Conflict in the Workplace*.

Attendees will learn about common roots of workplace conflict, positive conflict management strategies, how to give critical feedback, and how to have difficult conversations.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31, 2018**. For those in this division, workshop registration should be paid for by department or personally.

Otherwise, registration can be completed online at

<https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

If you are an Academic Affairs member & are interested in attending this workshop, contact Hannah Hilker at 785-628-4121 or hehilker@fhsu.edu.

Green Zone Initiative Luncheon

Monday, March 12; 12:00pm to 1:00pm

Smokey Hill Room, Memorial Union

What: The Green Zone Initiative Luncheon

When: Monday, March 12th 12:00-1:00

Where: Smokey Hill Room, Memorial Union

The 2018 spring semester brown bag luncheon of the Green Zone Initiative will be Monday, March 12th from 12:00 to 1:00 in the Smokey Hill Room, in the Memorial Union. If you have already completed the Kognito training *Veterans on Campus for Faculty and Staff* please bring your printed certificate with you. If you did not print your certificate, you can reprint it by accessing the training again and selecting *certificate* from the upper right menu bar. If you bring your certificate of completion we will award you with your Green Zone placard to be placed in your office space identifying it as a military friendly area of operation.

If you have already attended a Green Zone Luncheon you are welcome to attend this luncheon as well. We will have updated information, as well as a brief presentation from Deanna Rupp, a medical social worker from the Veterans Administration, and Clayton Howard, a Counselor in the Kelly Center.

If you are unfamiliar with what the Green Zone Initiative is please see below. We look forward to seeing you at the brown bag luncheon, thank you for your support of our student veterans.

The Green Zone Initiative is intended to create safe spaces for student veterans. Faculty and staff that would be interested in making themselves available to student veterans in need are encouraged to participate in this initiative.

In conjunction with The Kelly Center, the Department of Leadership Studies, the office of Military Student Success, and the Virtual College the initiative will consist of approximately one hour of student veteran Kognito training, and a brown bag lunch seminar explaining the scope and objectives of the program. The training is intended to inform you of student veteran population needs, and university assets prior to you committing to creating said safe space.

You have the option of completing the Kognito training before or after the luncheon. Below is the website and enrollment key that must be used.

Website: <https://www.kognitocampus.com/login>

Enrollment Key for Faculty & Staff: fhsu785

Training: Veterans on Campus for Faculty and Staff

Please direct questions to:

Dr. Kenton Olliff

785.628.4401

kolliff@fhsu.edu

Dr. Seth Kastle

785.628.4693

sdkastle@fhsu.edu

You don't have to be a veteran to support our student veterans. All faculty and staff are welcome and encouraged to participate in this initiative. We look forward to seeing you on March 12th.

Why do student veterans struggle with college?

Use to being with others of similar background.

Need personal support.

View college as confusing

“Unfriendly” policies and procedures.

Lack of funds / benefits slow to arrive.

Feel out of place with traditional age students.

Overwhelmed by life.

Lack of empathy from fellow students / staff

Alarming veteran statistics:

Number of service members with PTSD is higher than at any time in history since the Vietnam War.

Traumatic Brain Injury (TBI) is the signature wound of this war leading to social adjustment and anxiety disorders

Veteran suicide rate is currently at 22 veterans a day taking their own life.

-Seth Kastle, Ed.D.

Assistant Professor

Department of Leadership Studies

Improving Time Management

Tuesday, March 13; 1:00pm to 4:30pm

Stouffer Lounge, Memorial Union, FHSU

Do you find yourself getting off track at work? Do you struggle with completing tasks in an efficient manner? Join the Management Development Center for *Improving Time Management* with Dr. Justin Greenleaf, Leadership Studies Department.

Attendees will learn about their individual time management skill levels, how to implement various time management tools, how to address time management barriers, and will create goals for improving time management.

As FHSU faculty and staff, your registration fee is complimentary, thanks to your FHSU Vice President! Limited funding is available annually per division.

Due to overwhelming response from the **Academic Affairs division**, the funds for those faculty & staff members have been **used through July 31, 2018**. For those in this division, workshop registration should be paid for by department or personally.

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On-Site Biometric Screening and Health Coach Available

Dates Listen Below

Free Biometric Screening Offered

- Wednesday, April 11th
- Tuesday, May 8th
- Thursday, September 6th
- Tuesday, October 2nd
- Wednesday, October 3rd

Worth 5 HealthQuest Credits

For employees and spouses enrolled in Plan C, J, N, or Q, participation is also worth \$50 into their HSA or HRA Account.

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Fort Hays State University – Memorial Union

There will also be a Health Coach available that day from 7:00AM- Noon in the Memorial Union Calvary Room (Room 205).

<http://www.kdheks.gov/hcf/healthquest/coaching.html>

Deadline to sign up is 3 DAYS PRIOR TO DATE by midnight.

How Do I Sign Up?

Log-on to your account on the wellness portal (<https://kansashealthquest.cernerwellness.com/>). To create a new account, follow instructions found at http://www.kdheks.gov/hcf/healthquest/download/How_to_Register_an_Account.pdf.

Once logged in, follow these simple steps to schedule your screening:

- Click on Biometric Screenings
- Select Onsite Screenings
- Login or create an account on the Online Scheduler
- Select Hays from the list of cities
- Select the Location/Date you want to attend
- A list of times will appear. Select the time that works best for your schedule.
- Answer a few simple questions and click Create Appointment

What is a Biometric Screening?

Knowing cholesterol or blood glucose values can help you identify serious risks and manage or prevent health problems before they occur. HealthQuest sponsors free biometric screenings at worksites statewide. Testing is conducted in 30 minutes or less using a simple finger stick. Results you will receive include:

- Total Cholesterol, HDL, LDL and total Cholesterol to HDL ratio
- Triglycerides and Glucose
- Systolic and Diastolic Blood Pressure
- Height, Weight, and Body Mass Index (BMI)
- Waist Circumference

Remember for best results to fast for a minimum of 9 hours prior to your appointment. Water, tea and black coffee (no cream or sugar) are okay. Take medications as usual also.

Who is Eligible to Participate?

- Benefits eligible State and Non-State employees who are enrolled in the state employee health plan or who have waived coverage in the plan

- Spouses who are enrolled in the medical portion State Employee Health Plan

SHARE WITH STUDENTS

Scholarship Deadline - **TODAY**

(Late applications will not be accepted)

If you haven't already submitted your 2018-2019 FHSU Scholarship Application, submit it NOW to meet the February 15th FINAL deadline. Apply at https://fhsu.academicworks.com/users/sign_in. The online scholarship application will automatically match and recommend scholarships for which you are eligible, as well as allow you to search for and select scholarships for which you wish to apply.

Additional scholarship opportunities have been posted throughout the scholarship application cycle (September 15, 2017 – February 15, 2018). Be sure to log back into your scholarship account periodically to view additional opportunities that may be available.

You may view the FHSU scholarship opportunities before applying at <https://fhsu.academicworks.com/>.

Alternative Spring Break in Amarillo, TX

Tigers In Service Alternative Spring Break 2018: Amarillo, TX
Make a difference this spring break working with Habitat for Humanity!

The trip will take place from March 18–23

- Only 13 spots available!
- Must be 18 years or older.
- If selected for the trip, a \$75 deposit is required.

Apply by **Thursday, February 22** on TigerLink:

<https://tigerlink.fhsu.edu/submitter/form/start/158336>.

Questions? Contact service@fhsu.edu.

Study Abroad Grants

Phi Kappa Phi offers Study Abroad Grants of \$1,000 to students. PKP membership is not required.

More information and the application is available

at: <https://www.phikappaphi.org/grants-awards/study-abroad#.WnMS-WJMHYU>.

Deadlines for 2018 are February 15th and September 15th. Email me if you have questions: dmludwig@fhsu.edu.

-Deb Ludwig, PKP Grants and Awards officer

Chartwells is Hiring!

We currently have part time positions available in Starbucks and the Residential Dining Hall.

- Please apply at www.hourlyjobs.compassgroupcareers.com or www.indeed.com.
- Starbucks/Memorial Union Office: [785-628-5087](tel:785-628-5087)
- Residential Dining Hall: [785-628-4930](tel:785-628-4930)

Thanks,

-Amila P Ramanayake, Senior Director of Dining Services

STUDENT ABSENCES

National Association of Campus Activities National Conference

The following students will be absent from classes beginning on Friday, February 16, and returning at 6:00 PM on Wednesday, February 21. They will be attending the NACA National Conference in Boston MA. They have been instructed to communicate this absence with their professors. Thank you for your support of this co-curricular activity.

- Lorenzo (Trey) Basa
- Kelly Strecker
- Jacob Schoenfeld
- Jesse Cooper
- Madeline Muller
- Jesse Schoenfeld
- Zack Shinkle

Jacob Ternes | Assistant Director of the Memorial Union

To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include a headline, body text, and contact information only. Attachments, graphics and images will not be published (including signature line graphics),** but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.