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Tiger Daily: August 29, 2019

Fort Hays State University

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Tiger Daily [August 29, 2019]

Tiger Daily

Thu 8/29/2019 10:02 AM

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



ANNOUNCEMENTS

- [STEPS to Success Wellness Program](#)
- [WKHRMA October Seminar - Registration Spots Available!](#)
- [Us 4 U Donations for Tiger Food Exchange and Victor E. Garden Work Night](#)
- [Tiger Wellness Center and Fitness Classes](#)
- [Interested in Crowdfunding? Have a Project or Idea that You'd Like to Bring to Life?](#)
- [Phi Delta Theta Seeking Advisors](#)
- [Calendar: Upcoming Professional Development Opportunities](#)
- [Academic Advising Certificates and Trainings](#)
- [On-Site Biometric Screening & Health Coach Available](#)
- [Electronic Faculty and Unclassified Staff Handbook Available](#)
- [Deadline Approaching for FY20 URE Grant Applications!](#)
- [Faculty Development Funding Applications](#)

EVENTS

THIS WEEK/WEEKEND

- [I Love FHSU Week Planning Committee Meeting - TODAY; 3:30pm](#)

FUTURE EVENTS

- [Mini Golf at Forsyth Library - September 3; 4:00pm to 6:00pm](#)
- [Resume Madness - September 5; 6:00 to 8:00pm](#)
- [Science Café Presents: "99 Science Cafés & Beyond" - September 16; 7:00pm](#)
- [MDC Workshop - Intermediate Excel: Data Analysis - September 18; 8:30am to 12:00pm](#)

SHARE WITH STUDENTS

- [Campus Shuttle Bus Service](#)
- [Freshmen & KAMS/AMS Elections](#)
- [Student Organization Renewal is Now Open!](#)

ANNOUNCEMENTS

STEPS to Success Wellness Program

STEPS to Success Wellness Program. If you are interested in learning tips to improve your overall health and potentially add years to your life, you are invited join the staff and faculty of Fort Hays State University for a Wellness Program. This free of cost, 8-week program will provide information to you about how you can decrease weight and increase physical activity in simple ways. It will teach you tricks you can use daily to improve your overall health. Participation is voluntary. If you are

interested in participation, please sign up through this Doodle Poll link for more information and for your personal and confidential measurement time : <https://doodle.com/poll/h3h6ztqnp4igqxxe>"

STEPS Towards Success is a wellness program that will go from September 11, 2019 to October 30, 2019. This program is a collaborative program between the Tiger Wellness Center, Student Health Center, and DNP Student Vicki James. Faculty and staff are invited to sign-up with a 4 digit code they create (to de-identify names) through the following Doodle Poll for body measurements on 9/9/11. Final measurements will be taken on 10/30/19. During this program faculty and staff who choose to participate will be given the opportunity to attend presentations and wellness events aimed towards healthy physical activity and nutrition. Participation is voluntary and participants can withdraw at any time. To sign-up for a time for measurements, please click the following doodle link: <https://doodle.com/poll/h3h6ztqnp4igqxxe>

WKHRMA October Seminar – 10 Complimentary Spots Available!

Wednesday, October 23, 2019

Registration: 8:30 a.m. / Seminar: 9 a.m. – 3 p.m. / Networking Reception to follow
Robbins Center – Eagle Communications Hall

The Western Kansas Human Resource Management Association (WKHRMA) welcomes the Tiger Family to our annual October Seminar. Come hear from attorneys Melody Rayl & Lauren Sobaski of Fisher & Phillips LLP on some of the most pressing matters facing the workplace today. We will discuss issues about changing marijuana laws, inclusion, audits, retaliation claims, and more.

Provost Jill Arensdorf has generously agreed to fund TEN registrants from FHSU's Division of Academic Affairs.

Want one of the ten spots for faculty & staff? These complimentary registrations are first come, first served! Email Hannah Hilker, hehilker@fhsu.edu today to reserve your spot at the seminar.

Us 4 U Donations for Tiger Food Exchange and Victor E. Garden Worknight

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 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!

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.

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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

Electronic 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.

FY20 URE Grant Application Deadline Approaching

The deadline is quickly approaching for the FY 2020 Undergraduate Research Experience Grant applications!

All disciplines are eligible.

All current full-time FHSU faculty and unclassified staff at levels comparable to academic faculty are eligible to apply.

Maximum Grant Award: \$5,000

Submission Deadline: September 5, 2019

For FY 20: Five (5) bonus points will be added to the total score of applicants who have never received a URE grant before!

\$5,000 in grant funding will be reserved for special consideration of proposals from the following departments that have been historically underrepresented:

Art and Design

English

History

Modern Languages

Music and Theatre

Philosophy

Individuals who have received grants two (2) consecutive years in a row will not be funded for one year. Applications from individuals who have received two years of consecutive funding will once again be eligible for funding after waiting one year.

For more information, and to access the application, go to:

<https://fhsu.infoready4.com/CompetitionSpace/#competitionDetail/1789402>.

Misty Koonse, mjkoonse@fhsu.edu (785) 628-4338

Faculty Development Funding Applications

The first 2019-20 deadline *with Chair and Dean electronic approval* is September 20.

- Annual individual limit increased: \$1200 (attending, networking, other), or \$1400 if presenting. Travel internationally may be eligible for an additional \$200.
- **COMPLETE** and **DETAILED** application responses assist committee review and probability of full funding (within limit).
- Only applications **completing chair and dean electronic approval no later than Sept 20** will be considered in this cycle. Verify **earlier department/college deadlines** with your chair and dean.
- Bank Roll Over is available for higher cost events (more than \$3,000) taking place in the **next** academic year (20-21). This requires applying twice, in 19-20 and again in 20-21. Contact the Office of the Provost for details.
- "Other" is now a participation option in addition to attend, present, network. Contact committee chair, Judith Ofcarcik, jjofcarcik@fhsu.edu, with any questions regarding this option.
- Funding decisions are relayed approximately *2 weeks* following the due date.

Use this link ([Faculty Development Funding](#)) to access the **Lotus Notes Workspace** (not web based) application.*

Read instructions and guidelines (LN menu, blue buttons) **prior** to completing the form. *Track your application electronic progress* by returning to "Faculty Development Funding" on LN Workspace.

Additional information: https://www.fhsu.edu/academic/provost/faculty_dev_fund/index The next application due date is November 1.

If you have questions or would like assistance accessing and/or completing the FDF form, contact Janet Kohl at jakohl2@fhsu.edu or by phone, 4207.

* **Alternate instructions** for accessing the FDF process in Lotus Notes: Open LN Workspace. Use Ctrl O **or** Command O **or** go to the top menu and click File, pull down to Open and then IBM Note Application. Any of these will bring up the "Open Application" box. Next to "Look in" it might say "On My Computer." Click the arrow next to this box to switch it to "LNapps/FHSU." In the box below, scroll down to "apps" and open, then scroll down to "Faculty Development Funding" and open. The process will open and will also be placed on your Workspace for future use.

EVENTS

I Love FHSU Week Planning Committee Meeting

TODAY; 3:30pm

Dreiling Board Room, Robbins Center

The I Love FHSU Week committee is meeting TODAY 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; 4:00-6:00pm

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 to learn more about upcoming events.

Resume Madness

Thursday, September 5; 6:00-8:00pm

Forsyth Library South Study Area

Join us for this come-and-go event in the **Forsyth Library South Study Area** on **Thursday, September 5**, between **6-8:30 p.m.** Career Services staff will be on hand to review resumes, answer questions, and assist with uploading your finalized document into Handshake. Freshmen through seniors and graduate students in all majors are welcome to attend. Come hungry! We'll have pizza, pop, and giveaways.

*Virtual students are welcome to email us their resumes to be reviewed or set up a Zoom appointment by contacting careers@fhsu.edu.

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

MDC Workshop – Intermediate Excel: Data Analysis

Wednesday, September 18; 8:30am-12:00pm

FHSU McCartney Hall Rm 116

School is back in session, but students don't have to be the only ones learning! The MDC's upcoming workshop *Intermediate Excel: Data Analysis* will explore a practical application of this widely used computer application. In this workshop, FHSU's Dr. Emily Breit will teach you how to make data-driven decisions by processing and analyzing large quantities of data and producing user-friendly output. This workshop is for those with a solid foundation in Microsoft Excel who wish to explore how to use it for data analysis applications.

Please register by September 11.

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

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

Registration can be completed online at <https://webapps.fhsu.edu/MDC2.0/Default.aspx> or by calling Hannah Hilker at (785) 628-4121.

SHARE WITH STUDENTS

Campus Shuttle Bus Service

The shuttle bus service will not be running Saturday and Sunday due to the Labor Day holiday. It will resume service on Monday, Sept 2, 6 pm to 11 pm.

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.