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Tiger Daily: August 27, 2019

Fort Hays State University

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Tiger Daily [August 27, 2019]

Tiger Daily

Tue 8/27/2019 11:09 AM

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



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ANNOUNCEMENTS

Article Submissions for Alumni TigerTalk Newsletter

Articles for the next TigerTalk newsletter are being accepted now through Wednesday, August 28. Please submit any stories from your department or office regarding any faculty, staff or student accomplishments. Articles should be fully developed stories that have been edited, and include photos or links as desired. Articles may be edited or omitted based on the discretion of the Alumni office. Please submit articles or direct any questions to Trent Rose in the Alumni office at tarose@fhsu.edu or 785-628-5708.

Us 4 U Donations for Tiger Food Exchange

Help Us 4 U gather Food 4 the Pantry. Us 4 U is taking donations for the Tiger Food Exchange (food pantry). Did your parents buy you groceries, but it's not really what you want? Do you have some extra food to share? Bring non-perishable food items to our table in the MU on Tuesday, August 27 or Thursday, August 29, from 11am-1pm.

Us 4 U and the Tiger Food and Hunger Initiative invite you to join us for a Victor E. Garden work night on Thursday, August 29, from 5-6pm. All are welcome to come and get involved!

Find more information on TigerLink and Facebook/[us4u.fhsu](https://www.facebook.com/us4u.fhsu)!

Questions? Contact Anna at us4u.fhsu@gmail.com.

Tiger Wellness Center and Fitness Classes

The Tiger Wellness Center Academic Hours:

Monday – Thursday 6:30am-10:00pm

Friday 6:30am – 8:00pm

Saturday & Sunday 10:00am-5:00pm

We offer free fitness classes which include: HIIT, Strictly Strength, Yoga, Zumba, Yoga and Core, Triple Threat, Core and Cardio, and more!

Classes for the semester will begin on Tuesday, August 20th! Check out our Facebook for current information and happenings.

You must bring your Tiger Card with you to gain access to the Tiger Wellness Center and/or to attend our Fitness Classes.

Interested in Crowdfunding? Have a Project or Idea that You'd Like to Bring to Life?

"I Fed The Tiger" provides an opportunity for students, faculty and/or staff to make a difference in the areas of Fort Hays State that they're most passionate about.

How does "I Fed The Tiger" work?

- If selected, the FHSU Foundation would help in establishing a fundraising page for your particular project with a specific funding goal and project completion timeline.
- You would be encouraged to share the project fundraising page with your own community and social media networks. Others who would be impacted by the project would be encouraged to do the same.
- The more you spread the word about your fundraising project, the more supporters are encouraged to contribute to the project financially.

If you have an idea for a fundraising page, please visit ifedthetiger.com and click "apply" in the upper right corner or contact Schuyler Coates at smcoates@fhsu.edu or 5692.

Phi Delta Theta Seeking Advisors

Phi Delta Theta is a new fraternity coming to campus and are looking for Faculty/Staff to sit on the advisory board for the new group being established. You do not need to be an Alumni of Phi Delta Theta, have prior Greek experience, or be a male to be on the advisory board. We are just looking for individuals to provide guidance to young undergraduate students by fostering their growth and leading them to success.

Please contact Austin Dean (adean@phideltatheta.org) if interested!

Calendar: Upcoming Professional Development Opportunities

Check out upcoming professional development opportunities! The TILT TigerLearn event calendar is your go-to for professional development at FHSU! Check it out here: <http://tigerlearn.fhsu.edu/events/>.

To provide faculty and staff with one easy place to see all professional development at FHSU, we're happy to include your event on the TigerLearn calendar. We can include links to your registration site, contact persons for questions, etc. Just contact TILT-FacultyDev@fhsu.edu, and we'll add your event right away!

Academic Advising Certificates and Trainings

The Academic Advising and Career Exploration Center offers certificates for academic advisors each semester. The schedule for this fall is available below.

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

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

RSVP: Please let us know if you are planning to attend by replying to advising@fhsu.edu. 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 room size and number of handouts. We look forward to seeing you at our sessions.

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 must attend each session to receive the certificate. **Participants need to bring their laptop with them for each session.** The following are the dates for this certificate.

September 12, 2019 12-1 PM *Using Technology in Advising-TigerTracks*
September 19, 2019 12-1 PM *Using Technology in Advising-TigerEnroll*
September 26, 2019, 12-1 PM *Using Technology in Advising-Advising Notes*
October 8, 2019, 12-1 PM *Using Technology in Advising-Tiger Early Alert*

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. The following are the dates for the spring sessions.

October 17, 2019, 12-1 PM *Advising Special Populations-Student-Athletes*
October 31, 2019, 12-1 PM *Advising Special Populations-International Students*
November 7, 2019, 12-1 PM *Advising Special Populations-Students with Disabilities*
November 21, 2019, 12-1 PM *Advising Special Populations-Transfer Students*

ACCESS for Student Success Advisor Training

The ACCESS for Student Success program requires all first-time freshman to meet with their academic advisor six times throughout the first year (three in the fall, three in the spring). These trainings sessions will provide information on content and delivery methods that can assist advisors in the planning and execution of fall ACCESS II and ACCESS III meetings.

September 17, 2019, 3-4:30 PM, Trails Room
September 25, 2019, 3-4:30 PM, Trails Room

NACADA Webinars

The Academic Advising and Career Exploration Center and Office of Student Affairs will be hosting the following webinars from NACADA: The Global Community for Academic Advising thanks to the generosity of the Office of Student Affairs. These webinars are open to faculty and staff.

Thursday, November 14, 2019

1:00 PM – 2:00 PM

All I Need to Know (about Academic Advising) I Learned...

Wednesday, December 11, 2019

1:00 PM – 2:00 PM

Academic Advising and Trans Equity: Building our Tomorrow

On-Site Biometric Screening & Health Coach Available

Free Biometric Screening Offered

Thursday, September 5th

Tuesday, October 1st

Wednesday, October 2nd

Tuesday, November 12th

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.

Fort Hays State University – Memorial Union

There will also be a Health Coach available that day from 8:00am-1:00pm 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

Faculty and Unclassified Staff Handbook

The *electronic* Faculty and Unclassified Staff Handbook is the official version of the Handbook and is continually updated throughout the year as changes arise - <https://www.fhsu.edu/academic/provost/handbook/index>. Refer to the electronic Handbook for the most recent information.

A print version is updated annually. The latest print update was completed in July 2019 and has been uploaded - https://fhsu.edu/academic/provost/documents/faculty_handbook_pdf/index.pdf. Copies are also available from the Office of the Provost upon request.

Contact Janet Kohl jakohl2@fhsu.edu.

EVENTS

March To Main

TODAY, August 27; 5:30pm to 8:00pm
Union Pacific Plaza Pavilion, 10th and Main Streets

MARCH TO MAIN

A WELCOME BACK FOR ALL STUDENTS, FACULTY, AND STAFF
 TUESDAY, AUGUST 27, 2019 | DOWNTOWN HAYS

In Hays, America fall means students! Our community knows and appreciates the impact our students have and we celebrate it in a big way... a huge party just for our three higher education facilities - Fort Hays State University, North Central Kansas Technical College, and Hays Academy of Hair Design

About the Event

- March to Main, fills Downtown Hays with Fort Hays State University, NCK-Tech, and Hays Academy of Hair Design students
- **Students meet on the quad at FHSU at 5:30p for a MARCH to MAIN Street, led by prominent community members**
- Community members are welcome to watch the parade and help welcome our students
- **When the march arrives downtown, guests will enjoy a free meal, giveaways, games, live music, HUGE prizes, and more**
- March to Main is hosted by the Downtown Hays Development Corporation, Hays Convention and Visitors Bureau, and the participating schools
- The goal of this event is to welcome students, faculty, and staff back home to Hays

<https://www.downtownhays.com/march-to-main>

Job Search Jumpstart

TODAY, August 27; 7:00pm

Trails Room, Memorial Union

The Job Search Jumpstart workshop will be held **Tuesday, August 27, at 7 p.m.** in the **Memorial Union Trails Room**. This is the first step to starting your internship or after-graduation job search.

In this workshop you will explore resume and job search skills as well as learn about the resources FHSU has to offer to connect you with employers. We'll also focus on online and in-person networking and using social media sites to enhance your job search.

I Love FHSU Week Planning Committee Meeting

Thursday, August 29; 3:30pm

Dreiling Board Room, Robbins Center

The I Love FHSU Week committee is meeting Thursday, August 29 at 3:30 p.m. in the Dreiling Board Room on the first floor of the Robbins Center. This week will be held mid-April and, like last year, will showcase a variety of events and activities across campus that help to make FHSU the special place that it is. If your department or organization would like to participate in the planning of this week, you are invited to join us. Questions? Contact Charlene Nichols at x4527 or canichols5@fhsu.edu.

Mini Golf at Forsyth Library

Tuesday, September 3; 4-6pm

Forsyth Library

Putt-putt your way through the library and engage in an evening of mini-golf. Enter to win prizes and enjoy free food as you explore all the services and spaces at Forsyth Library.

Mini Golf is a *40 Days at the Fort* challenge event.

Like Forsyth Library on social media [@fhsulibrary](https://twitter.com/fhsulibrary) to learn more about upcoming events.

Science Café Presents: “99 Science Cafés & Beyond”

Monday, September 16; 7:00pm

FHSU Robbins Center, 1 Tiger Place Street, Hays, KS 67601

Presenter Dr. Paul Adams, Dean of College of Education, Anschutz Professor of Education and Professor of Physics, Fort Hays State University

Sponsored by Science and Mathematics Education Institute

Free and Open to public

www.fhsu.edu/smei

www.twitter.com/FHSUScienceCafe

SHARE WITH STUDENTS

Freshmen & KAMS/AMS Elections

Student Government Association has just opened our Freshman and KAMS/AMS elections for senator applications! SGA is a fantastic opportunity for students to create a strong network of friends, expand their leadership capabilities, strengthen their problem solving skills, and grow in confidence. The application can be found on our TigerLink page under forms and is open until September 9th: <https://tigerlink.fhsu.edu/organization/sga>.

For questions, please contact our Community Relations Director at sga.crd@fhsu.edu or call our office at 785-628-5311.

Student Organization Renewal is Now Open!

The renewal form can be accessed from the organization's profile page on TigerLink at <https://tigerlink.fhsu.edu/>. To renew an organization, you must have access to manage the page. Once you are prepared to register, carefully review the application instructions on the TigerLink form.

The registration process must be completed by **Friday, September 20, 2019**. If an organization fails to complete the renewal process they will lose their status as a Recognized Student Organization and all the benefits available to student organizations. In addition to completing the registration process, at least one representative from each organization is required to attend one of the Student Organization Meetings. These meetings are scheduled for September 4th through the 6th, with times and session details located on TigerLink <https://tigerlink.fhsu.edu/>. The meetings will be held in Student Engagement (formerly the Center for Student Involvement) located in the lower level of the Memorial Union.

If you have any questions or concerns, Student Engagement (formerly the Center for Student Involvement) please contact at 785-628-4664 or csi@fhsu.edu.

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.